

DELI MENU

SPECIAL SANDWICHES

- Capone** - breaded chicken cutlet, fresh mozzarella, & roasted peppers (\$7.95 / \$8.95)
- Athens**- breaded chicken cutlet, feta cheese, black Olives, lettuce & tomato (\$7.95 / \$8.95)
- Florentine** - breaded chicken cutlet, sautéed spinach & fresh Mozzarella (\$7.95 / \$8.95)
- Buffalo Chicken** - BH blazin buffalo chicken, lettuce, tomato, hot sauce & ranch dressing (\$7.95 / \$8.95)
- Hail Caesar** - grilled chicken, lettuce, tomato, grated parmesan & caesar dressing (\$7.95)
- Conquistador** - breaded chicken cutlet, salsa, cheddar, tomato, red onion, on a wrap (\$8.95)
- Chicken Bruschetta** - breaded chicken cutlet, bruschetta & fresh mozzarella (\$8.95)
- Chicken Pita** - grilled chicken, lettuce, tomato, pep-pers & onions with cucumber sauce on pita bread (\$7.95)
- Chicken Fajita** - grilled chicken, lettuce, tomato, cheddar,salsa, avocado, sour cream in flour tortilla (\$8.95)
- Devil in a Blue Dress** - BH blazin buffalo chicken, cheddar cheese,lettuce, tomato, cucumber, blue cheese & hot sauce (\$7.95 / \$8.95)
- Cordon Bleu** - BH everroast chicken, ham, swiss, mushrooms & dijonnaise (\$8.95)
- Russian Chicken** - munster cheese, bacon,russian dress,breaded cutlet or blazin buffalo chicken (\$6.95/\$7.95)
- Turkey Club** - roast turkey,bac,let,tom (\$7.95/\$8.95)
- Turkey Ranch** - roasted turkey, bacon, lettuce, tomato, & ranch on whole wheat (\$7.95)
- Turkey & Brie** - roast turkey, creamy brie, lettuce & honey mustard (\$7.95)
- Orleans** - roast turkey, pepper jack cheese, chipotle mayo (\$7.95 / \$8.95)
- Tuscany** - roast beef, red onion, tomato, grilled eggplant & pesto mayo (\$7.95 / \$8.95)
- Stallion**-roast beef,peppers,onions,provolone(\$8.95)
- John Brown** - roast beef, health slaw, mayo & russian on rye (\$7.95 / \$8.95)
- Black Donnelly** - corned beef, cole slaw, mustard & russian on pumpernickel bread (\$7.95 / \$8.95)
- Brighton Beach** - pastrami, cheddar, cole slaw on grilled rye (\$8.95)
- Combo Classico** - genoa salami, sweet pepperoni, sopressata, hot capicola, provolone, lettuce, tomato, pep-pers, onions, oil & vinegar (\$8.95 / \$9.95)
- Wise Guy** - prosciutto, roasted peppers & fresh mozzarella (\$7.95 / \$8.95)
- Soprano** - genoa salami, pepperoni, hot capicola, & hot cherry peppers (\$7.95 / \$8.95)
- Black Forest** - smoked ham, swiss, mushrooms & honey mustard (\$7.95 / \$8.95)
- Country BLT** - crispy bacon, lettuce, tomato, & sun dried tomato mayo (\$4.95)
- Old Reliable** - tuna & lettuce (\$7.95)
- Tuna Melt** - tuna & choice melted cheese (\$7.95 / \$8.95)
- Lucca Brasi** - fried sole filet, lettuce, tomato, & tartar sauce (\$7.95 / \$8.95)
- Grilled Veggies & Fresh Mozzarella** - (\$8.95)
- Grilled Portabello & Spinach** - (\$6.95)
- Fried Eggplant Puttanesca** - fried breaded eggplant cutlets, tomato, onion, capers (\$6.95)
- Health Sandwich** - swiss, red onion, cucumber, peppers, lettuce & tomato (\$4.95)
- Spinach & Swiss Melt** - (\$5.95)
- Peppers & Eggs** - (\$5.95)
- Liverwurst Bacon Cheddar** - (\$5.95)

