

# Dellz Uptown

## Lunch & Dinner Menu



Monday-Saturday 11am-8pm, Sunday 11am-3pm. Please inform us of any food allergies

### STARTERZ

<b>Nachos</b>	<b>\$13.00</b>	<b>Vegan Nachos</b>	<b>\$14.00</b>
mixed cheese, brown rice, black beans, mango salsa, avocado, sweet mustard, Dellz sauce, spicy sour cream		Daiya cheese, brown rice, black beans, mango salsa, avocado, banana sauce, Goddess dressing, vegan sour cream	
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<b>Hummus Dip</b>	<b>\$9.00</b>	<b>Snobby Nachos</b>	<b>\$15.00</b>
Black bean or roasted red pepper. With cucumbers, carrots, mango salsa, Goddess dressing, avocado and sprouts		mixed Daiya cheese, marinated meatless crumbles, brown rice, black beans, mango salsa, avocado, Banana sauce, Goddess dressing, vegan sour cream	
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BOWLZ

<b>My Thai Bowl</b>	<b>\$14.00</b>	<b>Lucky Bowl</b>	<b>\$13.00</b>
Zucchini, squash, vegan-style sausage, coconut lime rice, cabbage, ginger, chopped turnip greens, rice noodles, Thai sauce. Topped with mango salsa, and avocado		black eyed peas, diced peppers, chopped red onions, creole seasoning and chopped spinach greens on a bed of long grain brown rice, vegan-style bacon	
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<b>Bean and Rice Bowl</b>		<b>Acorn Bowl</b>	<b>\$14.00</b>
brown rice, black beans, mango salsa, goddess dressing, avocado, sprouts, banana sauce		Acorn squash stuffed with asparagus, mushrooms, onions, quinoa, topped with goddess dressing, mango salsa and sprouts. Served around large salad	
..... <b>\$9.00</b>		<hr/>	
With Cheese ..... <b>\$10.00</b>		<b>Vitality Bowl</b>	<b>\$13.00</b>
<hr/>		organic quinoa, black beans, mixed bell pepper warmed and topped with chopped greens, fresh avocado and Goddess dressing	
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## WRAPZ

Vegan / Veggie Friendly. Make any wrap a salad or gluten-free option: add \$1

### Chillin' Black Bean Wrap

black beans, long grain brown rice, diced tomatoes, cucumbers, field greens, sprouts, avocado, mango salsa, spicy sour cream, and Dellz sauce or goddess dressing

.....\$9.00  
With Cheese.....\$10.00

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### BLT

tempeh bacon, diced tomatoes, mixed greens, cucumbers, sprouts, avocado, and house-made Goddess dressing on a pita or wrap

.....\$9.00  
With Cheese.....\$10.00

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### Snobby Joe

marinated meatless crumbles, mixed greens, diced tomatoes, cucumbers, sprouts, avocado, mango salsa and goddess dressing

.....\$10.00  
With Cheese.....\$11.00

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### Hummer

**\$9.00**

black bean or roasted red pepper hummus, field greens, tomatoes, mango salsa, avocado, sprouts, matchstick carrots, cucumbers and sprouts with goddess dressing, drizzle of lime

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### Cordon Blue

**\$11.00**

vegan-style chicken, vegan-style sliced turkey, vegan parmesan cheese, chopped green onions, tomatoes, field greens and mixed vegan cheese

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### Portabella

**\$9.00**

portabella mushrooms, marinated artichoke hearts, bell peppers, feta cheese, field greens, tomatoes, avocado, goddess dressing

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### Kitchen Sink Overload

**\$18.00**

black beans, rice, cheese, bell peppers, mushrooms, avocado, sprouts, cucumber, jalepenos, mango salsa, greens, tomatoes and our Dellz sauce or Goddess dressing

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<b>Vegan Crab Cake</b>	<b>\$16.00</b>	<b>Chick'n Bacon</b>	<b>\$16.00</b>
vegan-style shrimp, long grain brown rice, black beans, mixed melted vegan cheese, vegan sour cream, mango salsa, mixed greens, tomatoes, Dellz sauce or goddess dressing		vegan-style chick'n, tempeh bacon, mixed vegan cheese, long grain brown rice, black beans, mixed greens, sliced avocado, mango salsa, diced tomatoes, Goddess Dressing	

<b>High on Veggies</b>		<b>Workout Wrap</b>	
zucchini and yellow squash, mixed bell peppers, sliced mushrooms, carrots, cucumbers, tomatoes, sprouts, avocado, mango salsa, goddess dressing		smoked tofu, zucchini and yellow squash, mixed bell peppers, sliced mushrooms, brown rice, black beans, cucumbers, carrots, tomatoes, avocado, sprouts, mango salsa, goddess dressing	
.....	<b>\$9.00</b>	.....	<b>\$10.00</b>
With Cheese . . . . .	<b>\$10.00</b>	With Cheese . . . . .	<b>\$11.00</b>

<b>Spicy Garden Tacos</b>		<b>Garden Veggie Burger</b>	
brown rice, black beans, zucchini, squash, bell peppers, mushrooms, mango salsa, mixed greens, tomatoes, banana sauce, goddess dressing		garden veggie burger, pickles, mango salsa, tomatoes, mixed greens, avocado, goddess dressing	
.....	<b>\$8.00</b>	.....	<b>\$9.00</b>
With Cheese . . . . .	<b>\$9.00</b>	With Cheese . . . . .	<b>\$10.00</b>

