

Palmer's deli & market

MENU

ORDER ONLINE

Place Individual and group orders.
Save your favorites for quick ordering.

GROUP ORDERS

Choices to please groups of all sizes and tastes.

WE DELIVER

CATERING

Events large or small, we cater them all. See our
catering menu at palmersdeliandmarket.com

BREADWORKS

Breadworks is responsible for making and
delivering bread to all deli locations. By making
our own bread from scratch daily, we can
guarantee freshness and quality.



INGERSOLL • 2843 Ingersoll Ave • 274-4004

KALEIDOSCOPE • 655 Walnut St • 288-4466

URBANDALE • 3719 86th St • 270-6561

WEST DES MOINES • 4949 Westown Pkwy • 223-0123

palmersdeliandmarket.com



THE BOX LUNCH

MAKE IT A BOX The best deal!

Each BOX includes:

- Specialty Sandwich or Traditional Sandwich
- 4 oz. non-meat Market Salad
- Potato Chips - 1 oz.
- Palmer's Brownie or Cookie

Box lunch Price Any Sandwich Price + **4.59**
Sub non-meat market salad for chips add **.79**

SPECIALTY SANDWICHES

- 1. THE MARSHALL**
Roast turkey, ham, bacon, cheddar, Swiss, lettuce, tomato, 1000 Island on marble rye **8.79**
- 2. BEEF EATER**
Roast beef, pastrami, cream cheese on ciabatta, steamed **8.99**
- 3. PALMER'S CLUB**
Roast turkey, roast beef, ham, bacon, lettuce, tomato, red onion on marble rye **8.79**
- 4. REUBEN**
Corned beef, pastrami or turkey, sauerkraut, Swiss, 1000 Island on marble rye, grilled **8.99**
- 5. VEGETARIAN**
Green leaf lettuce, green pepper, cucumber, tomato, carrots, pepperjack, Palmer's mustard on choice of bread **8.49**
- 6. MARKET CHICKEN**
Palmer's market chicken salad, lettuce, tomato on choice of bread **8.49**
- 7. MARKET TUNA**
Palmer's albacore tuna salad, lettuce, tomato on choice of bread **8.69**
- 8. MARKET TURKEY**
Smoked turkey, Havarti, ranch, lettuce tomato on ciabatta **8.69**
- 9. COWBOY**
Roast beef, red onion, cheddar and pepperjack cheese, western dressing on marble rye **8.79**
- 10. APPLE ORCHARD**
Roast turkey, provolone, sliced Granny Smiths, apple butter, on ciabatta **8.69**
- 11. NATURAL**
Sliced chicken breast, tomato, green leaf lettuce, mayonnaise, on multigrain **8.49**
- 12. MELT**
Ham, roast turkey, Swiss, co-jack, cheddar on pumpernickel kaiser, steamed **8.79**
- 13. JP's FAVORITE**
Pastrami, ham, bacon, Swiss, cheddar, honey mustard on pumpernickel kaiser **8.79**
- 14. TURNBERRY**
Smoked turkey, Havarti, cranberry chutney, cream cheese on multigrain **8.79**
- 15. DELI STACK**
Salami, tomato, lettuce, red onion, provolone, garlic spread on pumpernickel rye **8.49**
- 16. THE WAVE**
Palmer's albacore tuna salad, tomato, co-jack, provolone on sourdough **8.79**
- 17. SUB**
Ham, salami, cheddar, Swiss, lettuce, tomato, red onion on ciabatta **8.49**

Half sandwiches available less **2.25**

TRADITIONAL SANDWICHES

We build sandwiches the way you like. Choose from our hand-sliced meats, cheeses, veggies and fresh breads.

Traditional meats **7.69**

Corned Beef, Roast Beef + Pastrami **7.99**

MEAT	CHEESE +.99	VEGGIES	BREAD
Ham	Swiss	Lettuce	Italian White
Roast Turkey	Cheddar	Spinach	Multigrain
Smoked Turkey	Havarti	Cucumber	Pumpernickel
Roast Beef	American	Tomato	Rye
Pastrami	Pepper Jack	Green Peppers	Marble Rye
Salami	Provolone	Banana Peppers	Country Sourdough
Corned Beef	Co-Jack	Red Onion	Pumpernickel
Egg Salad		Carrots	Kaiser
Ham Salad		Granny Smith	Ciabatta
			Croissant (add \$.90)
			Assorted Wraps

CONDIMENTS:

Dijon Mustard, Yellow Mustard, Honey Mustard, Palmer's Mustard, Mayonnaise, Apple Butter, 1000 Island, Western, Ranch, Cream Cheese

Add Bacon **1.50** Half sandwiches available less **2.25**

MARKET SALADS

Homemade and prepared fresh daily.

