

TOSSED SALADS

CAESAR WITH CHICKEN Romaine lettuce w/ shredded parmesan cheese, homemade croutons, chicken breast, and Max & Sam's garlic dressing **\$7.95**

MEXICAN CHICKEN CAESAR Romaine lettuce w/ chicken breast, red onion, red bell pepper, jack cheese, blue corn tortilla chips, and our creamy cilantro dressing **\$8.95**

KEEP CALM KALE ON Chopped kale w/ hearts of palm, sun-dried tomatoes, toasted pine nuts, red onion, parmesan & pecorino, and Max & Sam's Garlic Dressing **\$8.95** Add Chicken Breast **+\$2.00**

ASIAN GREENS W/ CHICKEN Napa cabbage, green cabbage, and bok choy w/ chicken breast, shredded carrots, green onions, cilantro, black sesame seeds, crispy won tons, and our sweet & spicy sesame dressing **\$8.95**

COBB SALAD Chopped romaine w/ chicken, bacon, tomato, avocado, gorgonzola cheese, hard-cooked egg, and our green onion-gorgonzola dressing **\$9.95**

ITALIAN CHOPPED Romaine & red cabbage w/ sopressata, parmesan cheese, red onion, tomatoes, and garbanzo beans w/ our Italian vinaigrette **\$8.95**

GREEK SALAD Romaine lettuce w/cucumber, feta cheese, kalamata olives, tomato, red onion, artichoke hearts and Max & Sam's garlic dressing **\$8.50** Add Chicken Breast **+\$2.00**

FOWL PLAY Romaine lettuce, black beans, corn, green onion, cilantro, and bacon tossed in chipotle ranch dressing w/ warm sliced chicken breast smothered in our own sweet & tangy BBQ sauce; topped w/ crispy onions **\$8.95**

BUFFALO BLUE Shredded romaine lettuce, crumbled blue cheese, red onion, and tomatoes tossed in our own blue cheese dressing; topped w/ warm sliced chicken breast smothered in wing sauce **\$8.95**

ROMAINE & GORGONZOLA Romaine lettuce w/ smoked turkey, gorgonzola cheese, chopped walnuts, avocado, and our tangy tabasco vinaigrette **\$7.95**

GARDEN SALAD Romaine lettuce w/ red onion, tomato, cucumber, red bell pepper, shredded carrots, and our herb vinaigrette dressing **\$6.50** With scoop of tuna salad or chicken salad **\$7.95**

THE OCEAN SPRAY Arugula and Romaine w/ Our Own Cranberry Vinaigrette, Feta Cheese, Red Onion, Dried Cranberries, and Toasted Hazelnuts **\$8.95**

BREAKFAST

AVAILABILITY OF BREAKFAST ITEMS VARIES BY LOCATION

MAX'S BREAKFAST SAMMIE Scrambled eggs and cheese w/ bacon, tomato, pepper jack, & garlic-tabasco mayo on sourdough toast **\$7.50**

JIM'S BREAKFAST SAMMIE 2 over-medium eggs, basil mayo, lettuce, tomato, and red onion on toasted rye **\$5.95**
Add Bacon **+\$1.50**

DAR'S BREAKFAST SAMMIE Toasted bagel w/ scrambled eggs, cream cheese, tomato, onion, avocado, and sprouts **\$6.50**
Add Bacon **+\$1.50**

SAM'S BREAKFAST SAMMIE Ham w/ melted swiss cheese, basil mayo, tomato, and red onion on choice of bagel, croissant, or toast **\$6.50**

MORNING 3-WAY Triple-decker eggs, bacon, ham, and cheese w/ mayo, tomatoes, and red onion on choice of sourdough, wheat, or rye **\$8.95**

BREAKFAST PANINI Panini-grilled ham & swiss w/ Dijon mustard and a fried egg **\$6.95**

STEAK & EGGS Tri-tip and eggs w/ pepper jack cheese, chipotle mayo, and a side of salsa on a toasted italian roll **\$7.95**

THE UNCLE STEVE Pastrami w/ provolone cheese, two over easy eggs, caramelized onions, mayo, dijon, lettuce, and tomato **\$7.50**

BASIC EGG SAMMIE Scrambled eggs w/ choice of cheddar, jack, provolone, or swiss cheese on choice of bagel, croissant, or toast **\$5.95** Add Bacon, Ham, or Smoked Turkey **+\$1.50**