HOT ENTREES

- Meatballs/ Spaghetti** - (\$6.99)
- Penne Vodka**-Vodka,Tomatoes,Cream,Grate Cheese (\$7.99)
- Baked Ziti** - (\$7.99)
- Pasta Bolognese** - Meat Sauce (\$7.99)
- Pasta Primavera** -Veggies (\$7.99)
- Penne/ Chicken/ Broccoli** - (\$8.99)
- Tortellini Pesto** - (\$9.99)
- Cavatelli/Broc Rabe/Sausage** - (\$8.99)
- Eggplant Parmesan** - (\$6.99)
- Eggplant Rollatine** - (\$6.99)
- Pasta Alfredo**
- Pasta Carbonara** - pancetta, onions, light cream sc (\$8.99)
- Shrimp Parmesan** - (\$9.99)
- Meat Or Cheese Lasagne** - (\$7.99)
- Stuffed Salmon-Broccoli rabe & roasted peppers** market
- Crab Cakes**- (\$8.99)
- Lemon Pepper Red Snapper**- (\$9.99)
- Chicken Rollatine**-stuffed with prosciutto,mozzarella(\$7.99)
- Greek Stuffed Chicken** - stuffed with spinach,feta (\$7.99)
- Chicken, Veal or Shrimp Marsala & pasta side**(\$8.99)
- Francese** - lemon, butter, white wine sauce,pasta side(\$7.99)
- Picatta** - lemon, butter, white wine & capers,pasta side (\$7.99)
- Pizzaiolla** - tomato sauce with mushrooms & oregano (\$5.99)
- Stromboli** - Italian Combo, Chicken & Brocc.Rabe, Sausage & Spinach, Meatball (\$5.95)
- Calzones** - three cheese, chicken, spinach, pepperoni broccoli,sausage & spinach, eggplant & sausage (\$5.95)
- Pizza** - Mini Medium Large Sicilian Toppings
\$3.99 \$8.99 \$9.99 \$21.00 \$2.00

HOT SPECIALTIES

- Dinner Special** - (\$7.99)
- Fresh Turkey w/ Gravy** - (\$7.99)
- Chicken Parmesan** - (\$6.95 / \$7.95)
- Veal Parmesan** - (\$7.95 / \$8.95)
- Eggplant Parmesan** - (\$6.95 / \$7.95)
- Sausage & Peppers** - (\$6.95 / \$7.95)
- Sausage & Broccoli Rabe** - (\$6.95 / \$7.95)
- Meatballs** - (\$6.95 / \$7.95)
- Shrimp Parmesan** - (\$9.99)
- Boneless Rib** - boneless ribs, chipotle BBQ sauce, lettuce, tomato & cheddar (\$6.95 / \$7.95)
- Gyro** - seasoned lamb strips with lettuce, tomato, pepper, onions, cucumber sauce on pita bread (\$7.95)
- Chicago Beef**-slice beef,jalapenos,au jus gravy (\$7.95 / \$8.95)
- Chicken Quesadillas**-grilled chicken, peppers, onions, melted cheddar & mozzarella (\$7.99)
- Angus Hamburgers** - (\$4.95)
- Salmon Burgers** - (\$4.95)
- Cattle Drive Steak** - sliced flank steak, fresh mozzarella on garlic bread (\$8.95)
- Philly CheeseSteak**- chopped beef, peppers onions, provolone on garlic bread (\$6.95 / \$7.95)
- Chicken Philly Cheese** - chopped beef, peppers onions, provolone on garlic bread and grilled chicken (\$6.95 / \$7.95)
- Fritellas-Zucchini/Artichoke** - (\$2.99)

SALADS

- Garden** - greens & vegetables (\$5.95)
- Caesar** - hearts of romaine,cROUTONS, parmesan & veggies (\$5.95)
- Topped Caesar** - grilled chicken or beef (\$7.95)
- Topped Caesar** - shrimp (\$9.99)
- Greek Chicken** - grilled chicken, feta cheese & veggies over greens (\$9.95)
- Chef**- ham,turkey, roast beef & swiss over garden medley (\$9.95)
- Spinach** - baby spinach, bacon, swiss, mushrooms & veggies (\$7.95)
- Turkey Cobb** - turkey,cheddar,swiss & bacon (\$9.95)
- Buffalo Chicken**- greens, veggies, buffalo chicken strips (\$7.95)
- Three Scoop** - tuna, chicken & egg salad, with veggies over mixed greens (\$9.95)
- Grilled Shrimp** - grilled shrimp, mixed veggies over mixed greens (\$9.95)
- Crudite** - raw veggies over greens with bleu cheese or garlic dip (\$6.95)
- Grilled Vegetable** - (\$9.99)
- Waldorf** - romaine hearts, with chicken, apples and grapes (\$9.95)
- Salmon Mesclun**- grilled salmon, mixed field greens (\$9.95)
- Arugula Salad** - baby arugula, vine tomatoes,basil & fresh mozzarella (\$9.95)
- Chicken Cobb Salad** - (\$9.95)

