

57 North Colony St
Wallingford, CT

203-265-1487
rosasdeli.com



Monday–Friday 9am–6pm
Saturday 9am–4pm
Closed Sundays

Follow us for updates & specials:
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OUR BREADS:

12" Sub (No Halves),
Hard Roll,
Toasted Panini,
Rosemary Ciabatta,
Wraps (White, Wheat,
Spinach, Tomato),
Sliced (White, Wheat, Rye).

OUR VEGGIES:

Lettuce,
Tomatoes,
Onions,
Spinach.

OUR CONDIMENTS:

Mayo, Oil, Red Vinegar, BBQ, A1,
Balsamic Glaze or Vinegar, Hot or
Buffalo Sauce, Pesto (Contains NUTS),
Horseradish Mayo, Ranch, 1000 Island,
Blue Cheese, Chipotle Mayo, Black or
Crushed Red Pepper, Salt. Mustard:
Spicy Brown, Honey or Yellow.

OUR CHEESES:

American,
Provolone, Swiss,
3 Pepper Jack,
Muenster,
Shredded
Mozzarella,
Cheddar.

SUBS, ROLLS, PANINIS, SLICED BREADS & WRAPS

	Hard Roll / Sliced Bread	12" Sub / Panini / Wrap
Bologna, BLT, Cooked Salami, Egg Salad (Relish & Mayo), Liverwurst, Mixed Cheese, Veggie	\$8.99	\$9.99
Ham, Ham Salad (Relish & Mayo), Turkey, Meatball Parm, Veggie & Cheese	\$9.99	\$10.99
BLT with Cheese, Tuna Salad made with mayo	\$10.99	\$12.99
Boar's Head Premium Cuts Buffalo or Classic Chicken, Maple Ham, Pepperoni, Salami, Hot Capicola, Corned Beef, Turkey (Regular, Maple, or Pepper Mill)	\$10.99	\$13.99
Eggplant Parm, Steak & Cheese, Pastrami	\$10.99	\$13.99
Chicken Cutlet, Chicken Parm, Grilled Chicken, Chicken Caesar, Broccoli Rabe, Sausage Only, Sausage & Peppers Parm, Meatball & Eggplant Parm, Meatball Sausage & Peppers, Chicken Salad Plain, Seafood Salad, Imported Prosciutto, Prosciutto & Ricotta, Mortadella, Soppressata	\$10.99	\$14.99
Roast Beef cooked in-house medium rare	\$11.99	\$14.99
Steak Special, Soffritto, Chicken Salad special made with mayo nuts, Broccoli Rabe & Sausage	\$11.99	\$15.99
Chicken & Eggplant Parm (Sorrento)	\$11.99	\$16.99
Prosciutto di Parma Authentic Italian Aged Parma Prosciutto	\$14.99	\$18.99

HOUSE FAVORITES & ADDITIONS

The American • \$7.99

Ham, Salami, Cooked Salami, Olive Loaf, Bologna & American Cheese.
(Add Provolone +\$1. Double Meat +\$2.99)

The Real Italian • Hard Roll \$10.99 | 12" Sub \$14.99

Prosciutto, Hot Capicola, Soppressata & Provolone Cheese

The Rosa's Delight • Hard Roll \$10.99 | 12" Sub \$14.99

Ham, Salami, Pepperoni, Hot Capicola, American or Provolone

#1 Chicken Cutlet, Broccoli Rabe, Provolone

Toasted Rosemary Ciabatta/HR \$11.99 | 12" Sub \$15.99

#2 Chicken Cutlet, Roasted Red Peppers, Provolone, Pesto (NUTS)

Toasted Rosemary Ciabatta/HR \$11.99 | 12" Sub \$15.99

#3 Chicken Cutlet, Lettuce, Tomatoes, Avocado, Provolone, Mayo

Toasted Rosemary Ciabatta/HR \$11.99 | 12" Sub \$15.99

#4 Hot Roast Beef, Roasted Red Peppers, Cheddar & Horseradish

Hard Roll \$12.99 | 12" Sub \$15.99 Served hot with cheddar cheese & horseradish mayo

#5 Grilled Cheese w/ Small Soup • \$7.99

On sliced bread of choice (Excludes Chowders)

#6 Fresh Mozzarella, Tomatoes, Roasted Red Peppers, Pesto, Balsamic Glaze, Oil, Salt, & Black Pepper

Liuzzi fresh mozzarella, (pesto contains nuts)
Hard Roll \$11.99 | 12" Sub \$14.99

CHEESE ADDITIONS

- Extra Standard Cheese: \$1.00
- Add Ricotta: \$2.00
- Add Imported Sharp Italian Provolone: \$3.00
- Add Imported Table Cheese: \$3.00
- Full ball of Fresh Mozzarella from Liuzzi: \$4.50

EXTRAS (\$1 per item)

Peppers: Cherry, Fried, Marinated Roasted Red, Fresh, Hot
Banana or Jalapeño. Olives, Sauerkraut, Pickles, Cucumbers,
Sautéed Mushrooms or Onions.

MARINATED: Eggplant, Mushrooms, or Giardiniera.

PREMIUM EXTRAS

Bacon (5 pcs): \$2.00 | Avocado: \$2.00

Add Imported Prosciutto: \$4.00 | Add Prosciutto di Parma: \$5.00

Custom Orders & Extras: Any additional meats, menu modifications, or off-menu requests will be priced accordingly.

