

SUPER HEROES



1040 Rt. 22 East
North Plainfield, NJ

908-754-1411

www.superheroesdeli.com

WE DELIVER

ONLINE ORDERING
& CATERING AVAILABLE



BREAKFAST SANDWICHES

SERVED ALL DAY

2 Eggs Your Way on a hard roll	\$1.75
with Meat \$1.25 with cheese 25c or a Bagel add 25c	
Steak for Breakfast - Rib Eye Steak with 2 eggs and melted American cheese on Italian bread	\$5.50
The Hog - 2 pieces of bacon, 2 pieces of pork roll, ham, and sausage American & Swiss cheeses, 2 eggs, onion & tomato on a hard roll	\$5.50
Jersey Classic - 5 slices of pork roll w/melted American cheese on a hard roll	\$3.45

BREAKFAST WRAPS

SERVED ALL DAY

Spanish - 2 eggs your way with ham, salsa, and pepper jack cheese in a tortilla wrap	\$3.75
Calorie Counter - Egg whites with Swiss cheese and your choice of turkey sausage or turkey bacon in a whole wheat tortilla	\$3.75
The Mixer - 2 scrambled eggs with pork roll, Swiss cheese, tomato, and home fries in a tortilla wrap	\$3.75
PLATTERS	
Served 6am-11am	
3 Eggs Your Way - with home fries and your choice of white, wheat or rye toast	\$3.75
3 Pieces of French Toast	\$3.75
3 Pancakes	\$3.75
Big Breakfast - 3 pancakes, 3 eggs and choice of meat	\$7.50

OMELETS

SERVED 6AM-11AM

All omelets are made with your choice of 13 eggs or egg whites

Cheese Omelet - Made with your choice of cheese	\$3.75
Western Omelet	\$5.75
Veggie Omelet	\$5.75
Mushroom & Swiss Omelet	\$5.75
Spanish Omelet	\$5.75
Meat Lovers Omelet	\$6.75

LUNCH

Heroes & Sandwiches

	1/2	whole 16"
Deluxe Ham	\$4.75	\$8.75
Home Baked Virginia Ham	\$5.25	\$9.75
Home Baked Roast Beef	\$5.25	\$9.75
Oven Gold Turkey Breast	\$4.75	\$8.75
Smoked Turkey	\$5.25	\$9.75
Honey Maple Turkey	\$5.25	\$9.75
Peppermill Turkey	\$5.25	\$9.75
Corried Beef	\$6.25	\$10.75
Pastrami	\$6.25	\$10.75
Bolegna	\$4.75	\$8.75
Tuna Salad	\$4.75	\$8.75
All White Meat Chicken Salad	\$5.75	\$9.75
Shrimp Salad	\$4.75	\$8.75
Add Any Cheese	\$0.50	\$1.00

LOCAL HEROES

Headquarters - Home baked roast beef, oven gold turkey breast, munster cheese with lettuce, tomato, onion & mayonnaise on rye bread	
Firehouse - Sliced Boar's Head buffalo chicken, pepper jack cheese, lettuce, tomato & ranch dressing on a hard roll	\$6.25
48 Rescue - Genoa salami, home baked Virginia ham, Swiss cheese w/ roasted red peppers, lettuce, oil, vinegar & spices on Italian bread	\$5.75
The Canuck - Home baked roast beef, home baked Virginia ham, American & Swiss cheeses with lettuce, tomato, onion, oil, vinegar & spices on Italian bread	\$6.25
The Dragon - Deluxe ham, oven gold turkey breast & American cheese w/ lettuce, tomato, onion & mayonnaise on a hard roll	\$6.25
The Mustang - Home baked roast beef, sharp cheddar cheese with lettuce, tomato, onion & horseradish sauce on white toast	\$5.75
The Koala - Home baked Virginia ham & Swiss cheese with lettuce, tomato, onion, mayonnaise & mustard on rye bread	\$5.75
The Wildcat - Peppermill turkey breast & monterey jack cheese with lettuce, tomato, onion & Russian dressing on Italian bread	\$5.75