TOASTED BAGEL

- w/ Cream cheese **\$2.50**
- w/ Cream cheese, tomato, red onion **\$3.50**
 - Open-faced **\$4.50**
- w/ Cream cheese, smoked salmon, tomato, red onion **\$7.50**
 - Open-faced **\$9.50**

NUTELLA, PEANUT BUTTER & BANANA On toasted sourdough **\$4.95**

GOLETA

185 S. PATTERSON AT HOLLISTER

Phone: 805-967-8226

Fax: 805-681-3354

ISLA VISTA

6521 PARDALL ROAD
AT EMBARCADERO DEL NORTE

Phone: 805-770-2669

Fax: 805-770-2116

SB CHAPALA

1436 CHAPALA AT MICHELTORENA

Phone: 805-560-9800

Fax: 805-560-9803

SB CARRILLO

10 EAST CARRILLO STREET AT STATE

Phone: 805-845-4600

Fax: 805-845-8074

CALL THE
DELI HOTLINE OR
ORDER ONLINE
at SOUTHCOASTDELI.COM



SOUTH COAST COMICS PRESENTS...

DELI BOY!
and the

SOUTH COAST DELI
MENU

25 YEARS!

SOUTH
COAST
DELI



SAMMIES
SALADS



Order Online at SOUTHCOASTDELI.COM

Order Online at SOUTHCOASTDELI.COM

SANTA BARBARA/CARRILLO • SANTA BARBARA/CHAPALA • GOLETA • ISLA VISTA

COLD SAMMIES

CAJUN TURKEY Oven roasted turkey w/ garlic-tabasco mayo, dijon mustard, tomatoes, red onions, pickles and shredded cabbage **\$8.50**

TURKEY W/ BACON Oven roasted turkey, sundried tomato-mayo, bacon, lettuce and tomato **\$8.95** Add avocado **+\$1.25**

HOAGIE Mortadella, cappicola, cotto salami, provolone cheese, tomato, red onion, peppers, lettuce, and oregano dressing (BC likes to substitute turkey) **\$9.50**

S.C.D. B.L.T. Bacon, basil mayo, lettuce, and tomato. **Best on sourdough toast **\$7.95** Add avocado **+\$1.25**

ROAST BEEF W/ HORSERADISH Thinly sliced roast beef w/ horseradish sauce, red onion, avocado, salt and pepper **\$8.95**

SOUTH COAST VEGGIE Fresh herb cream cheese, avocado, cucumber, grated carrots, tomato, red onions, and alfalfa sprouts **\$7.50** Add meat **+\$2.00**

THE PHATTY Chicken salad w/ basil mayo, bacon and avocado **\$8.95**

CURRIED CHICKEN SALAD w/ mango chutney mayo, cilantro, and shredded cabbage on a toasted italian roll **\$8.95**

CREATE YOUR OWN SAMMIE Includes mayo, mustard, lettuce, tomato, pickles, peppers, and onion

Meat Choices: Oven-Roasted Turkey • Smoked Turkey
Roast Beef • Pastrami • Ham • Salami
One Meat **\$8.50** Two Meats **\$9.50**

Cheese Choices: Cheddar • Swiss • Jack • Provolone
Pepper Jack

Bread Choices: Sourdough • Wheat • Rye • Italian Roll
Wheat Roll Croissant **(Add \$.50)** • Bread of the Week

DARREN'S TUNA Tuna salad w/ garlic-tabasco mayo, jalapeños, tomato, and lettuce on a toasted Italian roll **\$8.50**

GOBBLE GOBBLE Oven-roasted turkey w/ cranberry-thyme cream cheese, red onions, and radish sprouts on toasted wheat **\$8.50**

ITALIAN 3-WAY Triple-decker turkey, cappicola & salami w/ provolone cheese, basil mayo, lettuce, tomato, red onion, and pepperoncini **\$11.50**

CHICKEN CHIPOTLE CLUB Chicken breast, smoked turkey, and bacon w / jack cheese, chipotle mayo, lettuce, tomatoes, and red onions **\$11.50**

TOASTED SAMMIES

SOUTH COAST TURKEY Smoked turkey with cheddar & provolone, basil mayo, red onions, red bell peppers, and lettuce **\$8.50**

CHEESY VEGGIE Melted jack & provolone w/ fire-roasted pasilla chili, mayo, cilantro, green onion, lettuce and tomato **\$7.95**
With choice of meat **+\$2.00**

DAR'S SKY-HIGH Thinly sliced pastrami, melted swiss cheese, topped with Russian dressing and creamy coleslaw **\$8.95**

