



**La Rocca's**

**Store made :**



**All Natural Store Baked Meats:**

**Pound Roll**

Roasted Turkey Breast (No Antibiotics, No Preservative)	\$14.99	\$6.99
Baked Roast Beef (London Broil, No Preservatives)	\$16.99	\$7.99

**Chicken Cutlets and Salads**

Cranko breaded Chicken Cutlet	\$11.99	\$6.99
Baked (not fried) Sesame Chicken Cutlet	\$11.99	\$6.99
Baked (not Fried) Cajun Chicken Cutlet	\$11.99	\$6.99
Grilled Chicken Breast	\$11.99	\$6.99
Chicken Salad (w/Bell Peppers)	\$10.99	\$5.99
Chicken Salad w/Cran., Apples, Walnuts	\$11.99	\$6.99
Curry Chicken Salad	\$11.99	\$6.99
Tuna Salad (White Tuna, Celery, Mayo)	\$11.99	\$5.99
Cranberry-Apple Tuna Salad	\$12.99	\$6.99
Seafood Salad	\$10.99	\$6.99
Shrimp Salad	\$12.99	\$7.99

**(Please add \$ 1.50 for a Sandwich on a Wedge and Large Wrap. \$1.00 Ciabatta Bread.**

**Bread Selection:** Kaiser Rolls, Portuguese Rolls, Whole Wheat, White, Rye & Pumpernickel Breads, Plain & Whole Wheat Wraps, White & Whole Wheat Ciabattas AND **GLUTEN FREE MINI BAGUETTES (ADD \$1.50)**

**House made Spreads:** Russian Dressing, Chipotle, Pesto, Garlic & Cranberry Mayo.

**Add Toppings:**

	<b>Roll</b>	<b>Wedge</b>
Tomatoes or Cheese	\$.50	\$1.00
Fresh Mozzarella Cheese	\$1.50	\$3.00
Bacon	\$1.00	\$2.00
Cole Slaw	\$.50	\$1.00
Avocado	\$1.25	\$2.50
Pickles or Cucumbers	\$.50	\$1.00
Roasted Red Peppers	\$1.00	\$2.00
Other Peppers (cherry, banana, jalapeno..)	\$.75	\$1.50

**Also available selection of Cold Cuts and Cheeses from:**



**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

- Rotisserie Chickens Daily
- Hot Soups Daily  
(Seasonal Availability)
- Hot Lunch prepared Daily by our Chef  
Monday - Saturday  
( 11.00 am-2.00 pm)
- Grill & Panini Special of the Day  
(Please call or visit our website)
- Gourmet Catering Available  
(ask for Catering Menu)

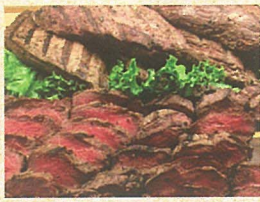
105 Old Long Ridge Road  
069 03 Stamford  
Phone (203)322-2202

**Website: [LCountryMarket.com](http://LCountryMarket.com)**



**La Rocca's  
Country Market  
Gourmet Deli  
Menu**





Jazz up Your Morning with  
Specialty Breakfast (served 6.30 am-11.30 am)

Roll Wedge

- Breakfast Burrito**- 3 Egg Whites, Turkey Breast, Swiss Cheese and Sautéed Spinach. \$ 4.99
- Petite Filet Steak, Egg & Cheese** \$ 6.79 \$ 9.79
- La Rocca's Chili, Egg & Cheese** \$ 3.99 \$ 6.99
- Pepper & Egg** - scrambled eggs with sweet or hot peppers \$ 3.99 \$ 6.99
- Western Omelet**- 3 egg Omelet with Ham, Peppers, Onions. Served with Home Fries & Toast \$ 8.99
- Egg & Cheese** \$ 3.49 \$ 9.79
- Bacon, Egg & Cheese or Ham, Egg & Cheese or Sausage, Egg & Cheese-** \$ 3.99 \$ 6.99

Grill Room Favorites

- Cheeseburger Deluxe**-Fresh Ground Angus Beef with Lettuce, Tomatoes, Raw Onions & Cheddar Cheese, served with Crispy French Fries \$ 8.49
- Chili Cheese Hot Dog**-Hummel Hot Dog with House made Chili and Pepper Jack Cheese \$ 4.99
- Chicken Tenders**-5 pieces Crispy Fried White Meat Chicken, served with Honey Mustard \$ 5.99
- Crispy French Fries** \$ 2.49
- La Rocca's Filet Steak Wedge**-Grilled Petite Filet Steak with Crunchy Onions, Tomatoes and Melted Mozzarella Cheese \$ 11.95
- Manhattan Combo**-Grilled Corned Beef & Pastrami Brisket, Melted Swiss Cheese, Cole Slaw & Russian Dressing on a Toasted Rye Bread \$ 8.95
- Buffalo Chicken Wrap**-Buffalo Chicken Tenders, Lettuce, Carrots & Blue Cheese Dressing \$ 7.95
- Philly Cheese Steak**-Fresh (never frozen) Certified Angus Beef grilled with Sautéed Onions & Peppers, topped with Cheddar Cheese on a Wedge \$ 9.95



