**RED’S DELI**

Red’s Deli also has other things that are not on the menu.

Some of the healthier things to get are: Yogurts, Parfait’s, Breakfast or Protein Bars

**Breakfast 6:30 am – 10:30 am**

Whole Wheat Bagel (for a healthier choice, leave off the cream cheese)

**Deli Combos**

The East West (Deli Ham, Turkey and Swiss On Wheat Bread With Orange Marmalade)

Express Wrap (Caesar Salad with Choice of Grilled or Blackened Chicken On a Vegetable Tortilla Wrap)

The Greenway (Lettuce, Tomato, Sprouts, Olives, Peppers and Cheese With Vinaigrette Dressing In a Spinach Wrap)

Note: If you want one of the made to order sandwiches, remember to choose the whole wheat bread or the low-carb wrap. Also stay away from the red meats and processed deli meats.

**Deli Specialties**

Smoked Salmon (Cream Cheese, Tomato and Onion On a Toasted Bagel) (try to get it without the cream cheese)

**Rosen’s Perfect Pizza**

Note: The healthier choices for pizza are a thin crust pizza with vegetables. There are really no healthy meats that go on pizza.

By the slice: the best option would be the Cheese and Tomato

Large (16 inch) Thin Crust (get it with vegetables)

Individual Specialty Pizza (8 inch)

Portabella Mushroom, Chicken and Pesto

Mediterranean (Feta, Olives and Sun-dried Tomatoes)

**Sandwiches and Panini** (for sandwiches, remember to leave off the mayonnaise)

Veggie Panini (Portabella Mushroom, Fresh Mozzarella, Roasted Peppers, Tomatoes and Arugala)

Herbed Chicken Panini (With Basil Mayonnaise, Roasted Tomatoes and Watercress)