Order Specifics: When ordering for a group, please specify only the ingredients you DO want on each item (e.g., "12-inch ham sub with cheese, lettuce, and mayo"). Because our build options are so broad, we do not have a default set of toppings.

Order Accuracy: We want to get it right! If there is any issue with your order, please call us the same day so we can fix it immediately.

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Sundays

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HOMEMADE SOUPS & SAUCES

Bowl \$3.99 • Pint \$4.99 • Quart \$9.99

Chicken Pastina • Chicken Cheese Tortellini •
Vegetable (Vegan friendly) • Minestrone
(Our vegetable soup with pasta. Vegan Friendly)
Homemade Red Sauce (No Meat)

(Soups come cold or hot, with or without cheese. Please specify.)

Seasonal soup specials & Chowders October to June
Bowl \$5.99 • Pint \$7.99 • Quart \$13.99

DESSERTS, SIDE SALADS & DISPLAY CASE

FRESH HOMEMADE DESSERTS:

Plain & specialty cheesecakes, tiramisu, classic American pies & cakes, homemade Italian cookies.

DELI DISPLAY CASE:

Wide selection of side dishes like Potato Salad, Tortellini Pesto, Pasta Salad, Stuffed Peppers, Imported Olives and so much more!

Check out our display case for seasonal dishes. Don't see something on our menu? Please ask, we might be able to make it for you!

PASTA SPECIALS & HOT DINNERS

PASTA SPECIALS (Comes with Ziti or Spaghetti)

Broccoli Rabe	\$15.99
Broccoli Rabe & Sausage	\$17.99
Sorrento (Chicken & Eggplant Parm)	\$19.99
Chicken Parm	\$18.99
Eggplant Parm	\$17.99
Stuffed Eggplant (Ricotta & Mozzarella)	\$19.99
Soffritto	\$19.99

CLASSIC DINNERS (Comes with 1 Meatball & 1 Sausage)

Spaghetti, Ziti, Gnocchi, Cavatelli, or Pasta & Beans	\$12.99
Cheese Ravioli	\$12.99
Cheese Stuffed Shells	\$12.99
Homemade Meat & Cheese Lasagna	\$14.99

DINNER EXTRAS

Meatball: \$1 ea | Sausage: \$1.50 ea
Extra Bread & Butter: \$1
Extra grated cheese on the side \$1 ea.

All dinners come with sliced bread, butter & utensils. May be purchased hot or cold. Specify if you would like grated cheese on top.

MADE TO ORDER FRESH SALADS

Salad Selection	Small	Medium	Large
Just Lettuce & Tomatoes	\$3.99	\$5.99	\$7.99
Just Lettuce & Tomatoes with Cheese	\$4.99	\$6.99	\$8.99
Garden Salad (Lettuce, tomatoes, cucumbers, peppers & cheese)	\$5.99	\$8.99	\$11.99
Chef Salad (Lettuce, tomatoes, ham, salami & cheese)	\$6.99	\$9.99	\$13.99
Antipasto Salad (Garden base + ham, salami, cheese, marinated mushrooms, eggplant & giardiniera)	\$7.99	\$11.99	\$15.99
Chicken Caesar (Shaved Parma cheese, croutons, grilled/cutlet chicken)	\$8.99	\$12.99	\$15.99
Caesar Salad (No chicken)	\$4.99	\$7.99	\$10.99

SALAD TOPPERS (\$4.00 per): Tuna, Seafood, Ham, Egg, Plain Chicken Salad, Chicken Salad with cranberries & nuts.

PROTEIN & VEGGIE ADDITIONS: Grilled Chicken or Cutlet: \$4./pc | Broccoli Rabe: \$4. | Fresh Avocado: \$2 | Bacon (5pcs): \$2 | Extra Meat: \$2

EXTRAS (\$1 per item) Peppers: Fried, Marinated Roasted Red, Fresh, Hot Banana or Jalapeño. Olives, Sauerkraut, Pickles, Cucumbers, Sautéed Mushrooms or Onions. MARINATED: Eggplant, Mushrooms, or Giardiniera.

SALAD DRESSINGS ON THE SIDE: Oil & Vinegar, Blue Cheese, Caesar, 1000 Island, Ranch, French, Italian, Lite Italian, Creamy Italian, Balsamic Vinegar.

(Small & Medium salads come with 1 dressing. Large comes with 2. Extra dressing packet: .75¢)

CONSUMER ADVISORY & ALLERGEN NOTICE

“Thoroughly cooking meats, poultry, seafood, shellfish, or eggs reduces the risk of foodborne illness” - (FDA).

Once orders leave our facility, customers assume full responsibility for proper food handling, temperature control, and storage.
Allergen Disclaimer: While we offer gluten-friendly menu items and make every effort to safely prepare your meal, our kitchen processes ingredients containing gluten, nuts, soy, dairy, and other allergens. We cannot guarantee complete protection against cross-contamination.

Rosa's Deli LLC reserves the right to make changes to this menu in all its forms without notification. Old menus & pricing will not be honored.

Menu does not include Connecticut sales tax of 7.35%. \$5 min. charge on credit card purchases. Rev 10/2026