



## Menu 2008

*A South Tampa Landmark since 1984*  
Restaurant • Catering • Delivery



3660 Henderson Boulevard, Tampa, FL 33609  
BarrowsGourmet.com

(813) 870-0950  
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Monday - Saturday 10:00 am - 3:00 pm

## COLD SANDWICHES

	<i>HALF</i>	<i>WHOLE</i>
<b>Egg Salad</b> farm fresh eggs, mayo and a dash of salt on Whole Wheat	3.75	4.75
<b>Liverwurst</b> best on Rye with mustard, mayo and red onion	3.75	4.75
<b>Genoa Salami</b> sliced thin and piled high, mayo, mustard, Rye	3.99	5.49
<b>Tuna Salad</b> the finest tuna with fresh chopped celery and mayo on Rye	3.99	5.49
<b>Seafood Salad</b> shrimps, crab chunks, our yoghurt dill sauce on white	4.49	5.99
<b>BLT</b> crispy bacon, iceberg lettuce, tomato and mayo on Whole Wheat	4.49	5.99
<b>California Chicken Salad</b> chicken breast, curry, golden raisins and almonds make this our best-seller. We serve it on Pumpernickel	4.69	6.49
<b>Roast Pork &amp; Swiss</b> with tomato, dill slices, mayo, mustard, on Rye	4.69	6.49
<b>Ham &amp; Swiss</b> baked ham and imported Swiss, mayo and mustard on Rye	4.69	6.49
<b>Turkey &amp; Swiss</b> turkey breast and imported Swiss, lettuce, tomato and mayo on Pumpernickel	4.69	6.49
<b>Turkey BLT</b> turkey breast with bacon, lettuce, tomato, and our own Russian dressing on Pumpernickel	4.69	6.49
<b>Roast Beef Rancher</b> homemade roast beef and Havarti cheese with lettuce, red onion and ranch dressing on white bread	4.69	6.49
<b>Roast Beef &amp; Cheddar</b> our homemade roast beef, crispy bacon, tomato and cheddar cheese with our own Russian dressing on white bread	4.99	6.79
<b>Italian</b> baked ham, Genoa Salami and Provolone with homemade Italian dressing, lettuce and tomato on hearty Ciabatta bread	---	6.49
<b>Prosciutto &amp; Provolone</b> lettuce, tomato and Italian dressing on Ciabatta	---	6.49
<b>Triple Decker Club</b> turkey breast, baked ham, Swiss cheese, bacon, lettuce, tomato and mayo stacked on three layers of Pumpernickel	---	6.79

## VEGETARIAN SANDWICHES

	<i>HALF</i>	<i>WHOLE</i>
<b>Vegetarian Supreme</b> our own honey mustard sauce, sliced egg, Havarti cheese, lettuce, tomato, onions, spinach, dill slices, mushrooms, cucumber on Pumpernickel	3.99	5.49
<b>PBJ</b> creamy premium peanut butter generously spread with grape jelly	2.09	3.75
<b>Grilled Cheese Sandwich</b> your choice of cheese, lots of it, on white bread	3.75	4.75

## HOT SANDWICHES

	<i>HALF</i>	<i>WHOLE</i>
<b>Grilled Deluxe</b> Havarti cheese melted over crisp bacon, tomato, cucumber on toasted Cuban bread with yellow mustard	4.49	5.99
<b>Cuban</b> roast pork, baked ham, Genoa salami and Swiss with lettuce, mayo, mustard and dill slices on Cuban bread	4.69	6.49
<b>Honey Mustard Pork</b> roast pork, baked ham, bacon and Swiss with lettuce, dill slices and our honey mustard sauce on Cuban	4.69	6.49
<b>Philly Cheese Steak</b> our homemade Roast beef, Provolone, onions and peppers with light ranch dressing on fresh Cuban bread	4.69	6.49
<b>Tuna Melt</b> tuna salad and tomato, melted with Cheddar on toasted Rye	4.69	6.49
<b>Turkey Melt</b> turkey breast and tomato, melted with Havarti cheese on toasted Whole Wheat with mayo	4.69	6.49
<b>Monte Barrow</b> turkey breast, baked ham, Genoa salami and melted Swiss, mustard, mayo and dill slices on toasted Pumpernickel	4.99	6.79
<b>Hot Reuben</b> N.Y. style corned beef, sauerkraut and melted Swiss with 1000-Island dressing on toasted Rye (Turkey or Pastrami upon request)	4.99	6.79
<b>Pastrami Melt</b> N.Y. style pastrami, thin slices of red onion, tomato, melted with Swiss on toasted Rye bread with mustard	4.99	6.79
<b>Brooklyn Bridge</b> corned beef and pastrami with melted Swiss and mustard on Rye bread	4.99	6.79

