



La Rocca's
Store made :



All Natural Store Baked Meats:

Pound Roll

Fresh Store Roasted Turkey Breast \$ 14.99 \$8.99

Certified Prime Roast Beef

\$18.99 \$10.99

Chicken Cutlets and Salads

Old Fashioned Breaded Chicken Cutlet \$12.99 \$8.99

Grilled Chicken Breast \$12.99 \$8.99

Roasted Chicken Salad \$14.99 \$8.99

Chicken Salad (w/Bell Peppers) \$12.99 \$8.99

Chicken Salad w/Cran.,Apples,Walnuts \$12.99 \$8.99

Curry Chicken Salad \$12.99 \$8.99

Tuna Salad (White Tuna,Celery,Mayo) \$12.99 \$7.99

Cranberry-Apple Tuna Salad \$13.99 \$8.99

Seafood Salad \$12.99 \$7.99

Shrimp Salad \$14.99 \$8.99

(Please add \$ 2.00 for a Sandwich on a

Wedge and Large Wrap. \$1.00 Ciabatta Bread.

Bread Selection:Kaiser, Portuguese & Brioche Roll, Whole

Wheat,White,Rye, Sourdough Breads, Plain, Whole Wheat,

Spinach & Tomato Wraps, White & Whole Wheat Ciabattas

AND GLUTEN FREE BREAD OR WRAP(ADD \$1.50)

House made Spreads:Russian Dressing,Chipotle,

Pesto, Garlic & Cranberry Mayo.

Add Toppings:

Roll Wedge

Tomatoes \$.50 \$1.00

Fresh Mozzarella Cheese \$2.00 \$3.50

Bacon \$2.00 \$4.00

Cole Slaw \$.50 \$1.00

Avocado \$1.50 \$3.00

Pickles or Cucumbers \$.50 \$1.00

Cheese \$1.00 \$1.50

All Peppers \$1.00 \$2.00



Boar's Head



La Rocca's
Country Market

Hours of Operation

Day	Hours
Monday	6.30am - 7.00 pm
Tuesday	6.30 am - 7.00 pm
Wednesday	6.30 am - 7.00 pm
Thursday	6.30 am - 7:00pm
Friday	6.30 am - 7:00pm
Saturday	6.30 am - 6.00 pm
Sunday	6.30 am - 6.00 pm

***PRICES & STORE HOURS
ARE SUBJECT TO CHANGE**
-Rotisserie Chickens (B & E) Daily

-Hot Soups Daily

(Seasonal Availability)

-Hot Lunch prepared Daily by our Chef

Monday - Saturday

(11.00 am-2.00 pm)

- Grill & Panini Special (Please call

or visit our website)

-Gourmet Catering Available

(ask for Catering Menu)

105 Old Long Ridge Road

Stamford, 06903, CT

Phone:(203)322-2202 ext.1

LCountrymarket.com



La Rocca's
Country Market
Gourmet Deli
Menu





Breakfast (between 6.30 AM-11.30 AM

(Roll, Platter, Burrito)

Two Eggs	\$ 2.99
Two Egg Whites	\$ 3.99
Ham, Bacon, Sausage, Chili	\$ 2.00
Filet Steak	\$5.00
Peppers	\$1.00
Homefries	\$ 2.00
Onions (sautéed)	\$ 1.00
Extra Egg or Egg White	\$1.00

HEALTHY BURRITO:two egg whites, spinach, turkey, low fat swiss Cheese \$ 6.99

COWBOY TORTILLA: two scrambled eggs, smoked ham, avocado, pepper jack cheese \$ 7.99

Built Your Burger

All Burgers made with Fresh Certified Angus Beef on a Brioche Bun.

Plain Burger	\$ 7.99
Tomato	\$.50
Cheese	\$1.00
Onions (sautéed)	\$ 1.00
Bacon	\$2.00
Chili	\$ 2.00
Pickles	\$.50
Extra Patty	\$5.00
French Fries - Deluxe	\$3.00



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Panini

Grilled & Pressed on a White or Whole Wheat Ciabatta.

