

MEDITERRANEAN SAMPLERS

ADD GRILLED CHICKEN TO ANY SAMPLER \$1.99

ORIGINAL SAMPLER - Hommus, Tabouleh, Grape Leaves, Kalamata Olives, Feta Cheese, Pita Chips \$7.99

SUPER SAMPLER - Hommus, Tabouleh, Grape Leaves, Marinated Eggplant, Kalamata Olives, Feta Cheese, Pita Chips \$8.99

SAMPLER HEAVEN - Hommus, Tabouleh, Eech Cracked Wheat Salad, Grape Leaves, Marinated Eggplant, Falafel, Kalamata Olives, Feta Cheese, Pita Chips \$12.99

MEDITERRANEAN BOWLS

FALAFEL BOWL - Falafel, Lettuce, Tomatos, Onions, Drizzled with a Sesame-Tahini Dressing, Served over rice pilaf \$6.99

CHICKEN BOWL - Grilled Chicken, Lettuce, Tomatos, Onions, Drizzled with a Yogurt Cucumber Sauce, Served over rice pilaf \$6.99

MEDITERRANEAN DINNER PLATES

GYRO PLATE - Rice Pilaf, Greek Salad, Original Gyro Sandwich \$11.99

FALAFEL PLATE - Rice Pilaf, Garden Salad, Sonia's Falafel Sandwich \$11.99

GRILLED CHICKEN PLATE - Rice Pilaf, Garden Salad, Grilled Chicken Breast \$9.99

SIDE SPECIALTIES

LAHMEJUNE (ARMENIAN PIZZA) - Handmade thin dough topped with Seasoned Ground Beef \$1.99

ZAARTAR BREAD - Handmade thick dough topped with sesame, olive oil, thyme seasoning \$2.49

PITA CHIPS & HUMMUS - Homemade seasoned Pita Chips served with our traditional chick pea hummus \$5.49

SOUPS

CHICKEN OR LENTIL SOUP - Served Daily - \$3.99 Pint - \$7.99 Quart

SIDE PITA BREAD - \$.75

SIDE FRENCH BREAD - \$1.49

In addition to our daily soups, we offer specialty soups each week. Ask about our seasonal selection.

BREAKFAST

NUTELLA HEAVEN - Nutella, Strawberries, served on a homemade Armenian Sweet Bread \$2.99

BREAKFAST SANDWICH - Bacon or Ham, American Cheese, Egg, served on a homemade Armenian Sweet Bread \$3.49

Please allow 5 minutes to be made.
We only use fresh eggs. Never egg substitute.

WE CATER

Are you planning a gathering at your home or office?

Consider Sonia's to cater your next event.
Whether a party platter or full course dinner, our gourmet specialties are sure to be a hit!

401-941-9300

816 PARK AVENUE CRANSTON, RI 02910
OUR HOURS ARE SEASONAL PLEASE CALL AHEAD



DISCLAIMER

We do our best to use pitted Olives.
Please be aware that we are not responsible for any Olives that may contain pits.

DISCLAIMER

Regarding food allergies, We label our food items as best as we can.
Please read the menu carefully. Our premises is not a nut free facility.
Please make us aware of any allergies you might have.

