



# SUMMER MENU

## SALADS

### Watermelon Greek Salad

Mixed greens, diced watermelon, cucumbers, red onion, Kalamata olives, pepperoncini and feta cheese served with our homemade Greek dressing 7.49

Add grilled chicken 2.99

### Barbecue Ranch Chicken Salad

Grilled chicken topped with BBQ sauce, grape tomatoes, black bean & corn salad and cheddar cheese on a bed of mixed greens served with ranch dressing 8.99

### Blue Watermelon Salad

Mixed greens, diced watermelon, red onions, sliced almonds and blue cheese topped with balsamic glaze and served with our homemade blueberry vinaigrette 7.49

Add grilled chicken 2.99

### Crispy Chicken Salad

Crispy chicken tenders, sliced almonds, crunchy oriental noodles, grape tomatoes, cucumbers, sweet peppers and red onions served on a bed of mixed greens with our homemade oriental dressing 8.99

### Watermelon Grilled Chicken Salad

Mixed greens, diced watermelon, cucumbers, red onion and grilled chicken served with our homemade blueberry vinaigrette 9.49

### Santa Fe Chicken Salad

Blackened chicken, avocado, black bean & corn salad, red onion and grape tomatoes served on a bed of mixed greens and drizzled with chipotle aioli served with ranch dressing 9.49

### Caprese Salad

Fresh mozzarella and sliced tomatoes served over mixed greens drizzled with pesto and a balsamic glaze 7.99

### Chicken or Tuna Salad Cold Plate

Our homemade all white meat chicken salad or fresh made tuna salad served with pasta salad and fresh fruit 8.99

### Watermelon Caprese Salad

Sliced watermelon and fresh mozzarella served over mixed greens and drizzled with a balsamic glaze 8.49

### Tomato Watermelon Feta Salad

Grape tomatoes, fresh watermelon, red onions and feta cheese drizzled with balsamic glaze and served with our homemade blueberry vinaigrette 7.49

Add grilled chicken 2.99

## WRAPS

Served with your choice of side

### Baja Chicken Wrap

Blackened chicken, pepper jack cheese, green leaf lettuce, crisp bacon, watermelon and chipotle aioli in a southwest wrap 9.49

### Summer Veggie Wrap

Black bean & corn salad, shredded lettuce and fresh tomatoes topped with chipotle aioli served in a southwest wrap 6.99

### Watermelon Feta Wrap

Fresh watermelon, feta cheese, cucumbers, red onion and green leaf lettuce topped with our homemade blueberry vinaigrette in your choice of wrap 6.99

Add grilled chicken 2.99

### Grilled Chicken Wrap

Grilled chicken, cream cheese, fresh watermelon and green leaf lettuce topped with a balsamic glaze served in your choice of wrap 8.99

### Watermelon Chicken Salad

Our homemade all white meat chicken salad, fresh watermelon, sliced almonds and mixed greens topped with our homemade blueberry vinaigrette 9.49

## SUMMER FAVORITES

Served with your choice of side

### Italian Melt (Rushinsky)

Capicola, Genoa salami, peppered ham, provolone cheese, lettuce, tomatoes, red onion, hot peppers and oil and vinegar on grilled sourdough bread 8.99

### Foot Long Hot Dog

Boars Head foot long hot dog topped any way you like. Mustard, ketchup, relish, onions, sauerkraut, chili or Cole slaw 7.99

### Virginia Beach Reuben

Oven roasted turkey breast, Swiss cheese, Cole slaw and thousand island dressing on grilled rye bread 8.99

### Pastrami Cheesteak

Traditional New York pastrami, sauteed peppers and onions and pepper jack cheese served on a crusty sub roll 9.49

### Bronco BLT

Crisp bacon, lettuce, tomato and pepper jack cheese with chipotle aioli on your choice of bread 8.49

**PMS Deli and Catering**  
1789 London Bridge Road  
Virginia Beach, VA 23453  
757-427-1400 • [www.pmsdeli.com](http://www.pmsdeli.com)