ITALIAN HEROES

The Nonna - Rib Eye Steak with prosciutto, sopressata & fresh mozzarella with roasted red peppers red onion & balsamic vinaigrette on Italian bread	\$6.75
Ol' Blue Eyes - Deluxe ham, genoa salami, capocola & provolone cheese w/ lettuce, tomato, onion, oil, vinegar & spices on Italian bread	\$5.75
Al Pacino - Capocola, genoa salami, pepperoni & sharp provolone cheese w/ lettuce, sundried tomatoes, oil, vinegar & spices on Italian bread	\$5.75
Bobby D - Capocola, genoa salami, sopressata, prosciutto, pepperoni & sharp provolone cheese w/ lettuce, tomatoes, onion, oil, vinegar & spices on Italian bread	\$6.75

THE CLASSICS

Cub - Your choice of deli meat on 3 slices of toast	\$6.75
Soppy Joe - Any choice deli meat & Swiss cheese, topped w/cole slaw & russian dressing on rye bread	\$5.75
New Yorker - Corned beef, pastrami & Swiss cheese topped w/cole slaw and russian dressing on rye bread	\$5.75
The Superhero - Honey maple turkey breast, home baked roast beef, and Swiss cheese loaded with bacon, cole slaw, and russian dressing on 3 slices of rye bread	\$6.75

HOT CHICKEN HEROES

Grilled Chicken Breast or Cutlet	\$6.75
Chicken Italiano	\$7.75
Chicken Cordon Blue	\$7.75
Chicken Cutlet BLT	\$7.75
Tuscan Chicken	\$7.75
Buffalo Chicken	\$7.75
Chicken Cheesesteak	\$6.75
Chicken Caesar	\$6.75
BBQ Chicken	\$6.75

HOT STUFF

Grilled Cheese	\$3.50
BLT	\$3.95
Italian Hot Dog	\$5.75
Grilled Reuben	\$6.75
Tuna Melt	\$5.75
Rib Eye Cheesesteak	\$6.75
Southwest Cheesesteak	\$6.75
Chicken Finger Platter	\$5.75
Buffalo Chicken Fingers	\$5.95
Big Ben	\$6.75
Meatball Parmigiana	\$6.75
Chicken Parmigiana	\$6.75

BURGERS

Hamburger	\$6.25
Cheeseburger	\$6.75
Bacon Cheeseburger	\$7.75
Southwest Burger	\$7.75
Jersey Burger	\$7.75
Pizza Burger	\$6.75
Mushroom & Swiss Burger	\$6.75
Turkey Burger	\$6.75
Mexican Burger	\$6.75
Blue Cheese Burger	\$7.75
Chili Cheeseburger	\$7.75

WRAPS

Chicken Salad	\$6.75
Tuna Salad	\$5.75
Egg Salad	\$5.75
Shrimp Salad	\$6.75
Chicken Caesar	\$6.75
Philly Cheesesteak	\$6.75
Buffalo Chicken	\$6.75
Little Italy	\$6.75
Veggie	\$6.75
The Eli	\$7.75
Fajita	\$7.75

SALADS

House - Mixed greens with tomatoes, cucumbers, carrots, red onion & olives	Large \$4.50 Small \$3.50
Caesar - Romano lettuce with parmesan croutons mixed with a home made caesar dressing	\$4.50
w/ grilled chicken breast	\$7.50
w/ London Broil	\$8.50
Chef - Deluxe ham, oven gold turkey breast, home baked roast beef, American cheese & Swiss cheese served over house salad	\$7.75
Antipasto - Sopressata, Capocola, genoa salami, pepperoni & sharp provolone cheese served over house salad	\$8.50
Mamma's - Grilled chicken breast, fresh mozzarella, roasted red peppers & portabello mushrooms served over our house salad	\$7.75
Buffalo Chicken - Grilled chicken breast covered in spicy buffalo sauce with bacon and cheddar cheese served over house salad with blue cheese dressing	\$7.75
Black n' Blue - Hand carved blackened London broil and crumbled blue cheese served over house salad	\$3.50
What's the Scoop - Your choice of tuna, all white meat chicken, or egg salad served over house salad	1 scoop \$5.25 2 scoops \$6.00
3 scoops	\$6.75
Shrimp Salad	50c extra

Dressing Choices: Creamy Italian, French, Russian, Ranch
Thousand Island, Blue Cheese, Lite Italian
Home Made Dressings: House, Balsamic Vinaigrette,
Sundried Tomato Vinaigrette, Honey Mustard, Caesar
Creamy Parmesan, Cracked Pepper

ASK ABOUT OUR CATERING MENU

* All Prices Subject to Change without Notice