Follow Us Online



SALADS • SANDWICHES • SOUPS

TAKE OUT • DINE IN

401-941-9300

816 PARK AVENUE CRANSTON, RI 02910

WWW.SONIASDELI.COM



SALADS

Add grilled chicken or sliced turkey breast to any salad	\$1.99
TRADITIONAL GARDEN - Mixed Greens, Tomatoes, Carrots, Cucumbers, Bermuda Onions, finished with Italian Dressing	\$6.99
PARK AVENUE - Mixed Greens, Pears, Gorgonzola Cheese, Pecans, finished with Balsamic Vinaigrette Dressing	\$7.99
BLUTO - Mixed Greens, Green Apples, Feta Cheese, Walnuts, finished with Balsamic Vinaigrette Dressing	\$7.99
POPEYE - Mixed Greens, Strawberries, Feta Cheese, Poppy Seeds, Slivered Almonds, finished with Balsamic Vinaigrette Dressing	\$7.99
OLIVE OIL - Mixed Greens, Marinated Eggplant, Tomatoes, Bermuda Onions, Banana Peppers, Shredded Mozzarella Cheese, Finished with Balsamic Vinaigrette Dressing	\$7.99
MY BIG FAT GREEK SALAD - Mixed Greens, Roasted Red Peppers, Banana Peppers, Bermuda Onions, Pitted Kalamata Olives, Feta Cheese, Finished with a Garlic Lemon Dressing	\$7.99
GRILLED VEGGIE SALAD - Mixed Greens, Assorted Grilled Vegetables, Shredded Sharp Provolone Cheese, finished with Italian Dressing	\$7.99
FATTOUSH SALAD - An Arabic style salad, Romaine, Parsley, Tomatoes, Cucumbers, Bermuda Onions, Feta Cheese, topped with Pita Chips, finished with a Sumac and Mint Dressing	\$8.99
HOMMUS HEAVEN - Mixed Greens, Hommus, Feta Cheese, Roasted Red Peppers, Bermuda Onions, Pitted Kalamata Olives, finished with a Sesame-Tahini Dressing	\$7.99
FALAFEL SALAD - Mixed Greens, Falafel, Bermuda Onions, Hommus, Tabouleh, finished with Sesame-Tahini Dressing	\$7.99
CHICKEN CAESAR SALAD - Mixed Greens, Homemade Croutons, Chopped Bacon, Parmesan Cheese, Topped with Grilled Chicken, finished with Caesar Dressing	\$8.49
BUFFALO CHICKEN - Mixed Greens, Tomatoes, Cucumbers, Bermuda Onions, Crumbled Gorgonzola Cheese, Topped with Buffalo Chicken, finished with a Blue Cheese Dressing	\$8.49
GRILLED CHICKEN SALAD - Mixed Green, Tomatoes, Carrots, Bermuda Onions, Sliced Swiss Cheese, Topped with Grilled Chicken, finished with Italian Dressing	\$8.49
ANTIPASTO - Mixed Greens, Sliced Italian Meats, Red Roasted Peppers, Pitted Kalamata Olives, Banana Peppers, Bermuda Onions, Finished with Italian Dressing	\$8.49
CHICKEN OR TUNA SALAD - Mixed Greens, Tomatoes, Carrots, Cucumbers, topped with your choice of Chicken or Tuna Salad, finished with Italian Dressing	\$8.49

We strive to offer delicious food! We only carry the finest of Boar's Head deli meats. Our french baguette is brought in daily from LaSalle Bakery!

SIGNATURE SANDWICHES

THE HILL - Italian Prosciutto, Buffalo Mozzarella, Tomatoes, Roasted Red Peppers, Fresh Basil, Drizzled with Balsamic Vinegar and Olive Oil	\$6.99
TURKEY PESTO - Turkey, Creamy Havarti, Tomatoes, Lettuce, Dried Cranberries, Garlic Pesto Mayo	\$6.99
RED & WHITE - Grilled Chicken, Buffalo Mozzarella, Lettuce, Bermuda Onions, Roasted Red Peppers, Garlic Pesto Mayo	\$7.49
EGGPLANT SPECIAL - Marinated Eggplant, Grilled Chicken, Tomatoes, Mozzarella Cheese	\$7.49
THE YORKER - Roast Beef, Melted Creamy Havarti, Tomatoes, Lettuce, Bermuda Onions, Garlic Pesto Mayo	\$7.49
SMOKEY - Smoked Turkey, Gouda, Lettuce, Sliced Green Apple, Garlic Pesto Mayo	\$6.99
TURKEY DELUXE - Turkey, American Cheese, Bacon, Tomatoes, Lettuce, Mayo	\$6.99
MUENSTER MELT - Ham, Melted Muenster Cheese, Tomatoes, Lettuce, Shredded Carrots, Horseradish Dressing, Grilled	\$6.99
ITALIAN GRINDER - Mortadella, Salami, Hot Capocollo, Ham, Sharp Provolone, Tomatoes, Lettuce, Bermuda Onions, Chopped Pickles, Banana Peppers, Drizzled with Red Vinegar and Olive Oil	\$7.49
THE ROMAN - Sopressata, Sharp Provolone, Lettuce, Roasted Red Peppers, Drizzled with Balsamic Vinegar and Olive Oil	\$6.99
TRIPLE PLAY - Roast Beef, Ham, Turkey, American Cheese, Tomatoes, Lettuce, Deli Mustard, Mayo	\$7.49
CHICKEN DELIGHT - Grilled Chicken, Mozzarella Cheese, Roasted Red Peppers, Pitted Kalamata Olives, Spicy Salsa Mayo	\$7.49
ARMEN-HAMMER - Roast Beef, Jalapeno Havarti, Roasted Red Peppers, Bermuda Onions, Tomatoes, Spicy Salsa Mayo	\$7.49
ATOMIC BOMB - Grilled Chicken, Vermont Cheddar Cheese, Bacon, Pesto Mayo, Grilled	\$7.49
PASTRAMI REUBEN - Thinly Sliced Pastrami, Swiss Cheese, Russian Dressing, Grilled on Deli Rye Bread	\$7.49
CHICKEN SALAD BLT - Homemade Chicken Salad, Lettuce, Tomato, Bacon, Chopped Pickles, Grilled on Deli Rye Bread	\$7.49
THE ROCKSTAR ★ GRILLED CHEESE - American, Swiss, Gouda, Bacon, Tomatoes, grilled on Greek flat bread - Add Chicken for \$1.99	\$4.99

