

BREAKFAST

SERVED 7:30-10 AM

***YOGURT PARFAIT WITH GRANOLA** 3.69
Greek non-fat vanilla yogurt, seasonal berries, and granola.

***FIESTA BURITO** 3.29
Egg, avocado, tomato, bell pepper, and cheese. Served on a whole wheat tortilla.

Add spinach .45 Add chicken .75

***WHOLE WHEAT BAGEL** 1.99
with cream cheese.

***OATMEAL** .99
Maple brown sugar, apple cinnamon, cinnamon spice and regular .99

***ASSORTED CEREALS** 1.49
Ask for milk.

***CHICKEN, EGG & CHEESE BAGEL** 3.99

EGGS 2.19
Includes 2 scrambled eggs.

TOAST 1.49
One slice of whole grain, wheat toast.

FRUIT CUP 2.99
Fresh-cut, seasonal fruit.

BOILED EGG 1.49

**New items*

WE CATER

Box Lunches • Salads • Party Trays

Sandwich Trays • Fruit Trays

CANCER FIGHTING INGREDIENTS ON OUR MENU

Fresh strawberries, fresh blueberries, dates, bananas, yogurt, spinach, all natural peanut butter, tomatoes, homemade guacamole, red onion, whole grain pasta, whole wheat bread, natural skinless chicken breast, margarine, cinnamon, fresh garlic, extra virgin olive oil, chicken broth, cucumbers, celery, honey, cilantro, and granola.

NUTRITIONAL FACTS ABOUT BRAY GOURMET ITEMS AT CARTI

- Bread - Non GMO Whole Wheat
- Tortillas - Whole Grain Wheat
- Buns - Whole Grain Wheat
- Chicken - All Natural Chicken Breast
- Fresh Cut Fruit
- Pasta - Whole Grain
- Homemade Salsa
- Homemade Guacamole
- Homemade Chicken Salad
- Homemade Honey Ginger Lemonade
- Fresh Block, Shredded Cheddar Cheese
- All Natural Turkey Breast, raised without antibiotics



BRAY GOURMET
DELI & CATERING

AT



PHONE
501.660.7699

HOTLINE
for specials and soups
501.660.7671

HOURS
Monday - Thursday
7:30 A.M.- 3 P.M.

Friday
7:30 A.M.-2 P.M.

BRAYGOURMET.COM

SANDWICHES

All Sandwiches and Wraps come with potato chips & pickle

***GRILLED CHICKEN SANDWICH** 6.79

House seasoned grilled chicken breast with mozzarella cheese, lettuce, tomato, and mayo. Served on a whole wheat bun.

Make it your own...add avocado, guacamole, cheese, jalapeños, or onions for extra.

MEXICAN CHICKEN WRAP 6.69

Seasoned, baked chicken, homemade guacamole, fresh shredded cheddar cheese, lettuce, and tomato. Comes toasted on a whole wheat tortilla.

Lettuce wrap is available

***OVEN ROASTED TURKEY SANDWICH** 5.79

Oven-roasted, all natural turkey, lettuce, tomato, mayo, on wheat bread. Lettuce or Tortilla wrap available.

Make it your own... add avocado, guacamole, cheese, jalapeños, or onions for extra.

PIMENTO CHEESE SANDWICH 5.59

Homemade pimento cheese on wheat bread. *Lettuce or tortilla wrap available.*

GRILLED CHEESE 5.49

Two-cheese blend of American and mozzarella cheese on wheat bread.

***CHICKEN SALAD SANDWICH** 5.79

Boiled ground chicken, lettuce, tomato, and mayo on wheat bread. *Lettuce or tortilla wrap available.*

NATURAL STATE WRAP 6.29

Spinach, iceberg lettuce, mayo, mozzarella cheese, homemade guacamole, cucumbers, and tomato. Served on a whole wheat tortilla.

SALADS & SOUPS

Dressings: Oil & vinegar, house vinaigrette, ranch, balsamic, honey mustard, Italian and thousand Island.

SOUTHWEST COBB 7.39

Chopped chicken breast, mixed lettuce, cheddar cheese, hard boiled eggs, tomato, diced onion, and diced avocado.

***TURKEY CHEF** 7.79

Chopped oven-roasted turkey, iceberg lettuce, cheddar cheese, tomato, and hard-boiled egg.

***SOAKED HOUSE SALAD (NEW ORLEANS STYLE)** 6.99

Fresh cut iceberg lettuce soaked in our house-seasoned oil dressing.

SOUPS

Cup 3.49 Bowl 4.89

SIDES

***YOGURT PARFAIT WITH GRANOLA** 3.69

Vanilla Greek, non-fat yogurt, seasonal berries and granola.

FRUIT CUP 2.99

Fresh-sliced, seasonal fruit

HOMEMADE PASTA SALAD 1.74

Whole wheat pasta, onions, Italian dressing

POTATO CHIPS 1.29

***TORTILLA CHIPS WITH HOMEMADE GUACAMOLE** 3.99

***TORTILLA CHIPS WITH HOMEMADE SALSA** 2.99

DRINKS

HONEY GINGER LEMONADE (Homemade) 1.89

FOUNTAIN DRINKS (20 oz) 1.89

SMART WATER (1L) 2.49

DASANI (16.9 oz) .99

PROTEIN SMOOTHIE DRINK 3.50

MINUTE MAID 1.89

FRESH BREWED COFFEE (16 oz) 1.69

SWEET & UNSWEET TEA 1.89

SMOOTHIES

***CARTI WARRIOR** 4.59

Blueberries, strawberries, banana, spinach, non-fat Greek yogurt, peanut butter, and dates.

***STRAWBERRY BANANA** 3.99

Strawberries, non-fat Greek yogurt and banana.

***MIXED BERRY** 4.29

Blueberries, strawberries, banana, non-fat Greek yogurt.

Add 100% whey protein .50 extra

SPUDS

BRAY'S BAKED POTATO 5.69

Our large Idaho potato with margarine, sour cream, cheese, and chives. Add chicken 1.99

***SWEET POTATO** 5.29

Our large fresh, baked sweet potato. Margarine and cinnamon available.

*New items