



www.SweetPeppersDeli.com

starters

Chili Nachos

Tortilla chips topped with homemade chili, cheddar & jack cheeses, tomatoes, green onions, black olives, sour cream & sliced jalapeño peppers. 6.99

Chips n' Rotel®

A bowl of Rotel® cheese sauce served with tortilla chips & a side of jalapeño peppers. 4.99 with salsa 5.99

Soup of the Day

A fresh baked bread bowl filled with piping hot soup or our "made from scratch" chili topped with grated cheddar & Monterey Jack. 5.99

An 8 oz. serving of soup of the day or chili. 2.99

Mediterranean Hummus Plate

Hummus, cucumbers, tomatoes, and kalamata olives with warm pita bread. 5.99

panini

Fresh Mozzarella and Tomato Panini

Fresh mozzarella, chicken, tomato, parmesan, sun dried tomatoes and olive salad on a whole wheat ciabatta with Italian dressing. 8.99 vegetarian 7.49

Portobello Panini

Feta and cheddar cheese, pesto, chicken, tomato, olives, red onion and roasted Portobello mushroom on ciabatta. 8.99 vegetarian 7.49

Mediterranean Chicken

Sliced chicken tossed in Greek dressing, Genoa salami, pepperoni, and provolone cheese on ciabatta. 7.99

Cuban

A French loaf with sliced turkey breast and ham, pickle slices, dijon mayo, and melted Swiss. 7.49

Reuben

Tender corned beef on pumpnickel rye, sauerkraut, Swiss and 1000 Island dressing. 7.49

Grande

Sliced roast beef with horseradish spread, roasted bell peppers & onions, provolone on ciabatta. 6.99

Southwestern Quesadilla

Black beans, corn, avocado, cheese, jalapeños, tomatoes, grilled chicken and red onion in a grilled flour tortilla. With salsa, sour cream and chipotle ranch. 7.99 vegetarian 6.49

salads

Soup n' Salad

A fresh baked bread bowl filled with the soup of the day, served with your choice of a small garden or Caesar salad. 7.99

Scoop Salads

A bed of crisp greens with crunchy cucumbers and ripe tomatoes then topped with a generous portion of one of our made from scratch salads served with your choice of dressing.

Shrimp Salad 7.99

Chicken Salad 7.49

Albacore Tuna Salad 6.99

Chef Salad

Fresh greens, cucumbers, tomatoes, ham, turkey, grated cheddar & Monterey Jack, homemade croutons & a salad pepper. 7.49

Chicken Grill Salad

Fresh greens, cucumbers, tomatoes, crisp bacon, cheddar & Monterey Jack cheeses with tender, juicy chicken breast and homemade croutons. 7.49

Taco Salad

Crisp lettuce, tomatoes, chili, tortilla chips, cheddar & Monterey Jack cheeses, sour cream, jalapeños & black olives served with a side of fresh salsa. 7.99

Caesar Chicken Grill Salad

Grilled chicken breast on fresh Romaine, homemade croutons, slivers of sun-dried tomatoes & grated Parmesan cheese. 6.99

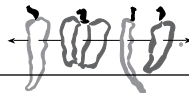
Big Greek Hummus Salad

Romaine lettuce, cucumbers, feta cheese, olives, tomatoes, red onion, Greek dressing and hummus served with warm pita bread. 6.49

Waldorf Salad

Mixed baby greens, grilled & chilled chicken breast, seedless grapes, granny smith apples, candied pecans, celery and Gorgonzola cheese tossed with balsamic vinaigrette. 7.99

Dressings: Thousand Island, Ranch, Bleu Cheese, Peppers Honey Mustard, Parmesan Peppercorn, Lite Italian, Caesar, Balsamic Vinaigrette, Chipotle Ranch
Fat Free: Ranch, Honey Dijon, Tomato Basil Vinaigrette



Sandwiches, Panini and Wraps are served with a pickle spear & your choice of:
potato chips, cole slaw, potato salad, pasta salad, mixed fruit (add 39¢), cup of soup (add 89¢), or garden/Caesar salad (add \$1.59).

