

GEE YA
THERE!

Dine-in:
(613) 546-8384

Take-out:
(613) 549-3919



Open!

Monday-Thursday:
8:00am to 8:00pm

Friday: 8:00am - 3:00pm

Sunday: 11:00am - 8:00pm

The Yellow Deli

We serve the fruit of the Spirit at the deli



647 Princess Street, Kingston, ON

Hot Sandwiches

Served with
chips or coleslaw
& a pickle

Reuben

Smoked Meat,
Sauerkraut,
& Swiss Cheese
on Light Rye

10.75

Yellow Submarine

Spread of the Week,
Sprouts, Lettuce, Onions, Olives
Tomatoes, Peppers
on our Sub Roll

10.75

Deli Rose

Roast beef &
corned beef with
hot pepper cheese,
provolone,
onions & tomato,
our own special sauce
on an onion roll.

10.75

Deli Lamb

Roasted Lamb,
Lettuce, Red Onions,
Cucumber, our own
Lamb Sauce on a
Sesame Honey Roll.

10.75

Kingston 'Yoga'

Burger

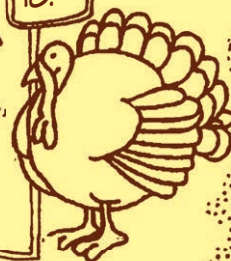
Our Veggie Burger,
Sprouts, Avocado
Lettuce, Tomato
Red Onion, on
Canadian Spelt

10.75

Turkey Gobbler

Turkey,
hot pepper cheese,
lettuce, onion,
tomato &
chipotle mayo
on rye

10.75



CREATE YOUR OWN SANDWICH

Comes with mayo & mustard
chips or coleslaw
& a pickle

meat

- * Roast Beef
- * Smoked Turkey
- * Montreal Smoked Meat
- * Roast Chicken
- * Lamb

Toppings

Meat	2.00	Cucumbers ..	.25
Cheese	1.00	Sprouts50
Lettuce25	Sauerkraut ..	.50
Tomato25	Onions25
		Avocado	1.00

On the Side

Chipotle Mayo....	1.50	Dressing50
Side of chips....	.50	Pickle25
Basket of Chips	2.25		
Spread of the Week	2.75		

Cheese

- * Provolone
- * Hot Pepper Jack
- * White Cheddar
- * Monterey Jack
- * Swiss



Bread

- * Egg Roll (Honey Sesame)
- * Canadian Spelt Roll
- * Onion Roll
- * Kaiser Roll
- * Light Rye

Cheese Only... 8.00

meat Only.... 8.50

meat and Cheese 9.50

gluten free
add 1.00

Salads



Dressings:
Your Choice of
Herb or Ranch

Garden Salad

Romaine, Mixed Greens
Tomatoes, Cucumbers
Carrots, Radishes
Peppers, Croutons
with Herb Dressing

Side
3.00

Half..... 6.25

8.25

Served with Bread

Cheesy Seed & Nut

Mixed Greens,
Carrots, Radishes,
Cucumbers,
Shredded Cheese,
Seeds & Nuts

Half..... 7.25

9.75

Cranberry Cashew

Topped with Dried
Cranberries, Honey
Roasted Cashews,
Cheddar Cheese with
Herb Dressing

Half..... 7.25

9.75

Chef Salad

Finished with Either
Chicken or Turkey,
Cucumbers, Cheese,
Olives, Bell Peppers
& Croutons.

Half..... 7.25

9.75

Add extra
chicken or turkey
to any salad for 2.00
add sprouts ... 1.00
Gluten-free ... 1.00

Fruit Salad

Seasonal Fruit,
Seeds, Nuts
& Yogurt

Half..... 7.25

9.75



~vegetarian~

Soup of the day

Bowl 6.75 Cup 4.50

Served with Sourdough
Artisan Bread



Gluten-free Option 1.00

Chili

hearty beef
kettle cooked

Bowl 7.50 Cup 5.25

Served with Jalapeño
Cheese Corn Muffin

Just Desserts

Carrot Cake 4.50

with cream cheese frosting

Cream Cheese Pie 4.50

with strawberries

Spelt Date Square 3.50

Banana Bread 3.25

Deluxe 4.00

Honey Bun 3.00

Deluxe 4.50

Cookie 2.00

For the Little One...

All Beef Hot Dog

Mayo & Mustard, with a Pickle
& Ketchup on the side

5.75

PBBH

Peanut butter,
banana & honey
on a bun

5.50

Deli Cheese Melt

Served with ketchup
& a pickle

5.50

Tutti Frutti

tiny fruit
salad with
yogurt

4.00

add turkey
or roast beef... 2.00

YellowDeli.com
read more!



Juice Bar Cold Drinks

Juices

Apple Cider	3.00
Orange	3.00
Carrot	3.50
Papaya	3.50
Mix 'n' Match	3.50

**The
Yellow
Deli**

Iced Green Yerba Maté	2.75
Mango Maté	3.50
Lemon Lime Maté	3.50
Iced Chai Maté	3.50
Hibiscus Cooler	3.50
Milk	2.50



Hot Drinks

Natural Sodas ~ 2.75

Root Beer, Ginger Ale
& Zevia Diet Cola

Brazilian Green Yerba Maté	2.75
Hot Chai Yerba Maté	3.25
All Other Yerba Matés	3.00

Organic Coffee	2.75
Yellow Deli Teas	2.75
Hot Apple Cider	3.00

Breakfast

Spinwich

Eggs & spinach, fresh spinach,
parmesan, cheddar &
hot pepper cheese, onions,
red peppers & special sauce
on a honey sesame roll

9.00

Breakfast Sandwich

Your choice of turkey or
roast beef on eggs, with
white cheddar & hot pepper
cheese, onions, peppers & special
sauce on a honey sesame roll.

9.75

Egg & Cheese

with
Cheddar & Provolone
on Sesame Honey Roll

7.00

Homemade Granola ... 6.50
Served with Fruit and Milk
Almond Milk75



Yogurt Parfait

Lots of Fruit layered
with Yogurt & topped
with Granola ... 8.00

FRESH from the OVEN

Muffin of the Day
(Steamed with Butter) 3.00

Toast w/ Jam - 2.50

Deli Waffle 8.00

add Fresh Fruit 1.00
add Blueberry Sauce50
add Yogurt50

Poached Eggs - 6.50

2 Organic Farm Fresh Eggs
Served with toast & jam
add cheese... 1.00
add meat... 2.00