

fresh and healthy

SPINNER SALADS

CHOOSE 4 TOPPINGS:		PREMIUM TOPPINGS:	MEAT:
SMALL	\$4.49		add \$1.40 ea.
LARGE	\$5.49	add .75 ea.	
carrots	provolone	feta cheese	seasoned chicken
broccoli	peas	kalamata olives	cured ham
peppers	cucumbers	egg	smoked turkey
tomatoes	chick-peas	bacon	
black olives	beets	mandarin oranges	
cheddar	onions	capers	
raisins		Parmesan	

Extra toppings are .45 each.

DRESSINGS

French, 1000 Island, Italian, Fat-free Italian, Ranch, Low-fat Ranch, Palmer's Greek, Palmer's Honey Mustard, Peppercorn Parmesan, No-fat Summer Tomato, Blue Cheese, Palmer's Creamy Garlic, Palmer's Raspberry Poppyseed, Palmer's Teriyaki, Caesar.

served with a fresh baked roll

SIGNATURE SALADS

CHEF	Ham, smoked turkey, egg, cheddar cheese, carrots, tomatoes and cucumbers on iceberg lettuce.	\$7.49
COBB	Chicken, bacon, egg, carrots, tomatoes, provolone cheese on iceberg lettuce.	\$7.49
GREEK	Cucumbers, tomatoes, feta cheese and kalamata olives on romaine with Palmer's Greek dressing.	\$7.49
TERIYAKI CHICKEN	Chicken, broccoli, snow peas, red peppers, water chestnuts on fresh spinach with our teriyaki dressing.	\$7.49
CAESAR	Egg, black olives, Parmesan cheese on romaine lettuce with Caesar dressing topped with croutons.	\$6.49
SPINACH	Bacon, egg, red onion, mandarin oranges, on fresh spinach with Palmer's raspberry dressing.	\$6.49
LUNCHEON SALAD	Tomatoes, cucumbers, carrots, cheddar cheese on iceberg lettuce.	\$4.49

*add any meat to above salads for **\$1.40**

as good as it gets

SALADSAMPLER

Choose 3 different salads, 6 ozs. each, with a fresh baked roll.	
1 meat salad with 2 non-meat salads.	\$7.79
3 non-meat salads.	\$6.79
Substitute any additional meat salad for an additional	\$1.35

out of the oven

COOKIES&DESSERTS

Made from scratch and baked fresh daily.

COOKIES: Chocolate Chip, Snickerdoodle, Peanut Butter, Chocolate Pixie, Neiman Marcus, Oatmeal Raisin, Molasses, Van Patten, Sugar, Gluten Free Peanut Butter Blossom	\$1.35
PALMER'S BROWNIES	\$1.35
SCOTCHAROOS	\$1.85
RICE KRISPIE BLOCKS	\$1.85
MAGIC BARS	\$1.85
GRANDMA HELEN'S LEMON BARS	\$1.85
CARROT CAKE	\$2.35
CHEESECAKE	\$3.50

PALMER'S KIDS 12 and under only

PB & J , chips and pickle.	\$2.49
GRILLED CHEESE , chips and pickle.	\$2.49
HAM & CHEESE , chips and pickle.	\$2.49
TURKEY & CHEESE , chips and pickle.	\$2.49
KIDS COMBO	
Turkey or ham with cheese, 4 oz. fruit cup or bag of chips, pickle, chocolate chip cookie, and a kids fountain drink.	\$3.99

palmersdeliandmarket.com
REVISED 5/10

Palmer's deli & market

family owned since 1989



grEAT food. grEAT life.

palmersdeliandmarket.com

INGERSOLL
2843 INGERSOLL AVE.
274-4004

KALEIDOSCOPE
655 WALNUT ST.
288-4466

URBANDALE
7509 DOUGLAS
270-6561

WEST DES MOINES
4949 WESTOWN PKWY.
223-0123

ANKENY
110 N. ANKENY BLVD.
963-4500

DON'T
STAND
IN LINE
ORDER
ONLINE
palmersdeliandmarket.com

CLICK. FAX. PHONE. WE DELIVER.

voted #1 box lunch in town

THE **BOX** LUNCH

Choose one of our delicious specialty sandwiches or create your own from any of our traditional sandwiches.

Each lunch includes a sandwich, 4 oz. market salad, bag of potato chips, pickle spear...and a Palmer's brownie or cookie...of course!

Substitute another market salad for chips, add .55. Service incl.

TRADITIONAL SANDWICH BOX LUNCH **\$8.29**

TRADITIONAL SANDWICH WITH CHEESE **\$8.99**

SPECIALTY SANDWICH **\$9.29**

the specialties have it all

SPECIALTY SANDWICHES

A great sandwich begins with excellent ingredients.

We hand-slice our meats and cheeses, prepare our vegetables each morning, and our breads are baked fresh daily. . . our very own BreadWorks.

FULL **\$6.39** HALF **\$4.89**

MARSHALL FIELD

#1 Roasted turkey, ham, bacon, cheddar & Swiss, with lettuce, tomato, and 1000 Island dressing on marble rye.

BEEF EATER

#2 Roast beef, pastrami, cream cheese, all on a ciabatta kaiser, steamed to heat.