sandwiches

Grilled Chicken Breast Sandwich

Grilled chicken breast topped with Swiss cheese, mayonnaise, Peppers honey mustard dressing, lettuce & tomatoes on your choice of bread. 7.49 make it a large, add \$2

Goat Cheese and Fire Roasted Red Pepper Sub

Goat cheese, roasted red peppers, grilled chicken breast, lettuce, basil pesto, mayonnaise and Italian vinaigrette on a toasted sun dried tomato roll. 7.99 vegetarian 6.49

Peppers & Beef

Tender roast beef, fire roasted peppers and onions, topped with Monterey Jack and served with au jus. 6.99 make it a large, add \$2

Chicken Salad Sandwich

Made fresh daily with all white meat chicken, eggs, red seedless grapes, celery & chopped pecans. 6.99 make it a large, add \$2

The Blitz

Layers of roast beef, turkey and ham, topped with your choice of cheese. 6.49 make it a large, add \$2

Muffaletta

Take a flavor trip to New Orleans! Genoa salami, ham, mortadella, Swiss, provolone and Italian olive salad served cold on muffaletta bread.
6.49 qtr 8.49 half 13.99 whole

Shrimp Salad Croissant

Homemade shrimp salad served on a flaky croissant with spring greens, sliced tomato & red onion. 7.99

Smoked Cheddar Melt

Piles of hickory smoked ham & crispy bacon, topped with smoked cheddar cheese. 6.49 make it a large, add \$2

BLT

Crisp bacon, iceberg lettuce and tomato with mayo. 5.99 make it a large, add \$2

Vegetarian

Crunchy cucumbers, red & yellow bell peppers, lettuce & tomatoes topped with Swiss cheese and a side of parmesan peppercorn dressing. 5.99 make it a large, add \$2

Albacore Tuna Salad Sandwich

Peppers recipe, made fresh daily with albacore tuna, sweet pickle relish & chopped pecans. 6.49 make it a large, add \$2

Sweet Peppers Sub

Your choice of smoked turkey, hickory smoked ham, roast beef & gravy, corned beef, or salami, thinly sliced and piled high. 6.29 make it a large, add \$2

your Choices:

BREADS

large: white • wheat • tomato basil • pumpnickel rye
regular: white • wheat • tomato basil • pita • ciabatta
whole wheat ciabatta • croissant • wheat toast • white toast

CHEESES

American • Swiss • Cheddar • Smoked Cheddar • Provolone
Jalapeño Pepper • Monterey Jack

just for kids

Junior Ham or Turkey

Ham or turkey & cheddar on wheat toast with potato chips. 3.69

Kids Nacho

A junior size version of Chips n' Rotel®. 3.29

Junior Cheesy Tater

A small cheesy tater. 2.69

Toasted Cheese

Melted American on toasted wheat with potato chips. 2.69

Hot Dawg

100% beef wiener with potato chips. 2.99

Cheese Quesadilla

A cheese filled, grilled tortilla with potato chips. 2.99

Mac & Cheese

Elbow pasta and the cheesiest cheese. 2.69

LiteLine

Turkey n' Avocado

Roasted turkey breast, fresh avocado, sun dried tomatoes, spring greens, cucumber and fat-free sun-dried tomato basil vinaigrette on toasted whole wheat bread. 7.49
410 • 9g • 62g • 1630mg • 22g

BBQ Shrimp Crisp Wrap

Tender baked BBQ shrimp, sweet corn, avocado, black beans, red onion, scallions, lettuce and fat-free ranch dressing wrapped in a whole wheat flour tortilla, grilled crisp. 7.99
520 • 19g • 3g • 56g • 1480mg • 35g

Lite Smoked Turkey

Layers of deli sliced, smoked turkey with fat-free mayonnaise, Gulden's® mustard, shredded lettuce, tomato and red onion on toasted wheat bread. 6.29
300 • 8g • 3g • 37g • 1200mg • 18g

