

## the back stretch

- tacos (soft or hard).....\$1.75  
beef, chicken, steak or veggies. with lettuce, cheese & our homemade salsa
- burritos.....\$6.95  
beef, chicken, steak or veggies, with refried or black beans, rice, lettuce, cheese & sour cream, & our homemade salsa
- bean & cheese burrito.....\$5.95  
a blend of refried or black beans with mixed cheeses and rice wrapped in flour tortillas with salsa and sour cream
- taco salad.....add black beans.....\$1.00.....\$6.95  
beef, chicken, steak or veggies in a crisp flour tortilla stuffed with cheese, lettuce, tomatoes, olives, onions, hot peppers and our homemade salsa
- quesadilla...add black beans\$1.00...cheese\$4.50.....\$5.50  
a grilled flour tortilla layered with a blend of cheeses with choice of beef, chicken, steak or veggies served with sour cream & salsa
- side of black beans \$ .75 side of rice \$ .75**  
**extra salsa or sour cream \$ .50**

## VEGETARIAN SPECIALTIES

- veggie stir fry.....\$6.25 add chicken.....\$8.25  
medley of fresh vegetables sauteed in a stir fry sauce served over a bed of rice
- veggie pita.....\$5.75  
fresh pita stuffed with a variety of vegetables and your choice of dressing & cheese
- portobello sandwich.....\$6.75  
grilled portobello with lettuce, tomatoes, sprouts, provolone & balsamic
- veggie burrito.....\$6.95  
cajun sauteed veggies, choice of refried or black beans & blended cheese wrapped in a flour tortilla
- veggie quesadilla.....\$5.50  
medley of fresh vegetables served on a flour tortilla with melted cheddar, salsa & sour cream
- hummmmmus.....\$5.75  
our homemade humus, tomatoes, lettuce, carrots, olives, alfalfa sprouts, red onion and cucumbers served on your choice of bread and cheese
- grilled cheese.....\$4.75 add ham or bacon.....\$6.00  
toasted sourdough with tomato, basil and american cheese

## MORNING WORKOUT SERVED ALL DAY

- egg sandwich.....\$3.75  
two eggs cooked any style with cheese and choice of ham, sausage, bacon or steak on a hard roll. substitute egg whites for \$0.50

## Pizza

- slices.....plain\$1.75  
cheese pizza (red or white ).....\$10.50  
*\*thin crust available*
- |                                      |                           |
|--------------------------------------|---------------------------|
| basic toppings.....\$2.50/whole..... | \$ 1.25/half              |
| pepperoni                            | fresh green peppers       |
| sausage                              | eggplant                  |
| meatball                             | jalapeno                  |
| ham                                  | black olives              |
| fresh mushroom                       | fresh onion               |
| gourmet toppings...\$3.00/whole..... | \$1.75/half               |
| fresh spinach                        | sun-dried tomato          |
| feta                                 | roasted red pepper        |
| portobello                           | artichoke hearts          |
| steak                                | chicken breast or breaded |
- 24 cut .....\$17.99  
basic toppings.....\$4.00 gourmet toppings...\$6.00  
stuffed breads.....\$10.50

## HOUSE PIES

- meat lovers - \$19.50  
ham, bacon, sausage, pepperoni, and meatball
- primavera - \$17.99  
green & yellow squash, garlic, broccoli, fresh spinach and tomato (red or white)
- ranchero - \$13.95  
ranch based with sliced chicken cutlets and mozzarella cheese
- greeker - \$15.99  
fresh tomato, red onion, black olives, feta, mozzarella (red or white pie)
- buffalo 66 - \$16.99  
buffalo chicken, spicy sauce, banana peppers, red onion, cheddar & mozzarella cheese with a side of blue cheese dressing
- willy's \$17.99  
sliced marinated chicken with pesto, roasted red peppers, sun dried tomatoes, your choice, red or white pie
- popeye - \$13.95  
fresh spinach, fresh tomato, oil & garlic your choice, red or white pie
- teriyaki - \$16.99  
choice of marinated chicken or steak, red & green peppers, caramelized onions, cheddar and mozzarella
- bar-b-que - \$15.95  
sliced barbecued chicken, bbq glaze, cheddar & mozzarella
- hawaiian pie- \$14.95  
sliced ham and pineapple with mozzarella cheese
- ssdp's margarita- \$14.95  
layered mozzarella topped with pizza sauce, parmesan cheese, fresh basil and olive oil drizzle

# Spring Street



Deli and Pizzeria  
132 Spring Street

518 584 0994

visit us online @www.springstreetdeli.net

Free Delivery

Now!

Open Daily 8 am-9 pm

Catering always available

Serving Saratoga Springs for Over 14 Years!

Skidmore Card Accepted Here

menu on line @ thesaratogalife.com

menu & logo designed by mellocodesign.com