

CHICKEN - TUNA - EGG - SEAFOOD SALAD PLATES

Four generous scoops of our delicious homemade salads with a garnish of lettuce and tomato (half size deduct 2.00)

Chicken Salad our best-seller: chicken breast dressed with curry, golden raisins, and almonds 6.99

Tuna Salad the finest tuna, crunchy celery, mayo 6.99

Egg Salad farm fresh eggs and mayo 5.99

Seafood Salad shrimp, crab chunks, our lemon dill sauce 6.49

Medley mix it up and pick your favorites 6.99

Tossed Green Salad iceberg and romaine lettuce, tomato, peppers, cucumbers, carrots yellow squash and shredded red cabbage 3.99

Spinach Salad fresh torn spinach leaves, sliced mushrooms, tomato wedges, walnuts and golden raisins 3.99

...add crispy bacon bites and sliced egg 1.50

...add two scoops of Chicken, Tuna, Egg or Seafood Salad 2.50

...add grilled chicken, sliced egg and Swiss cheese 2.50

Chef Salad our tossed green salad covered with ham, turkey, Swiss cheese and sliced egg 6.49

Greek Salad iceberg lettuce, potato salad, feta cheese, red beets, tomato wedges, Greek peppers and Kalamata olives 6.49

Caesar Salad grilled chicken on top of romaine lettuce, tossed in Parmesan cheese and sprinkled with croutons 6.49

Choose from Italian dressing, or balsamic vinaigrette, honey mustard, ranch, blue cheese or 1000-Island dressing

SOUPS OF THE DAY

Cup (8oz) 2.99

Bowl (12oz) 3.99

Quart (32oz) 9.99

For our daily soup variety please visit BarrowsGourmet.com

DESSERTS

Dutch Cocoa Brownies 1.75

(with or without walnuts)

Gourmet Cookies 1.75

Rice Crispy Treats 1.75

SIDE ORDERS

Macaroni Salad 1.75

Pasta Salad 1.75

Dill Potato Salad 1.75

Fresh Fruit Salad 1.75

Potato Chips .99

Boar's Head Dill Pickle 1.00

BEVERAGES

Sodas, Bottled Water 1.59

Iced Tea, Coffee 1.59



GOURMET
DELI

excellence

A Tradition of ~~Egg Salads~~ since 1984

Menu

Monday - Saturday

10:00 am - 3:00 pm

Proudly featuring

Boar's  Head

Premium Delicatessen Meats and Cheeses

(813) 870-0950

BarrowsGourmet.com

3660 Henderson Boulevard, Tampa, FL 33609

TURKEY SANDWICHES

Turkey B.L.T. Ovengold® turkey, bacon, lettuce and tomato, our homemade Russian dressing and Pumpernickel bread 6.99

Turkey & Swiss turkey, Swiss, lettuce, tomato, mayo on Pumpernickel 6.99

Turkey Melt turkey, tomato, and Havarti grilled with mayo on Wheat 6.99

Turkey Reuben delicious turkey, tangy sauerkraut, melted with Swiss, 1000-Island dressing on Rye 6.99

BEEF SANDWICHES

Roast Beef & Cheddar medium rare roast beef, crispy bacon, Vermont cheddar, and tomato, our own Russian dressing on white 7.99

Roast Beef Rancher roast beef, Havarti cheese, crisp lettuce, red onion with ranch on white 7.49

Hot Reuben N.Y. style corned beef, tangy sauerkraut, Swiss cheese, and 1000-Island dressing grilled on Rye (Pastrami upon request) 7.99

Pastrami Melt smoked seasoned brisket, melted with Swiss, served on toasted Rye with red onion, tomato and spicy mustard 7.99

Brooklyn Bridge N.Y. style pastrami and corned beef, Swiss cheese served hot with spicy mustard on fresh and fragrant Rye bread 7.99

Philly Cheese Steak roast beef, Provolone, onions, bell peppers, and ranch dressing, served hot on fresh 'La Segunda' Cuban bread 7.49

CHICKEN - TUNA - EGG - SEAFOOD SALAD SANDWICHES

Chicken Salad our best-seller: chicken breast, dressed with curry, golden raisins, and almonds, served on Pumpernickel bread 6.99

Egg Salad farm fresh eggs and mayo on Whole Wheat 5.99

Seafood Salad shrimp, surimi crab chunks and our horseradish dill sauce on white 6.49

Tuna Salad the finest tuna, crunchy celery, and mayo on Rye 6.99

Tuna Melt cheddar melted over tuna salad and tomatoes, on Rye 7.49

(BIG) KID'S SANDWICHES

P.B.J. premium peanut butter and grape jelly on white 4.49

Grilled Cheese American, Cheddar, Swiss, Havarti or Provolone melted on toasty white 5.99



...add a cup of soup
to your half sandwich
for 2.50



...add chips & drink
to your half sandwich
for 2.30



SPECIALTY SANDWICHES

Honey Mustard Pork roast pork, ham, bacon and Swiss pressed on Cuban with lettuce, pickles and our own honey mustard sauce 6.99

Cuban our homemade roast pork, ham, Genoa salami and Swiss, pressed on Cuban with mayo, lettuce, pickles and spicy delicatessen mustard 6.99

Monte Barrow Swiss cheese melted over turkey, ham and Genoa salami, finished with mayo, spicy mustard, and pickles on toasted Pumpernickel 6.99

Grilled Deluxe Havarti cheese melted over bacon, with tomato, cucumber and yellow mustard on pressed 'La Segunda' Cuban bread 6.99

Veggie Supreme Havarti, sliced egg, onions, lettuce, tomato, spinach, mushrooms, pickles, cucumber, honey mustard sauce on Pumpernickel 5.99

Italian * baked ham, Genoa salami, Provolone, homemade Italian dressing, lettuce, tomato on hearty Ciabatta 6.99

Prosciutto & Provolone * served with our own Italian dressing, lettuce, tomato, and crunchy Ciabatta bread 7.49

Triple Decker Club * turkey, ham, Swiss, bacon stacked on three slices of Pumpernickel bread with lettuce, tomato and mayo 7.99

(* only as full sandwiches)

CLASSICS

Bacon Lettuce Tomato (B.L.T.) 10 (ten) slices of crispy Boar's Head® bacon, topped with lettuce and tomato, served with mayo on toasted Wheat 6.99

Ham & Swiss Deluxe Ham, Swiss, mayo and spicy mustard on Rye 6.99

Roast Pork & Swiss slow roasted pork loin, covered with Swiss cheese, juicy tomato, pickles, mayo, spicy mustard, on Rye 6.99

Liverwurst Boar's Head crafts this classic with pork, pork liver and bacon, we serve it with mayo, spicy mustard and red onion on Rye 5.99

Salami & Provolone Genoa salami, sliced thin and piled high, topped with Provolone and served with mayo and spicy mustard on Rye 6.99



...half sandwiches
are 2.00 less
(than whole)

...add extra Bacon 1.00
...add extra Cheese 1.00
...add extra Meat 2.00