## ***SIDE ORDERS***

<b>Dill Potato Salad, Macaroni Salad, Pasta Salad</b>	<b>1.69</b>
<b>Fresh Fruit Salad</b>	<b>1.69</b>
<b>Potato Chips</b>	<b>0.80</b>

## ***BEVERAGES***

<b>Sodas, Bottled Water, Iced Tea or Hot Coffee</b>	<b>1.39</b>
<b>Perrier, Fruit Juices, IBC Root Beer</b>	<b>1.69</b>

## ***SOUPS & SPECIALS***

<b>Soup of the Day</b> cup (8oz) or bowl (12oz)	<b>2.49</b>	<b>3.29</b>
<b>Soup and Sandwich Special</b> half sandwich and a cup of soup		<b>6.49</b>
<b>Sandwich, Chips and Drink Special</b> half sandwich, chips and a drink		<b>6.09</b>

## ***GREEN SALADS***

Please choose from honey mustard, ranch, blue cheese, low-cal Italian, 1000-Island, raspberry, balsamic or olive oil vinaigrette.

<b>Tossed Green Salad</b> iceberg and romaine lettuce, tomato, peppers, cucumbers, carrots, yellow squash and red cabbage	<b>3.29</b>
<b>Spinach Salad</b> fresh torn spinach leaves, sliced mushrooms, tomato wedges, walnuts and golden raisins	<b>3.29</b>
<b>Tossed Green Salad or Spinach Salad with additional topping:</b>	
Bacon and sliced egg	<b>4.99</b>
Egg salad	<b>4.99</b>
Tuna salad	<b>4.99</b>
Seafood salad	<b>5.49</b>
Chicken salad	<b>5.69</b>
Grilled chicken, egg and cheese	<b>5.69</b>
<b>Chef Salad</b> tossed salad with ham, turkey, cheese and egg	<b>5.69</b>
<b>Caesar Salad</b> romaine lettuce, Parmesan, croutons and tomato	<b>3.79</b>
<b>Caesar Salad</b> with grilled chicken	<b>4.99</b>
<b>Greek Salad</b> iceberg lettuce, potato salad, feta cheese, red beets, tomato, Greek peppers and Kalamata olives	<b>5.69</b>

## ***DELI SALADS***

	small	large
<b>Salad Plate</b> our deli salads on a garnish of lettuce and tomato		
Egg salad plate	<b>3.75</b>	<b>4.75</b>
Tuna salad plate	<b>3.99</b>	<b>5.49</b>
Seafood salad plate	<b>4.49</b>	<b>5.99</b>
Chicken salad plate	<b>4.69</b>	<b>6.49</b>
<b>Egg Trio</b> a medley of eggs filled with our famous chicken, egg, and tuna salad on a garnish of lettuce with tomato and lemon wedges		<b>4.99</b>
<b>Stuffed Tomato</b> delicious and juicy tomato stuffed with your choice of chicken, tuna, egg or seafood salad. Served on a bed of lettuce with bacon bits and lemon wedges		<b>4.99</b>
<b>Dill Potato Salad, Macaroni Salad, Pasta Salad</b>		<b>1.69</b>
<b>Fresh Fruit Salad</b>		<b>1.69</b>

## ***HOMEMADE DESSERTS***

<b>Dutch Cocoa Brownies</b> (with or without walnuts)	<b>1.85</b>
<b>Gourmet Cookies</b>	<b>1.50</b>

**BREADS:** Rye, Pumpernickel, White, Whole Wheat, Cuban, Wraps, Ciabatta and Croissants

**SPREADS:** Spicy Mustard, Yellow Mustard or Honey Mustard, Mayo, Russian, Italian, 1000-Island and Ranch

**AND, AND, AND...** crisp iceberg lettuce and red ripe tomatoes, red onions, dill slices, sauerkraut, olives, bell peppers, imported Swiss, Cheddar, Havarti, American, Provolone, crisp bacon  
(cheese 1.00, bacon 1.00, extra meat 1.50)



**Delivery Service Available - Please Call For Details  
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Prices do not include sales tax or delivery charge and are subject to change without notice.

***Please see our catering menu at [www.BarrowsGourmet.com](http://www.BarrowsGourmet.com) for your upcoming events.***