PANINIS

- Caprese** - fresh mozzarella, tomato & fresh basil (\$8.95)
- Parma's Prosciutto**- prosciutto, fresh mozzarella, tomato & fresh basil (\$9.95)
- Italian Combo** - genoa salami, pepperoni, hot capicola, Provolone (\$8.95)
- Rosemary Ham** - rosemary ham, provolone, roasted peppers, caramelized onions & pesto mayo (\$9.95)
- Chicken Cutlet/Broc Rabe**-breaded chicken cutlet, roasted peppers, broccoli rabe & fresh mozzarella (\$9.45)
- Michelle's Usual**-grilled chicken, bacon, fresh mozzarella, lettuce, tomato, roasted peppers,mayo & sun dried tomato (\$9.95)
- Buffalo Chicken**-buffalo chicken strips, bacon, lettuce, tomato, ranch & hot sauce (\$7.95)
- Cordon Bleu** -roast chicken, ham, swiss, mushrooms & dijonnaise (\$9.45)
- Salsalito**-BH salsalito turkey,cheddar, lettuce, red onion, hot jalapenos & chipotle mayo (\$9.45)
- Pepper Turkey**-cracked pepper turkey, bacon,cheddar, lettuce, tomato, dijonnaise on tuscan bread (\$9.95)
- Smokey Joe**-smoked turkey,bacon,cheddar,roasted peppers, caramelized onions,tom,honey mustard,BBQ Sauce (\$9.95)
- DaVinci**-Bread Chicken Cut,Asiago Cheese,Arugala, Bruschetta, Roast Red Peppers,Sun-Dried Tomato,Mayo Rustic Bread (\$10.45)

PARMA

56 DANBURY ROAD RIDGEFIELD
DELI (203) 438-6098
BAKERY (203) 894-9078

WE DELIVER
MARKET & BAKERY

HOMEMADE SHOWCASE

- Potato or Macaroni Salad or Cole Slaw** - (\$5.99)
- Health Slaw** - No Mayo (\$7.99)
- Mixed Bean Salad** - (\$7.99)
- Bruschetta** - (\$8.99)
- Eggplant Caponata** - (\$9.99)
- Tomato & Mozzarella Salad** - (\$9.99)
- Greek Salad**- (\$8.99)
- Balsamic Chicken & Roasted Peppers** - (\$9.99)
- Chicken Salad** - (\$9.99)
- Chicken Salad Dried Cranberry,Walnuts**-(\$10.99)
- Tuna Salad** - (\$11.99)
- Egg Salad** - (\$7.99)
- Spinach Orzo Salad** - (\$8.45)
- Bowties w/ Roasted Peppers & Grated Cheese Salad**- (\$8.45)
- Fusilli w/ Fresh Mozzarella & Basil Salad**-(\$8.99)
- Mediterranean Cous Cous**- (\$7.99)
- Roasted Red Peppers** (\$8.99)
- Seafood Salad** - (\$17.99)
- Sauteed Spinach** - (\$9.99)
- Sauteed Broccoli Rabe**- (\$9.99)
- Grilled -Artichokes, Eggplant, Asparagus, Zucchini, & Mushrooms** (\$8.99)
- Stuffed Hot Pepper Provolone Prosciutto**(\$10.99)
- Long Stem Artichokes**-Roman Style (\$12.99)
- Marinated Mushrooms** - (\$9.99)
- Assorted Olives** - Sicilian, Red & Green Cerignola, Stuffed Manzanilla,& Kalamata. (\$9.99)
- Grilled Chicken** - (\$9.99)
- Breaded Chicken Cutlets** - (\$9.99)

Price Color Chart- (Bread or Roll / Hero / Wrap)

WWW.PARMAMARKETBAKERY.COM FAX: (203) 438 0490