

# SPECIALS, MAY 27, 2022 S

# Served all day!

Western Omelet ... \$7.49

3 Egg Omelet with Ham, Peppers and Sautéed Onions on a Roll or w/ a Side of Toast

## $\sim$ Hot entrée specials ~ Always made from scratch $\sim$

### Sweet & Sour Roasted Pork Loin ... \$13.99

### Fried Flounder Filet with Fresh Lemon & Tartar Sauce ... \$13.99

Above Entrée Served w/Your Choice of 2 Sides: Mashed Potatoes, Yellow Rice, Mac & Cheese, Roasted Veggies, Braised Red Cabbage

Chicken Parmesan Served with Spaghetti and a Side Salad ... \$13.99

Quiche ~ Spinach, Mushroom & Swiss / Quiche Lorraine / Broccoli Cheddar ... \$4.99

Chicken Pot Pie - \$8.99

HOMEMADE HOT SOUP

Cup \$5.49 / Pint \$6.49 / Quart \$11.99

Cream of Chicken, Cream of Mushroom, Tortellini Vegetable, Spring Vegetable, Tomato Orzo, Chicken Noodle, Chicken & Rice. Cup \$6.49, Pt. \$7.49, Qt. \$13.99...Seafood Bisque

#### SEAQUA FIT MEAL PREPS ~ GRAB N' GO OR HAVE IT HOT ~ BUY ANY 5 MEAL PREPS GET 1 FREE!

## Teriyaki Chicken ... \$10.99

Grilled Teriyaki Chicken with Steamed Broccoli over Jasmine Rice Sprinkled with Black & White Sesame Seeds, Teriyaki Sauce on the Side

## Sourmet salad Sources

Shrimp Salad ... \$18.99 /lb.

Jumbo Whole Poached Shrimp, Celery, Fresh Lemon Juice & a Mayo Based Dressing

## SOUP & SLIDER COMBO 🥪

BBQ Roast Beef with Shaved Onions & Swiss Cheese on an Onion Rosemary Slider or Balsamic Glazed Chicken, Marinated Tomatoes & Provolone on a Garlic Rosemary Slider or Breaded Buffalo Chicken, Muenster, Buffalo Sauce, Ranch & Pickles on a Semolina Slider or Layered Fried Eggplant with Fresh Mozzarella & Marinara Sauce on a Focaccia Cube or Oven Gold Turkey with Mozzarella & Bacon on a Garlic Toasted Semolina Slider with a Cup of Soup - \$9.99 / Pint of Soup - \$10.99

## $\sim$ Recession buster $\sim$

Salsalito Turkey on White, Rye or Whole Wheat Bread with a ¼ lb. of Potato Salad, Macaroni Salad or Cole Slaw & 12 oz. Soda, Iced Tea or Lemonade ... \$9.99

Seaqua Deli & Caterers / 4250 Jerusalem Avenue, Massapequa, NY 11758 Info@seaguadeli.com / 516.799.5600 / Seaguadeli.com