

**MIXED SALADS.....\$7.50/lb & up**

- Pesto Tortellini, *cheese filled tortellini.*
- Asian Broccoli, *soy sauce, garlic, chili pepper.*
- Quinoa, *cucumber, feta cheese, lemon vinaigrette.*
- Artichoke, *caesar dressing, parmesan.*
- Ratatouille, *eggplant, quashes, onion, peppers.*
- Greek with Envy, *cheese tortellini, peppers, feta.*
- Rosemary Potato, *Yukon gold potato, mustard aioli.*
- Fresh Corn Salad, *basil, apple cider vinaigrette.*
- Beet, *onion, house made dressing.*
- Crunchy Tofu, *cabbage, cilantro, lime vinaigrette.*
- Couscous, *kidney beans, carrot, house made vinaigrette.*
- Beluga Lentil, *corn, house made chipotle vinaigrette.*
- Orrechiette, *garlic, parsley, and house made vinaigrette.*
- Zucchini Fritters, *corn meal, cayenne.*
- Farro with almonds, *corn, and house made vinaigrette.*
- Roasted cauliflower, *basil, roasted cherry tomato.*
- Pasta Pesto Piselli, *pesto aioli, green peas, parmesan.*
- Mozzarella w/ Tomato, *garlic, olive oil.*
- Tabbouleh, *bulgur wheat, tomato, cucumber, mint.*
- Spanish chicken, *roasted chicken, green olives, roasted red pepper, house made vinaigrette.*
- Stuffed Shells, *ricotta, mozzarella, parmesan.*
- Pike place kale & wild rice, *house made vinaigrette.*
- Gnocchi, *house made spicy marinara.*
- Spicy tofu with Leeks, *garlic chili sauce.*
- Grilled Eggplant, *marinated in Sicilian vinaigrette.*
- Roasted Brussels sprouts, *slow roasted with salt and pepper.*

**SPECIALTIES & SIDES**

- Baked Potato ..... \$4.25
- Shepherd’s Pie ..... \$4.95
- Manicotti ..... \$5.25
- Cannelloni ..... \$6.00
- Pasta Bake ..... \$3.50
- Polenta .....\$3.25
- Miso tofu..... \$0.50
- Dolmas.....\$0.50
- Meals..... \$4.99  
*Meatball, Alfred, Pesto, Vodka,*
- Pizza ..... \$16.50 whole, \$2.75 slice

**DESSERTS**

- Bread Pudding..... \$2.28
- Bombaloni (Tunisian doughnut) \$1.82
- Zappole (Italian doughnut) ..... 4 / \$1.82
- Nanaimo Bar..... \$1.25
- Baklava ..... \$1.25
- Seasonal personal pie..... \$3.50
- Brownies ..... \$2.00
- Cookies .....\$1.00  
*Nutella, Peanut butter, espresso, shortbread, etc*



**206-448-4758**  
**Wholesale orders 206-805-9127**

1904 Pike Place  
Seattle, WA 98101  
[www.michoudeli.com](http://www.michoudeli.com)

Open 7 days a week  
9:00am – 5:00pm

Closed on Thanksgiving, Christmas & New Years’ Day

**SANDWICHES.....\$6.16**

**Roasted Chicken**

*Roasted chicken, tomatoes, provolone, sun-dried tomato pesto, greens, lemon aioli*

**Pulled Pork**

*Slow-roasted pork baked with BBQ sauce, greens, smoked Gouda*

**Tuscan Chicken**

*Grilled chicken, artichokes, tomatoes, mozzarella, greens, pesto aioli*

**Turkey Bacon**

*Roasted turkey, bacon, smoked Gouda, greens, tomato, mayo*

**Teriyaki Tofu**

*Grilled tofu, feta cheese, greens, red onion, teriyaki sauce, tomato, mayo*

**Crispy Chicken**

*Breaded fried chicken, pesto, caramelized tomatoes, provolone, greens*

**Smoked Salmon**

*Smoked salmon, red onions, greens  
Dill spread*

**Chicken Caesar Bacon**

*Grilled chicken, bacon, greens, Caesar dressing*

**Italian**

*Ham, pepperoni, provolone, pepperoncini, tomatoes, greens, creamy Italian dressing*

**Roast Beef Gorgonzola**

*Roasted beef, caramelized onions Gorgonzola spread, greens*

**Poblano Beef**

*Roast beef, red onions, chipotle salsa w/ poblano peppers, mozzarella, greens*

**Two Tomato & Brie**

*Sun-dried tomato pesto, tomatoes, brie, basil, greens*

**Portobello w/ Roasted Garlic Aioli**

*Grilled, sliced portobello mushrooms, fontina cheese, roasted red peppers, greens*

**Sierra Chicken**

*Roasted chicken, tomatoes, smoked Gouda, red onions, greens, chipotle aioli.*

**Fresh Mozzarella with pesto**

*Caramelized tomatoes*

**Mexican sandwich**

*Chorizo, onion, green pepper, mozzarella, jalapeño  
Greens*

**Buffalo chicken**

*Hot buffalo sauce, roasted chicken, tomato, house made bleu cheese spread, greens*

**ABBLT**

*Apple, bacon, bleu cheese, fresh romaine, tomatoes*

**Thai beef**

*Marinated beef in a unique sauce, greens, cucumber, cilantro, mayo*

**Chicken and Goat cheese**

*Grilled chicken, roasted red peppers, goat cheese spread, greens*

**GREEN SALADS.....lg \$6.99, sm \$3.75**

**Caesar Chicken**

*Fresh Romaine, grilled chicken, croutons, parmesan, parsley, house made Caesar dressing*

**Souvlaki**

*Fresh Romaine, diced chicken, peppers, tomatoes, red onion, cucumbers, olives, feta, mint, parsley, lemon vinaigrette*

**Spicy Chicken**

*Fresh Romaine, grilled chicken, black beans, corn, cherry tomatoes, cilantro, and house made chipotle dressing*

**Turkish**

*Fresh Romaine, peppers, tomatoes, red onion, cucumbers, olives, feta, mint, parsley, lemon vinaigrette*

**Chef**

*Fresh Romaine, diced chicken, artichokes, black olives, pepperoni, cherry tomatoes, parsley, bleu cheese crumbles, balsamic vinaigrette*

Salad Special of the Month .....	\$5.95
Soup Small.....	\$3.00
Medium .....	\$3.50
Large.....	\$4.25
Salad & soup .....	\$6.75
Half sandwiches .....	\$3.18
Half sandwich & soup .....	\$5.96
Half sandwich & salad (1/2 lb) ...	\$6.71