

Transparency in what we serve is very important to us!

It is *your* right to know what you are eating and we are more than happy to share this information with you.

*All of our dressings are made here, in-house.

*Our Ham is *uncured, antibiotic-free, MSG and growth hormone free!*

*Our Turkey is *antibiotic-free and MSG free!*

*Our *uncured bacon* is cooked in house and contains only pork belly, water, salt, sugar and celery juice.

*Our Fair Trade, Organic Coffee is roasted less than a mile from our shop!

*Our Decaf coffee is decaffeinated using water, *not* chemical solvents.

*Our house made Blueberry-Pomegranate Iced Tea is made with Organic Black tea.

*Our baked goods are made in house!

*Our Potato chips are GMO Free.

*We only use Organic *cage-free, humanely raised* eggs in our baked goods

*Our *Soups* are made *in-house* with *organic ingredients* when possible.



Monday- Friday 9 a.m. - 4 p.m.

110 Main Street, Saco Maine

207-286-3842

Join us on Facebook for our daily specials!

Check us out online at

www.SacoIslandDeli.com



Signature Sandwiches

Waldorf Chicken Salad

All natural roasted chicken breast, dried cranberries, toasted walnuts and celery tossed with our seasoned mayo. Topped with apples and served on a buttery croissant \$9.39

Chicken Caesar Wrap

Pan-seared chicken breast with crisp romaine lettuce, imported parmesan and creamy caesar dressing. \$9.59

Cowboy Wrap

Antibiotic-free turkey, crisp uncured bacon, BBQ ranch, Cabot cheddar cheese, fresh tomatoes and romaine. \$9.59

Curry Chicken Salad

All natural roasted chicken breast, toasted pine nuts, juicy raisins and house blended curry mayo topped with crisp romaine on a croissant. \$9.39

Cousin Vinny

Antibiotic-free turkey, fresh mozzarella, marinated roasted red peppers and romaine with a touch of creamy caesar and balsamic vinaigrette on a ciabatta roll.
\$9.59

The Outlaw

Spicy roasted chicken, creamy havarti, BBQ ranch, marinated roasted red peppers and romaine on a ciabatta roll.
\$9.59

Specialty Sandwiches

The Mainah

Pan-seared chicken breast, crisp uncured bacon, Cabot cheddar cheese, fresh romaine, with our famous maple aioli on a crusty roll.
\$9.59

Southwest Chicken Wrap

Spicy roasted chicken, house-made salsa, tortilla chips, crisp romaine and ranch dressing. \$9.59

The Vermonter

Uncured, antibiotic-free ham, Cabot cheddar cheese, fresh apples, romaine and our famous maple aioli on a crispy croissant. \$9.59

Nutty Roman

House-made pesto chicken, fresh mozzarella, red wine braised onions, tomatoes, romaine and a touch of caesar on a ciabatta roll. \$9.79

Primo Veggie *

Double the fresh mozzarella, tomatoes, cucumbers, marinated roasted red peppers, kalamata olives, fresh basil leaves, drizzled with our balsamic vinaigrette on a ciabatta roll. \$9.59

Try any sandwich as a salad for \$.50
Make any sandwich a panini for \$1.00.

*add any of our specialty chickens
or antibiotic-free turkey \$1.99

The Warm Ones

Pesto Chicken Panini

Roasted chicken breast tossed with house made pesto, imported parmesan, marinated roasted red peppers and sliced tomatoes.
\$9.59

Eve's Apple Panini

Antibiotic-free turkey, creamy havarti cheese, house-made apple butter and crisp uncured bacon. \$9.39

Caprese Panini *

Double the fresh mozzarella, layered with fresh basil leaves, sweet tomatoes and drizzled with extra virgin olive oil. \$8.99

BLT Panini

Crispy uncured bacon, sweet slices of tomato, fresh romaine and just enough mayo. A classic! \$8.89

Mj's Panini

Antibiotic-free turkey, Cabot cheddar cheese, red wine braised onions and BBQ ranch. \$9.59

Turkey Roo-ben

Antibiotic-free turkey, Swiss cheese, special slaw and thousand island on rye all browned in butter. \$9.99

Veggie Roo-ben

Sliced cucumbers, Swiss cheese, special slaw and thousand island on rye all browned in butter. \$8.99