MMMM BALLS Homemade beef & sausage meatballs w/ provolone cheese and marinara sauce on a toasted Italian roll. (DeliBoy! likes pesto on his balls; you might too) **\$8.95**

THE ROBERT EMMET Ham & provolone w/ basil mayo, red onion, tomato, peppers, lettuce, and oregano dressing on a toasted Italian roll **\$8.95**

BBQ PORK Braised pork shoulder w/ our own sweet & tangy barbecue sauce. Topped with pickles and cole slaw on a toasted Italian roll **\$8.95**

WHEN IN ROME Sliced chicken breast w/ toasted almond & sage pesto, lemon mayo, pecorino cheese, and arugula on a toasted Italian roll **\$8.95**

THE MARIN Sliced chicken breast w/ melted Swiss cheese, basil mayo, tomato, pepperoncini, avocado and sprouts **\$8.95**

ROAST BEEF HOTTIE "88" Roast beef w/ melted hot pepper jack, garlic-tabasco mayo, lettuce, tomato and red onion **\$8.95**

EGGPLANT SAMMIE Breaded & fried eggplant w/ melted provolone, mayo, mustard, lettuce, tomato, pepperoncini and red onion **\$7.95**

BUFFALO CHICKEN SAMMIE Chicken breast covered in hot wing sauce w/ chipotle mayo, topped w/ shredded romaine, tossed in our own blue cheese dressing, served on a toasted Italian roll **\$8.95**

BBQ CHICKEN SAMMIE Sliced chicken breast tossed in our own BBQ sauce w/ mayo, bacon, avocado, and tomato, topped w/ romaine tossed in chipotle ranch on a toasted Italian roll **\$8.95**

TRI-TIP & SALSA Sliced tri-tip w/ chipotle mayo and salsa **\$8.95**

MR. GREEN JEANS Sliced Chicken Breast w/ Provolone Cheese and Kalamata Olive Tapenade Topped w/ Kale Tossed in Our Garlic Dressing and Parmesan **\$8.95**

MORE TOASTED SAMMIES

VIET NOM NOM Slow Roasted Pork w/ Sriracha Mayo, Cilantro, Cucumber, Mirin Vinaigrette, and Pickled Veggies on a Toasted Italian Roll **\$8.95**

COBB SALAD SAMMIE Sliced chicken breast w/ mayo, tomatoes, bacon, avo, & melted cambozola cheese. Topped w/ chopped romaine tossed in our own green onion gorgonzola dressing, on a toasted Italian roll **\$9.50**

CHICKEN CAESAR SAMMIE Sliced chicken breast w/ mayo and parmesan cheese, topped w/ romaine lettuce tossed in Max and Sam's garlic dressing on a toasted Italian roll **\$8.50**

SCD PANINIS

GRILLED & PRESSED SAMMIES

MARK'S PANINI Chicken breast w/ hot pepper jack cheese, garlic-tabasco mayo, fire roasted pasilla chile, tomato, and red onion **\$8.95**

THE R.B.C. Roast beef w/ sundried tomato mayo, caramelized onions, and cambozola cheese **\$8.95**

ITALIAN HAM JOB Cappicola, provolone cheese, basil mayo, tomato, and red onion **\$7.95**

T 'N A PANINI Oven roasted turkey w/ avocado, swiss cheese, bacon, tomato, onions, pepperoncini, mayo, and mustard **\$9.50**

CHICKEN & PESTO Sliced chicken breast w/ fresh mozzarella cheese, pesto, tomatoes, and mayo **\$8.95**

CAPRESE Vegetarian version of above; no chicken breast **\$7.50**

S.C.D. GRILLED CHEESE Cheddar, jack, & provolone w/ garlic-tabasco mayo, fire roasted pasilla chile, tomato, and red onion **\$7.95**

MEGAN'S GRILLED CHEESE Cheddar cheese and bacon; lots of both **\$7.50**

OUR ENVIRONMENTAL COMMITMENT

In addition to being committed to making the best sammies and salads in the Santa Barbara area, we are committed to do the right thing with respect to the environment.

All the single use products we use are made from sustainable, renewable, and compostable materials such as switchgrass, bagasse, and PLA, a plant-based polymer. All our paper products such as napkins, paper towels, letterhead, and business cards, are made from 100% recycled materials, this menu included. We also participate in city and county programs where available, in order to divert waste from landfills back into the soil. Please be sure to recycle this menu when you're done with it, or better yet, return it to the store so someone else may view it.

POW!