Panini \$8.95

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.
- Parma**-Fresh Mozzarella, Tomatoes, Fresh Basil, Extra Virgin Olive Oil and Balsamic Glaze.
- Francaise**-House made Chicken Francaise & Sautéed Spinach with Melted Fresh Mozzarella.
- Smokey Steak Filet**-Grilled Filet Steak, Caramelized Onions, Bacon, Smoked Gouda Cheese, Tomatoes and Garlic Mayo.
- Di Milano**- Grilled Chicken Breast, Crispy Bacon, Provolone Cheese, Lettuce, Tomatoes and Pesto Mayo
- De Amore**- Chicken Cutlet, Broccoli Rabe, Fresh Mozzarella, Extra Virgin Olive Oil and A Touch of Balsamic Glaze. (Add Prosciutto add \$ 2.00)
- Venice**-Turkey Breast, Crispy Bacon, Fresh Avocados, Pepper Jack Cheese, Tomatoes and Ranch Dressing.
- Italian Steak**-Store Roast Beef, Parmesan Cheese, Sautéed Onions & Mushrooms with Pesto Mayo.

Italian Classic Deli Specials

Our Italian Sandwiches are made from fresh Ingredients, prepared from Scratch by Our Own Chef.

Roll Wedge

- Meatball Parmesan**-Fresh Meatballs topped with Marinara Sauce and Mozzarella Cheese. \$ 7.95 \$ 8.95
- Chicken Parmesan**-Crispy Chicken Cutlet, Marinara Sauce and Melted Mozzarella Cheese \$ 7.95 \$ 8.95
- Sausage & Peppers**-Our Store made Hot & Sweet Sausage, Peppers and Marinara Sauce \$ 7.95 \$ 8.95
- Gourmet Eggplant Stack Sandwich**-Breaded Eggplant, Fresh Mozzarella, Tomatoes, Basil & A Touch of Marinara Sauce. \$ 8.95 \$ 9.95
- Steak Pizzaillo**-Grilled Store Roast Beef, Oregano, Marinara Sauce and Mozzarella Cheese \$ 8.95 \$ 9.95



Cold Signature Sandwiches

Roll Wedge

- Old Long Ridge**-Thinly sliced imported Prosciutto De Parma, Fresh Mozzarella, Tomatoes, Fresh Basil, Extra Virgin Olive Oil & Balsamic Glaze. \$ 8.95 \$ 10.45
- Grilled Salmon BLT**-Fresh Grilled Salmon with Lettuce, Tomatoes, Crispy Bacon, Scallions and Tartar Sauce. \$ 9.95 \$ 11.45
- Riverbank**-Honey Glazed Turkey Breast, Cheddar Cheese, Lettuce, Tomatoes & Cranberry Mayo. \$ 7.95 \$ 9.45
- Hunting Ridge**-All Natural Store Roasted Turkey Breast, Fresh Avocado, Tomatoes, Crispy Bacon, Swiss Cheese and Ranch Dressing \$ 9.95 \$ 11.45
- Healthy Corner Wrap**-Alpine Lace Swiss Cheese, Cucumbers, Carrots, Fresh Avocado, Lettuce & Ranch Dressing. Sm.Wrap \$ 7.95 Lg.wrap \$ 9.45
- Italian Combo**-Genoa Salami, Pepperoni, Hot Cappicola, Provolone Cheese, Lettuce, Tomatoes, Roasted Red Peppers, Italian Dressing. \$ 7.95 \$ 9.45

Hot Signature Sandwiches

- La Rocca's**-Breaded Chicken Cutlet, Lettuce, Tomatoes and Mayo. \$ 7.95 \$ 9.45
- Hazard Lane**-Baked Cajun Chicken Cutlet with Melted Pepper Jack Cheese, Banana Peppers, Tomatoes, Lettuce & Blue Cheese Dressing. \$ 8.95 \$ 10.45
- Grilled Chicken Caesar Wrap**-Grilled Chicken Breast, Romaine Hearts, Fresh Tomatoes, Croutons, Parmesan Cheese and Caesar Dressing. Sm.Wrap \$ 7.95 Lg.Wrap \$ 9.45
- Erskine**- Hot Store Roast Beef, Melted Swiss Cheese and Creamy Horseradish Sauce \$ 8.95 \$ 10.45
- Breezy Hill**-Grilled Chicken Breast, Melted Fresh Mozzarella, Roasted Peppers and Balsamic Glaze \$ 8.95 \$ 10.45