

ZABARS®

Deli Menu

Zabar's is an adventure is good eating.

Our Deli Department has so many great things to offer; old-fashioned cold cuts, delicious prepared meals, vegetables, pasta, rice dishes, salads, knishes, strudel, Pate, rotisserie chickens and so much to choose from. Be sure to come in and ask for a taste.

Here is just a partial list of what is available.....

Beginnings:

Octopus Salad	Cocktail Shrimp
Seafood Siciliano	Spicy Shrimp
Garlic Shrimp	Grilled Scallops
Grilled Shrimps	

Soups:

Corn Chowder Soup Chicken stock, corn, tomatoes, tofutti, celery, onions, parsley, bell peppers, shallots, chives, teriyaki, sauce and spices.

Tuscan Four Bean Soup Chicken stock, onions, carrots, celery, cannelloni beans, green split peas, chick peas, bell peppers, fava beans, roasted garlic, parsley, sweet basil, oregano, white wine, sugar and salt.

Country Vegetable Vegetable stock, eggplant, carrots, onions, celery, garlic, turnips, parsnips, zucchini, bell peppers, kasha, parsley, sweet basil, olive oil and spices.

Chicken Gumbo Soup Chicken stock, chicken, onions, okra, celery, carrots, turnips, parsnips, red & green bell peppers, Italian rice, garlic and herbs.

Bavarian Lentil Soup Meat stock, lentils, onions, carrots, celery, diced beef, tomatoes, white wine, dijon mustard and herbs.

Vichysoisse Chicken stock, white meat chicken, potatoes, onions, carrots, celery, cream and spices. Delicious hot or cold.

Salads:

Our salads read like a league of nations Greek, Israeli, Asian and more - all made with fresh vegetables and spices.

Tofu Veggies	Sesame Pasta
Greek Salad	Israeli Salad
Spinach & Garlic	Grilled Veggies
Waldorf Chicken Salad	

Hams:

Proscuitto de Parma	Jamon Serron
Italian Cooked Ham	Spiral Cut Ham
Country Style Bone In	

Main Courses:

Duck Legs Confit Our ex-meaty duck legs are the main ingredient in this "cassoulet"- a French favorite.

Duck Margarine Duck breast braised with fresh herbs, garlic, sweet soy sauce and spices.

Lamb Top Round Broiled rare and delicately seasoned with rosemary, sage, garlic and spices. Extra lean - a must for every table.

Veal, Chicken & Wild Mushroom Loaf

Veal, chicken, cremini, shiitake, funghi and sheps mushrooms, onions, bread crumbs, cream, garlic, herbs and spices.

Chicken Jambalaya From the deep South comes this outstanding recipe of Italian rice, chicken breast, sausage and spices - a New Orleans favorite.

Seafood Paella A signature dish of Spain. Combines fresh shell fish, rice, chicken, andouille sausage, and vegetables. The outstanding flavor makes this dish a must.

Brisket Pot Roast Brisket, roasted potatoes, roasted turnips, roasted garlic, roasted carrots, onions, beef gravy, tomatoes, herbs & spices.

Chef Specials:

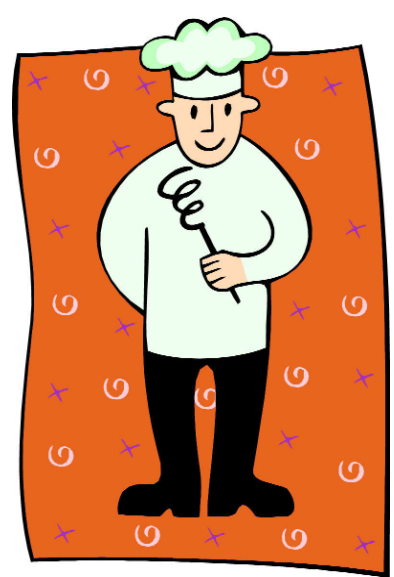
Ginger Grouper
Honey Pecan Salmon
Sesame Tuna Steaks
Rack of Lamb
Shrimp Provencal
Chilean Seabass
Chicken Coq au Vin
Beef Short Ribs
Red Snapper Provencal
Herb Roasted Salmon

Homemade Strudel:

Cheese	Apple
Apple Cheese	Apricot Cheese
Cherry	Pineapple
Chocolate Chip	

Pickles & More:

Sour Pickles	Half Sour Pickles
Fresh Sauerkraut	Pickled Peppers
Pickled Tomatoes	



From Our Rotisserie

Murrays Free-to-Roam Chicken
Italian Garlic Chicken
Tandoori Chicken
Thai Chicken
Cornish Hens
BBQ Ducks
BBQ Baby Back Ribs

Bacon:

Shaller & Weber Black Forest
Shaller & Weber Double Smoked
Nodines Apple Smoked
Nodines No-Nitrate
Niman Ranch Premium Known as the #1 premier bacon!

Salamis:

Hungarian	Genoa
Sopressata	Italian
Schaller & Weber	Milano
Kosher (all beef)	Theuringer
Summer Sausage	

Pate:

Truffle Mousse
Pate Campagna
Duck Liver Mousse
Green Peppercorn
Vegetable Terrine

Knishes:

Broccoli	Potato
Potato Mushroom	Spinach
Vegetable	Cabbage
Kasha	Garlic
Onion	Sweet Potato

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