Lite Baby Grande Panini

Shaved roast beef, provolone, horseradish spread with roasted peppers & onions on whole wheat ciabatta bread, grilled. 6.29
300 • 8g • 3g • 37g • 1200mg • 18g


Lite Garden Salad

Fresh greens, tomatoes, cucumbers, red & yellow bell peppers served with homemade fat-free ranch dressing. 3.29
100 • 0g • 0g • 20g • 1340mg • 4g

Calories • Fat • Saturated Fat • Carbs • Sodium • Protein

LiteLine menu items meet HEALTHYDINING'S nutrition criteria and are featured on HealthyDiningFinder.com. Nutritional analysis does not include pickle, side item or any customer modifications.

 HealthyDiningfinder.com

We proudly serve  products.

potatoes

Loaded Tater

Ham, turkey, crisp bacon, cheddar & Monterey Jack, green onions and black olives with a side of butter and sour cream. 6.99

Bacon Cheesy Tater

Loaded with crispy bacon then smothered with cheddar & Monterey Jack cheese, served with a side of butter and sour cream. 5.99

Cajun Shrimp Tater

Cajun spiced shrimp, melted cheddar and Monterey Jack cheese, red onion and scallions stuffed into a potato. 6.99

wraps

have it on a **WHOLE WHEAT** wrap!

Club Wrap

Thinly shaved turkey, ham, cheddar & jack cheeses, crisp bacon, lettuce & tomatoes with Peppers honey mustard dressing rolled in a soft flour tortilla. 7.49

Southwest Wrap

Grilled chicken, lettuce, tomatoes, cheddar & jack cheeses, corn, black beans, ranch dressing & BBQ sauce. Served with tortilla chips & fresh salsa. 7.49

Chicken Caesar Wrap

Fresh Romaine lettuce with grilled chicken, Parmesan cheese and Caesar dressing all rolled in a soft flour tortilla. 6.99

Waldorf Wrap

Sweet Peppers famous Waldorf Salad all wrapped up in a flour tortilla. 8.49

Cajun Shrimp Wrap

Cajun spiced shrimp wrapped in a flour tortilla with shredded lettuce, cabbage, pico de gallo & chipotle ranch dressing. 7.99

sweet peppers clubs

Chicken Club

Grilled chicken breast, cheddar & Swiss cheeses, bacon, lettuce, tomatoes, mayonnaise & Peppers honey mustard dressing on toasted wheat bread. 7.99

California Club Sub

Piles of thinly sliced turkey, bacon, lettuce, tomato, avocado, smoked cheddar and chipotle ranch dressing served on sun dried tomato basil bread. 7.99

Club

Turkey, ham, cheddar & Swiss, bacon, lettuce, tomatoes, mayonnaise and Peppers honey mustard dressing served on toasted wheat bread. 7.49

Items and Prices Subject to Change • 9/2011

desserts

Key Lime Pie

Refreshingly tart key lime custard resting in a graham cracker crust, complimented with a touch of velvety smooth sweet meringue. 3.99

Turtle Cheesecake

Chocolate fudge & cheesecake topped with caramel & pecan pieces, on a graham cracker crust. 4.29

Mile High Cheesecake

Made with cream cheese, pure vanilla & butter, baked on a pecan & graham cracker crust. 3.99

Strawberry Wave Cheesecake

New York style cheesecake swirled with pureed fresh strawberries and a hint of lime juice, all nestled in a graham cracker crust. 3.99

Carrot Cake

Layers of incredibly moist carrot cake sandwiched with cream cheese icing with pecans and shards of fresh coconut. 4.29

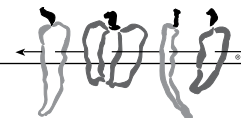
Chocolate Eruption

This pyramid of rich chocolate cream is studded with nuts, chocolate chips, and turtle cheesecake with chocolate curls and golden caramel erupting from the center. 4.29

FRESH BAKED COOKIES 1.19/ea.

Assorted Dozen—12.95

Chocolate Chunk, Heath® Bar Crunch, Oatmeal Raisin, White Chocolate Macadamia, Old Fashioned Sugar, Royale



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