

SOUPS

Soup of the Day **Cup (8oz.)** **5.49**
 Call for Daily Selection.
Regular (12oz.) **8.99**
Family (32oz.) **19.99**

Add a cup of soup to your sandwich!

BREAKFAST

Lox Nova Scotia Salmon **14.49**
 On a Toasted Bagel with Cream Cheese, Tomato, Onion, & Capers

Heidi's Breakfast Burrito **8.99**
 Scrambled Eggs, Potatoes, Green Chili, Cheddar, & Your Choice of Ham, Bacon, or Sausage

World Famous Breakfast Sandwich **7.99**
 Egg, Melted Cheddar, & Your Choice of Ham, Bacon, or Sausage on a Bagel

Veggie Breakfast Sandwich **7.99**
 Avocado, Cream Cheese, Hummus, Tomato, Sprouts, Cucumber, Onion, & Heidi's Cajun Sauce on a Bagel

Veggie Breakfast Burrito **7.99**
 Scrambled Eggs, Roasted Peppers, Potatoes, Cheddar, Avocado, \$ Vegetarian Green Chile

Bronx Bomber Breakfast Sandwich **7.99**
 Pastrami, Egg, with Melted Swiss & Spicy Mustard Served on a Bagel or Croissant

Bay Ridge Breakfast Sandwich **7.99**
 Pastrami, Egg, with Melted Swiss, Avocado, & Heidi's Cajun Sauce. Served on a Bagel or Croissant

Cajun Turkey Breakfast Sandwich **7.99**
 Turkey,, Egg, with Melted Provolone, Avocado, & Heidi's Cajun Sauce. Served on a Bagel or Croissant

Hell's Kitchen Breakfast Sandwich **7.99**
 Bacon & Egg, with Melted Swiss, Avocado, & Heidi's Cajun Sauce. Served on a Bagel or Croissant

SMOOTHIES

All smoothies contain no added sugar, additives, or preservatives



Triple Berry **8.99**
 Strawberries, Blueberries, Raspberries, Banana, Apple Juice

Summer Splash **8.99**
 Strawberries Peaches, Banana, Apple Juice

Fruit Basket **8.99**
 Strawberries, Blueberries, Raspberries, Peaches, Banana, Apple Juice

Blueberry Monster **8.99**
 Blueberries, Banana, Apple Juice

Raspberry Sunshine **8.99**
 Raspberries, Banana, Apple Juice

Tropical Tumbler **8.99**
 Mango, Pineapple, Banana, Apple Juice

Hawaiian Hurricane **8.99**
 Strawberries, Mango, Pineapple, Banana, Apple Juice

Caribbean Spice **8.99**
 Peaches, Mango, Pineapple, Cinnamon, Banana, Apple Juice

Add Whey Protein to any Smoothie **2.99**

SALADS

Green Salad **7.99**
 Lettuce, Tomato, Onion, Cucumber, & Your Choice of Dressing

Awesome Salad **10.99**
 Lettuce, Fresh Mozzarella, Fresh Avocado, Tomato, Onion, & Your Choice of Dressing

Chef Salad **13.99**
 Lettuce, Roast Turkey, Ham, Swiss, American Cheese, Tomato, Onion, Cucumber, & Your Choice of Dressing



A Labor of Love Since 1994

WHEAT RIDGE

10041 W 26th Ave
Wheat Ridge, CO 80215

303-989-3250

HEIDI'S FAVORITES

Cajun Turkey with Avocado 13.49

Roast Turkey, Heidi's Cajun Sauce, Fresh Avocado, Choice of Cheese

Hell's Kitchen 13.49

Homemade Egg Salad, Swiss, Hot Bacon, Heidi's Cajun Sauce, Fresh Avocado

Salmon Melt 14.99

Honey Smoked Peppered Salmon, Pepper Jack, Heidi's Cajun Sauce, Fresh Avocado

Cajun Crab Cake 13.99

Crab Cake, Pepper Jack, Heidi's Cajun Sauce, Fresh Avocado

Bay Ridge Bomber 14.99

Hot Pastrami and Swiss, Homemade Egg Salad, Heidi's Cajun Sauce, Fresh Avocado

Bronx Bomber 13.99

Hot Pastrami and Swiss, Homemade Egg Salad

Da Bomb 12.99

Homemade Chicken Salad, House-Roasted Italian Peppers with Melted Pepper Jack, Heidi's Cajun Sauce, Fresh Avocado

Prime Rib 16.99

Hand-cut Prime Rib, Provolone, Homemade Honey Horseradish, Tomato, Onion

King's County 13.49

Ham and Swiss, Heidi's Cajun Sauce, Fresh Avocado

American Chicken 13.99

Breaded Chicken, American Cheese, Pickles, Mayo, Mustard, Lettuce, Tomato, Onion

Fresh Mozzarella 9.99

Fresh Mozzarella, Pesto, Tomato, Balsamic Vinaigrette

Bread made from scratch, daily!

Bread options:

Ciabatta, Sourdough, Wheat, Marble Rye, Light Rye, Pumpernickel, Italian Hoagie, French Hoagie

*Sandwiches may also be made on a bagel or as a wrap

LITTLE ITALY

THE Italian 15.99

Mortadella, Capicola, Salami, Ham, Provolone, Mayo, Mustard, Oil/Red Wine Vinegar, Oregano, Salt/Pepper

Juliana's Fav 15.99

Mortadella, Capicola, Salami, Ham, House-Roasted Italian Peppers, Provolone, Mayo, Mustard, Oil/Red Wine Vinegar, Oregano, Salt/Pepper

Transplanted New Yorker 15.99

Mortadella, Spicy Capicola, Salami Rosa, Soppressata, Ham, Provolone, Heidi's Cajun Sauce, Fresh Avocado

Chicken Parmesan 13.49

With Fresh Mozzarella, Parmesan, Marinara al Dente

Eggplant Parmesan 10.99

With Fresh Mozzarella, Parmesan, Marinara al Dente

Meatball Polidori 10.99

With Fresh Mozzarella, Parmesan, Marinara al Dente

Sausage Polidori & Peppers 13.99

Italian Sausage, House-Roasted Italian Peppers, Fresh Mozzarella, Parmesan, Marinara al Dente

House-Roasted Italian Peppers 10.99

With Fresh Mozzarella, Parmesan, Marinara al Dente

DELI CLASSICS

COLD

Nova Scotia Lox & Bagel 14.99

Nova Lox, Cream Cheese, Tomato, Onion, Capers, served Open-Faced on a Toasted Bagel

Heidi's Club 13.99

Ham, Turkey, Hot Bacon, Choice of Cheese, Mayo, Mustard, Lettuce, Tomato, Onion

Veggie 10.99

Cream Cheese, Hummus, Fresh Avocado, Sprouts, Lettuce, Tomato, Onion, Cucumber

BLT with Avocado 11.49

Roast Turkey & Provolone 12.49

Ham & Swiss 12.99

Roast Beef & Cheddar 13.49

Homemade Egg Salad 10.99

Homemade Tuna Salad 9.99

Homemade Chicken Salad 10.99

HOT

Coney Island Reuben 12.49

Corned Beef OR Pastrami, Swiss, Sauerkraut, Extra Thousand Island

Brooklyn Dodger Dog 6.99

Spicy Brown Mustard, Sauerkraut, Onion

French Dip 11.99

Roast Beef, Swiss, served with dipping Au Jus

Cheesesteak 11.99

Original Philly Cheesesteak, American Cheese, House-Roasted Italian Peppers, Onion

Hot Pastrami & Swiss 13.99

Hot Corned Beef & Swiss 13.99