

Transparency in what we serve to you 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.

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

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

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

That's it!

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

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

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

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

\*We only use Cabot cheddar cheese, Swiss cheese and butter that are GMO free.

\*Our Potato chips are GMO Free and our corn tortilla chips are Organic.

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

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

110 Main Street, Saco Maine

207-286-3842

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**Join us on Facebook for  
our daily specials!**

**Check us out online at**

**[www.SacoIslandDeli.com](http://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 \$8.79

#### *Chicken Caesar Wrap*

Pan-seared chicken breast with crisp romaine lettuce, imported parmesan and creamy caesar dressing. \$8.99

#### *Cowboy Wrap*

Antibiotic-free turkey, crisp uncured bacon, BBQ ranch, Cabot cheddar cheese, fresh tomatoes and romaine. \$8.99

#### *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. \$8.79

#### *Cousin Vinny*

Antibiotic-free turkey, fresh mozzarella, marinated roasted red peppers and romaine with a touch of creamy caesar and balsamic vinaigrette on a rustic roll. \$8.99

#### *The Outlaw*

Spicy roasted chicken, creamy havarti, BBQ ranch, marinated roasted red peppers and romaine on a rustic wheat roll. \$8.99

### 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. \$8.99

#### *Southwest Chicken Wrap*

Spicy roasted chicken, house-made salsa, GMO free tortilla chips, crisp romaine and ranch dressing. \$8.99

#### *The Vermonter*

Uncured, antibiotic-free ham, Cabot cheddar cheese, fresh apples, romaine and our famous maple aioli on a crusty croissant. \$8.99

#### *Nutty Roman*

House-made pesto chicken, fresh mozzarella, red wine braised onions, tomatoes, romaine and a touch of caesar on a crusty roll. \$9.19

#### *Primo Veggie \**

Double the fresh mozzarella, tomatoes, cucumbers, marinated roasted red peppers, kalamata olives, fresh basil leaves, drizzled with our balsamic vinaigrette on a rustic wheat roll. \$8.99

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*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. \$8.99

#### *Eve's Apple Panini*

Antibiotic-free turkey, creamy havarti cheese, house-made apple butter and crisp uncured bacon. \$8.69

#### *Caprese Panini \**

Double the fresh mozzarella, layered with fresh basil leaves, sweet tomatoes and drizzled with extra virgin olive oil. \$8.49

#### *BLT Panini*

Crispy uncured bacon, sweet slices of tomato, fresh romaine and just enough mayo. A classic! \$8.29

#### *Mj's Panini*

Antibiotic-free turkey, Cabot cheddar cheese, red wine braised onions and BBQ ranch. \$8.99

#### *Turkey Roo-ben*

Antibiotic-free turkey, Swiss cheese, special slaw and thousand island on rye all browned in butter. \$9.49

#### *Veggie Roo-ben*

Sliced cucumbers, Swiss cheese, special slaw and thousand island on rye all browned in butter. \$8.49