Chipotle Chicken Fajita-Sizzling Grilled Chicken Breast, Sautéed Onions & Peppers, Pepper Jack Cheese and Chipotle Spread.	\$ 11.95
Parma-Fresh Mozzarella, Tomatoes, Fresh Basil, Extra Virgin Olive Oil and Balsamic Glaze.	\$ 11.95
Roma - Turkey, Brie Cheese, Bacon, Cranberry Sauce	\$ 11.95
Smokey Steak Filet-Grilled Filet Steak, Caramelized Onions,Bacon, Smoked Gouda Cheese, Tomatoes and Garlic Mayo.	\$ 13.95
Di Milano- Grilled Chicken Breast, Crispy Bacon, Provolone Cheese, Lettuce, Tomatoes and Pesto Mayo	\$ 12.95
De Amore-Chicken Cutlet, Broccoli Rabe, Fresh Mozzarella, Extra Virgin Olive Oil and A Touch of Balsamic Glaze. (Add Prosciutto add \$ 1.50)	\$ 13.95
Venice-Turkey Breast, Crispy Bacon, Fresh Avocados, Pepper Jack Cheese, Tomatoes and Ranch Dressing.	\$ 11.95
Tuscano Steak - Filet Steak, Aged Gorgonzola Cheese, Caramelized Onions, Avocado, Chipotle Mayo	\$ 13.95

Hot Sandwiches Roll Wedge

Meatball Parmesan-Fresh Meatballs topped with Marinara Sauce and Mozzarella Cheese.	\$9.95	\$11.95
Chicken Parmesan-Crispy Chicken Cutlet, Marinara Sauce, Mozzarella Cheese	\$9.95	\$11.95
Sausage & Peppers-Our Store made Hot & Sweet Sausage, Peppers and Marinara Sauce	\$9.95	\$11.95
Reuben-Grilled Corned Beef, Swiss Cheese, Sour Kraut, Russian Dressing (the best on a grilled Rye)	\$10.95	\$12.95
Philly Cheese Steak - Certified Angus Prime Beef grilled with Sauteed Onions, Peppers, Cheddar Cheese	\$ 10.95	\$ 12.95
Buffalo Chicken Wrap- Buffalo Chicken Tenders, Lettuce,Carrots, Blue Cheese	\$ 10.95	
La Rocca's Filet Steak -Grilled Filet Steak, Crunchy Onions, Tomatoes, Mozzarella Cheese	\$12.95	\$14.95

Signature Sandwiches Roll Wedge

Old Long Ridge - Prosciutto De Parma, Fresh Mozzarella, Tomatoes, Basil, Extra Virgin Olive Oil, Balsamic Glaze	\$ 10.95	\$ 12.95
Riverbank - Honey Glazed Turkey, Vermont Cheddar Cheese, Lettuce, Tomatoes, Cranberry Mayo	\$ 9.95	\$ 11.95
Hunting Ridge - All Natural Store Roasted Turkey, Avocado, Swiss Cheese, Bacon, Tomatoes, Ranch Dressing	\$ 11.95	\$ 13.95
Italian Combo - Salami, Hot Cappicola, Pepperoni, Provolone Cheese, Lettuce, Tomatoes, Roasted Red peppers, Italian Dressing	\$ 10.95	\$ 12.95
Erskine - Hot Prime Roast Beef, Melted Swiss Cheese, Horseradish Sauce	\$ 10.95	\$ 12.95
Grilled Chicken Caesar Wrap - Grilled Chicken, Lettuce, Tomatoes, Croutons, Aged Parmesan Cheese,Caesar Dressing.	\$ 11.95	
La Rocca's - Breaded Chicken Cutlet, Lettuce, tomatoes, Mayo	\$ 9.49	\$ 11.49
Triple Decker Turkey Cobb - Turkey, Lettuce, Tomatoes, Avocado, Bacon, Mayo	\$ 11.95	\$ 13.95