PALMER'S CLUB

#3 Roast turkey, roast beef, ham, bacon, lettuce, tomato and red onion on marble rye.

REUBEN

#4 Corned beef, pastrami or turkey, sauerkraut, Swiss cheese, with 1000 Island on pumpernickel rye, grilled.

VEGETARIAN

#5 Fresh lettuce, sprouts, green pepper, cucumber, tomato, carrots and pepper jack with Palmer's mustard on a croissant.

MARKET CHICKEN

#6 Palmer's market chicken salad, with lettuce and tomato on a bread of your choice.

MARKET TUNA

#7 Palmer's albacore tuna salad, lettuce & tomato on a bread of your choice.

MARKET TURKEY

#8 Smoked turkey, Havarti cheese, lettuce, tomato with ranch dressing on a ciabatta kaiser.

COWBOY

#9 Roast beef, red onion, cheddar and pepper jack cheese with western dressing on marble rye bread.

APPLE ORCHARD

#10 Roast turkey, provolone and sliced Granny Smiths with apple butter on a ciabatta hoagie.

NATURAL

#11 Sliced chicken breast, tomato, sprouts, and seasonings with mayonnaise on multigrain.

MELT

#12 Ham, roast turkey, Swiss, co-jack, and provolone cheeses on a pumpernickel kaiser, steamed to melt.

JP'S FAVORITE

#13 Ham, pastrami, bacon, Swiss and cheddar cheese with honey mustard on a pumpernickel kaiser.

TURNBERRY

#14 Smoked turkey, Havarti cheese, with cranberry chutney & cream cheese on multigrain.

DELI STACK

#15 Salami, tomato, lettuce, red onion, provolone with garlic spread on pumpernickel rye.

THE WAVE

#16 Palmer's albacore tuna salad, tomato, co-jack and provolone cheeses on country sourdough, grilled.

SUB

#17 Ham, salami, cheddar & Swiss cheeses, lettuce, tomato, and red onion on a ciabatta hoagie.

build your favorite

TRADITIONAL SANDWICHES

We love building your favorite sandwiches!

Choose from our hand-sliced premium meats, cheeses, fresh baked breads, garden veggies and condiments.

FULL **\$5.49** HALF **\$4.19**

MEAT	CHEESE (add .70)	FRESH VEGGIES ...and a fruit	FRESH BREADS by our BreadWorks
Ham	Swiss	Lettuce	Italian White
Roast Turkey	Cheddar	Spinach	Multigrain
Smoked Turkey	Havarti	Cucumber	Pumpernickel Rye
Roast Beef	American	Sprouts	Marble Rye
Pastrami	Pepper Jack	Tomato	Country Sourdough
Salami	Provolone	Green Peppers	Pumpernickel Kaiser
Corned Beef	Co-Jack	Banana Peppers	Ciabatta Kaiser
Egg Salad		Red Onion	Ciabatta Hoagie
Ham Salad		Carrot	Croissant (add \$1.35)
		Granny Smith	

CONDIMENTS

Dijon Mustard, Yellow Mustard, Honey Mustard, Palmer's Mustard, Mayonnaise, Apple Butter, 1000 Island, Western, Ranch, Cream Cheese

made fresh daily

MARKET SALADS

Home-made and prepared fresh daily. Ask about seasonal specials.

NON-MEAT

Old-fashioned Potato
New Potato
Italian Tomatoes
Trees and Raisins
Crunchy Cabbage
Deli (fresh veggies)
Fresh Fruit
Waldorf

MEAT

Market Chicken
Albacore Tuna
Smoked Turkey Almond
North Shore Chicken
Seafood
Ham
Dilled Egg

	4oz.	8oz.	12oz.	16oz.	quart
Non-meat	1.35	2.69	3.99	5.29	10.59
Meat	2.79	5.29	7.59	9.49	19.49
Egg	1.79	3.49	5.29	6.89	13.79

voted #1 soup and salad

SOUPS & SALADS COMBOS

SOUP At Palmer's we offer a wide variety of home-made soups, that we make fresh daily. **CUP \$2.79 BOWL \$4.19**

PALMER'S CHILI

Our award-winning chili is great whatever season!

Voted #1 chili in town. **CUP \$3.19 BOWL \$4.49**

SOUP & SANDWICH COMBOwith cheese add .35

Choose half sandwich, and a cup of soup.

Traditional with drink **\$7.69** Without drink **\$6.69**

Specialty with drink **\$8.19** Without drink **\$7.19**

SOUP & SALAD COMBO

Our luncheon salad and a cup of soup.

With fountain drink **\$8.19** Without drink **\$7.19**

FAVORITE MENUS

COMBO A

An assorted sandwich platter. Choose one market salad and a dessert tray, featuring our famous Palmer's brownies & our "right out of the oven" cookies. **\$8.19 per person**

COMBO B

A meat and cheese platter, sliced for sandwiches. This includes an ample portion of our hand-sliced meats & two slices of cheese per person. **\$6.19 per person**

COMBO C

A platter of assorted mini croissants stuffed with your choice of hand-sliced deli meats (1.5 croissants per person), your choice of two market salads, and a tray of assorted "right out of the oven" cookies and desserts. **\$6.19 per person**