DELI FAVS - MEAT FRIENDLY WRAPS

<b>Cannon Corner</b>	<b>\$9.50</b>	<b>Sassy Chicken</b>	<b>\$11.50</b>
turkey, mixed greens, pickles, mango salsa, mixed cheese, tomatoes, goddess dressing		chicken, mixed cheese, black beans, brown rice, carrots, mixed greens, cucumber, tomatoes, spicy honey mustard, Dellz sauce or goddess dressing	
+ Add Ham & Roast Beef for . . . . .	<b>\$1.75</b>		

**La Chic Ha Beef****\$11.00**

beef, black beans, mixed cheese, rice, salsa, sour cream, avocado, tomato, fresh field greens, jalapenos, Dellz spicy souce

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**Turkey Goddess****\$10.50**

turkey, mango salsa, jalapeno, cucumber, sprouts, tomatoes, banana sauce, goddess dressing

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**Tummy Yummy Mahi****\$14.00**

baked seasoned Mahi, brown rice, black beans, mixed cheese, sliced carrots, mango salsa, diced tomatoes, avocado, seasoned sour cream, banana sauce

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**Roast Beef****\$11.50**

roast beef, cheese, horseradish, honey mustard, tomato, salsa, lettuce

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**Big Daddy****\$14.00**

ham, turkey, roast beef, salso, jalapeno, cheese, cucumber, tomato, sirascha, Dellz sauce, le

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**Beach Bum****\$14.00**

seasoned shrimp, brown rice, black beans, melted cheese, mango salsa, diced tomatoes, field greens, spicy sour cream, beach bum sauce

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**Mahi, Shrimp, or Chicken Tacos (2)****\$10.50**

soft flour tortillas, melted cheese, brown rice, black beans, mango salsa, diced tomatoes, avocado, field greens, sweet & spicy sauce

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**PIZZAZ****Jazzy Pizza****\$20.00**

mixed cheese, brown rice, black beans, mixed bell peppers, sliced mushrooms, mango salsa, avocado, sweet and spicy sauce, mixed greens, spicy sour cream

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**Vegan Jazzy Pizza****\$23.00**

mixed Daiya cheese, brown rice, black beans, bell peppers, mushrooms, mango salsa, avocado, goddess dressing, Dellz spicy Goddess Dressing

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**Hawaiian Pizza** **\$24.00**

mixed Daiya cheese, smoked tofu, diced pineapple, green onions, capers, red pepper flakes, mango salsa

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**Pita Pizza** **\$9.00****Gluten-Free Pizza** **\$11.00****Vegan+Gluten-Free Pizza** **\$12.00****The Mumba Bumba (Double Decker)** **\$30.00**

super loaded with cheese, beans, rice, salsa, sour cream, avocado, Dellz spicy sauce, drizzle of lime juice, topped with tortilla shell

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**Vegan Pita Pizza** **\$10.00****Large Chz Pizza** **\$11.00****SIDES / ADD-ONS****Beans and Rice** **\$3.00****Extra Sauce** **\$0.75****Extra Chips** **\$1.00****Extra Vegan Cheese** **\$2.50****Avocado** **\$1.75****Bottle Goddess** **\$15.00****Extra Cheese** **\$1.50****Bottle Dellz Sauce** **\$15.00**

SMOOTHIES

From Dellz VibeZ. Full smoothie & juice menu coming soon!

<b>The Zen</b>	<b>\$6.50</b>	<b>Spicy Coco Boy</b>	<b>\$6.50</b>
coconut water, ginger, oranges, cucumber, spinach, lime		almond milk, banana, spinach, cacao nibs, cinnamon, cayenne, honey	
<b>Tropical Vibe</b>	<b>\$6.50</b>	<b>Diesel</b>	<b>\$6.50</b>
probiotic juice, banana, strawberry, pineapple, orange, mint		chocolate almond milk, peanut butter, chocolate plant protein, banana	
<b>Wonder Woman</b>	<b>\$6.50</b>		
almond milk, banana, almond butter, strawberries, plant based protein			
+ Add Seamoss to Any Smoothie . . . . .	<b>\$1.25</b>		

SALADS

Any wrap can be made into a salad

Rainbow Salad

fresh field greens, shredded carrots, tomato,  
cucumbers, sprouts, mixed peppers, avocado

.....\$9.00  
Small .....\$6.00

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Longlife Salad

spinach, cucumber, tomato, carrots, sprouts,  
avocado, Goddess dressing

.....\$9.00  
Small .....\$6.00

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KIDS MENU

Every Wednesday Kids Eat Free with Adult Purchase of \$10

**Baby Sage's Bowl** **\$6.00**  
Quinoa, turnip greens, avocado, goddess dressing  
+ Can Blend for Infants / Add Sauteed **\$0.30**  
Mushrooms for . . . . .

**PB & Banana Pita** **\$5.00**

**Cheese Quesadilla**  
.....**\$6.00**  
Vegan. ....**\$8.00**

**Cheese Pizza** **\$6.00**

**Chicken Sliders** **\$5.00**  
+ Add Fruit .....**\$6.00**

BEER & WINE

Ask about our Additional selections! We also offer rotating bottled beverages

<b>Red Stripe</b>	<b>\$3.00</b>	<b>Stella Artois</b>	<b>\$4.00</b>
Dellz Fav		Dellz Fav	
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<b>Heineken</b>	<b>\$5.00</b>		
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DRINKS

Locally Roasted Coffee \$2.50

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Cannonborough Beverage Co. Local \$3.00  
Ginger Beer

non-alcoholic

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## FEATURED ITEMS

**Take a Bottle of Our House Made Dressings (15)**

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**Grab House Made Seamoss (15)**

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**disclaimer:** *pricing and availability subject to change.*

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