MEDITERRANEAN - VEGETARIAN - FALAFEL SANDWICHES

HOMMUS WRAP - Hommus, Tomatoes, Lettuce, Bermuda Onions, Tabouleh, Banana Peppers, Cucumbers, Wrapped in Pita Bread	\$6.99
BABAGANOUSH WRAP - Baba Ganoush, Eech Cracked Wheat Salad, Pitted Kalamata Olives, Banana Peppers, Wrapped in Pita Bread	\$6.99
SONIA'S FALAFEL - Falafel, Tomatoes, Lettuce, Bermuda Onions, Tabouleh, Banana Peppers, Hommus, Drizzled with Sesame-Tahini Dressing, Wrapped in Pita Bread	\$6.99
CHICKEN FALAFEL - Falafel, Grilled Chicken, Tomatoes, Lettuce, Bermuda Onions, Tabouleh, Banana Peppers, Hommus, Drizzled with Sesame-Tahini Dressing, Wrapped in Pita Bread	\$6.99
SYRIAN FALAFEL - Falafel, Tomaotes, Parsley, Chopped Pickles, Cucumbers, Red Hot Pepper, Banana Peppers, Drizzled with Sesame-Tahini Dressing and Hommus Wrapped in Pita Bread	\$6.99
MEDITERRANEAN CHICKEN - Grilled Chicken, Tomatoes, Lettuce, Tabouleh, Pitted Kalamata Olives, Hommus, drizzled with sesame-tahini dressing Wrapped in Pita Bread	\$7.49
SUPREME PITA - Stuffed Grape Leaves, Lettuce, Tomatoes, Chopped Pickles, Cucumbers, Hot Sauce, Yogurt Cucumber Sauce, Wrapped in Pita Bread	\$7.49
CHICKEN GYRO - Grilled Chicken, Tomatoes, Lettuce, Bermuda Onions, Banana Peppers, Drizzled with Yogurt Cucumber Sauce, Wrapped in Pita Bread	\$6.99
ORIGINAL GYRO - Sliced Gyro Meat, Tomatoes, Bermuda Onions, Drizzled with Yogurt Cucumber Sauce, Wrapped in Greek Flat Bread	\$7.49
SUPREME GYRO - Sliced Gyro, Tomatoes, Lettuce, Bermuda Onions, Feta Cheese, Banana Peppers, Drizzled with Yogurt cucumber Sauce, Wrapped in a Greek Flat Bread	\$6.99
GRILLED WRAPS	
<i>Your choice of a plain, wheat, tomato basil or spinach wrap.</i>	
TUNA MELT WRAP - Tuna, Tomatoes, Bermuda Onions, Chopped Pickles, American Cheese	\$6.49
MY BIG FAT GREEK WRAP - Grilled Chicken, Tomatoes, Roasted Red Peppers, Bermuda Onions, Olives, Feta Cheese, Drizzled with a Garlic-Lemon Dressing	\$6.49
SALSA TURKEY WRAP - Spicy Salsalito Turkey, Jalapeno Havarti Cheese, Tomatoes, Spicy Mayo	\$6.49
KALAMATA OLIVE CHICKEN WRAP - Grilled Chicken, Tomatoes, Roasted Red Peppers, Feta Cheese, Olive Mayo Spread	\$6.49
CLASSIC BEEF WRAP - Roast Beef, Jalapeno Havarti, Tomatoes, Roasted Red Peppers, Bermuda Onions, Spicy Mayo	\$6.49
MESQUITE TURKEY WRAP - Smoked Turkey, Creamy Havarti, Tomatoes, BBQ Mayo	\$6.49
GRILLED VEGGIE WRAP - Assorted Grilled Vegetables, Swiss Cheese, Pesto Mayo	\$6.49
CHICKEN CAESAR WRAP - Grilled Chicken, Lettuce, Parmesan Cheese, Pita Chips, Bacon, Drizzled Caesar Dressing - *Not Grilled	\$6.49
BUFFALO CHICKEN WRAP - Buffalo Chicken, Tomatoes, Lettuce, Cucumbers, Bermuda Onions, Crumbled Gorgonzola, Drizzled with Blue Cheese Dressing - *Not Grilled	\$6.49