MEAT	NON-MEAT	
Market Chicken	New Potato	Tortellini
Albacore Tuna	Old Fashioned Potato	Greek Pasta
Ham Salad	Italian Tomato	Pasta Primavera
Smoked Turkey	Trees + Raisin	Bowtie Pasta
North Shore Chicken	Crunchy Cabbage	Garlic Pasta
Seafood	Waldorf	Frogeye
Ham	Deli (Fresh Veggie)	Lean Bean
Dilled Egg	Fresh Fruit	

SALAD SAMPLER

Choose 3 salads, 6 ozs. each. Served with roll.

1 meat salad + 2 non-meat salads **10.69**

3 non-meat salads **9.49**

Sub another meat salad add **1.99**

SOUP & COMBOS

PALMER'S CHILI Our award winning chili, any season.

CUP **4.49** BOWL **6.59**

SOUP Made fresh daily. See our soup calendar online.

CUP **4.19** BOWL **6.29**

SOURDOUGH BREAD BOWL add **1.25**

SOUP + SANDWICH COMBO

Half sandwich + cup of soup.

TRADITIONAL SANDWICH with fountain drink **10.59**

SPECIALTY SANDWICH with fountain drink **11.09**

FAVORITE GROUP MENUS

MENU A

Sandwich platter + one non-meat market salad + dessert tray **10.99 pp**

MENU B

Meat + cheese platter for sandwiches, pickles, condiments + our fresh baked breads **8.69 pp**

MENU C

Mini sandwiches + two non-meat market salads + dessert tray **10.99 pp**

SPINNER SALADS

CHOOSE 4 DELI TOPPINGS

Large 7.49 Regular 6.49

DELI TOPPINGS + .55 Each

Beets
Black Olives
Broccoli
Carrots
Chickpeas
Corn
Cucumber
Onions
Peas
Peppers
Raisins
Tomatoes
Cheddar
Provolone

PREMIUM TOPPINGS + .90 Each

Egg
Kalamata Olives
Mandarin Oranges
Feta Cheese
Parmesan
Sunflower Seeds

NUT TOPPINGS + 1.29 Each

Walnuts
Almonds
Pecans

MEAT TOPPINGS + 2.39 Each

Seasoned Chicken
Cured Ham
Smoked Turkey
Bacon + 1.29 Each

DRESSINGS

Balsamic Vinegar, Blue Cheese, Caesar, French, Italian, Peppercorn
Parmesan, Ranch, 1000 Island, Palmer's Creamy Garlic, Palmer's
Honey Mustard, Palmer's Greek, Palmer's Raspberry Poppyseed,
Palmer's Teriyaki, Vidalia Onion Peppercorn, Fat-Free Italian,
Fat-Free Summer Tomato, Fat-Free Ranch

SIGNATURE SALADS

CHEF

Ham, smoked turkey, egg, cheddar, carrots, tomatoes, cucumbers
on iceberg lettuce **10.49**

COBB

Chicken, bacon, egg, carrots, tomatoes, provolone on iceberg
lettuce **10.79**

GREEK

Cucumbers, tomatoes, kalamata olives, feta on romaine with
Palmer's Greek dressing **9.79**

TERIYAKI CHICKEN

Chicken, broccoli, snow peas, red peppers, water chestnuts on
spinach with our teriyaki dressing **10.49**

CAESAR

Egg, black olives, Parmesan on romaine with Caesar topped with
our home-made croutons **8.69**

SPINACH

Bacon, egg, red onion, mandarin oranges on spinach with Palmer's
raspberry poppyseed dressing **9.99**

LUNCHEON SALAD

Tomatoes, cucumbers, carrots, cheddar on iceberg lettuce **6.49**

Add any meat **2.39**

COOKIES & DESSERTS

Made from scratch + baked fresh daily

COOKIES: Chocolate Chip, Snickerdoodle, Peanut Butter, Oatmeal
Raisin, Sugar, Molasses, Chocolate Pixie, Neiman Marcus, Cranberry
Pecan, Gluten Free Peanut Butter Blossom, Peanut Butter
Chocolate Chip **1.99**

PALMER'S BROWNIES **1.99**
SCOTCHAROOS **2.59**
RICE KRISPIE BLOCKS **2.59**
MAGIC BARS **2.59**
ROCKY ROAD BARS **2.59**

CARROT CAKE **3.49**
GRANDMA HELEN'S LEMON
BARS (seasonal) **2.59**
PUMPKIN BARS
(seasonal) **2.59**



View our menu online.

Palmer's
deli&market

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