



**FRIDAY'S SPECIALS, JULY 26TH!**

**Prices Are For Credit & Debit Purchases - Pay with Cash & Receive a 4% Cash Discount!**

**PROTEIN PACKED OVERNIGHT OATS ~ BLUEBERRY CRUMB ... \$7.49**  
*Quaker Oats, Greek Yogurt, 2% Milk, Whey Protein, Graham Crackers & Fresh Blueberries*

**❧ HOT ENTRÉE SPECIALS ~ ALWAYS FRESH, ALWAYS DELICIOUS! ❧**

**Applewood Smoked Ham With Pineapples & Maraschino Cherries in a Sweet & Sour Glaze ... \$14.69**

**Turkey Roll-Ups ... \$14.69**

*Sliced Turkey Breast Rolled with an Herb Stuffing and Finished with a Light Turkey Gravy*

**Beef Stroganoff ... \$14.69**

*Sliced Sirloin Steak with Sautéed Mushrooms & Pearl Onions in a Brown Sauce Blended w/ Sour Cream*

**Fried Flounder Filet Served with Fresh Lemon & Tartar Sauce ... \$15.79**

*Above Entrées Served w/ Your Choice of 2 Sides: Rice, Mashed Potatoes, Mac & Cheese, Roasted Veggies, Braised Red Cabbage*

**Chicken Pot Pies - \$10.49**

**Quiche - Broccoli Cheddar / Quiche Lorraine / Spinach, Mushroom & Swiss ... \$5.79**

**❧ HOMEMADE HOT SOUPS ❧**

**Cup \$5.79...Pint \$6.79...Quart...\$12.59**

**Broccoli Cheddar, Spring Vegetable, Tortellini Vegetable, Tomato Orzo, Chicken Noodle, Chicken & Rice. Cup \$7.29, Pt. \$8.89, Qt. \$16.59...Seafood Bisque**

**❧ GOURMET SANDWICH ❧**

**Steve's Way ... \$13.49**

*Breaded Eggplant, Sautéed Spinach, Sundried Tomatoes and a Touch of Sweet Pesto on Focaccia*

**❧ GOURMET WRAP ❧**

**Salsalito Turkey Special ... \$11.49**

*Peppermill Turkey, Alpine Lace Swiss, Tomato, Leaf Lettuce & Honey Mustard*

**❧ SOUP & SLIDER COMBOS ❧**

*BBQ Roast Beef with Shaved Onions & Swiss Cheese on an Onion Rosemary Slider / Balsamic Glazed Chicken, Marinated Tomatoes & Provolone on a Garlic Rosemary Slider / Breaded Chicken, Muenster, Buffalo Sauce, Ranch & Pickles on a Semolina Slider / Layered Fried Eggplant with Fresh Mozzarella & Marinara Sauce on a Focaccia Cube / Oven Gold Turkey with Mozzarella & Bacon on a Garlic Toasted Semolina Slider With a Cup of Soup - \$10.49 / Pint of Soup - \$11.49*

**❧ RECESSION BUSTER ❧**

**Fresh Turkey on White, Rye or WW with a ¼ lb. of Potato Salad, Macaroni Salad or Cole Slaw and a 12 oz. Iced Tea, Lemonade or Soda ... \$11.49**

**❧ SEAQUA DELI & CATERERS ~ 4250 JERUSALEM AVENUE, MASSAPEQUA, NY 11758 ❧**  
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