

**DELICIOUSLY**  
*Lite*  
**MENU**

Craving your favorite *comfort foods* comes with *less guilt!* You'll find more than 260 entrées under 600 calories.



← GREEK SALAD WITH PITA —

**ENTRÉE ITEM**

**CALORIE COUNT**

**OMELETTES AND EGGS**

Calorie counts do not include toast or bagel

**OMELETTES**

Omelette with Ham, Pepper, Onions w/ Potatoes	500
Cheddar Cheese, Ham and Onion Omelette	555
Cheddar Cheese Omelette w/ Potatoes	580

**EGGS**

Two Eggs, Ham, Fruit Salad, and Wheat Toast (w/ Grape Jelly)	560
Three Eggs, Bacon, Fruit Salad, and Wheat Toast (w/ Strawberry Jam)	570
Two Eggs, Bacon, Home Fries, Wheat Toast (w/ Grape Jelly)	575
Three Eggs, Ham, Fruit Salad, and Wheat Toast (No Jam)	595

**MORNING SPECIALS**

Oatmeal w/ Brown Sugar and Fresh Strawberries	250
Oatmeal w/ Raisins and Toasted Almonds	330
California Fruit Salad (Includes Fruit and Vanilla Yogurt)	390

**HAND TOSSED ENTRÉE SALAD**

Roasted Vegetable w/ Light Olive Oil Vinaigrette	490
TooJay's Chopped w/ Lite Italian Dressing	500
Greek served with 2 ounces of Greek Dressing and Pita Bread	580

**CLASSIC SALADS**

Includes salad, veggies and a slice of Rye bread

Shrimp Salad	510
Egg Salad	590

**DELI SANDWICHES**

Calorie counts include Cole Slaw and a Pickle (No Cheese)

Turkey Breast on Rye Bread	510
Turkey, Bacon, Lettuce & Tomato on Wheat Bread	540
Turkey, Bacon, Lettuce & Tomato on Rye Bread	570
Hot Corned Beef on Rye Bread	570
Roast Beef on Rye Bread	570

**CLASSIC COMFORTS**

Calorie Counts do not include Bread, Salad, Soup, or Vegetables

TooJay's Shepherd's Pie	550
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**CHOOSE TOO CALORIE COUNTS ARE BASED ON CHOOSE TOO PORTIONS:**

Half Sandwich, Café Salad & Cup of Soup. Calorie Counts do not include add-ons such as Crackers and/or Dressings unless otherwise noted.

\*\* Choose Too of Specialty Deli Salad consists of: Scoop of Salad, Veggies and a Slice of Rye Bread

Vegetarian Vegetable Soup & House Salad (w/ Lite Italian Dressing)	131
Chicken Noodle Soup & House Salad (w/ Lite Italian Dressing)	145

Mushroom Barley Soup & House Salad (w/ Lite Italian Dressing)	165
Tomato Dill Soup & House Salad (w/ Lite Italian Dressing)	175
Beef Cabbage Soup & House Salad (w/ Lite Italian Dressing)	215
Split Pea Soup & House Salad (w/ Lite Italian Dressing)	275
Crock of French Onion Soup (Includes French Bread & Cheeses) & House Salad (w/ Lite Italian Dressing)	295
Homemade Chili & House Salad (w/ Lite Italian Dressing)	295
Vegetarian Vegetable Soup & Caesar Salad (w/ Caesar Dressing)	316
Chicken Noodle Soup & Caesar Salad (w/ Caesar Dressing)	330
Mushroom Barley Soup & Caesar Salad (w/ Caesar Dressing)	350
Vegetarian Vegetable Soup & Greek Salad (w/ Greek Dressing)	356
Tomato Dill Soup & Caesar Salad (w/ Caesar Dressing)	360
Vegetarian Vegetable Soup & Shrimp Salad **	366
Vegetarian Vegetable Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)	366
Chicken Noodle Soup & Greek Salad (w/ Greek Dressing)	370
Vegetarian Vegetable Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	376
Vegetarian Vegetable Soup & Turkey Sandwich	376
Chicken Noodle Soup & Shrimp Salad **	380
Chicken Noodle Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)	380
Vegetarian Vegetable Soup & Mandarin Chicken Salad	386
Chicken Noodle Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	390
Chicken Noodle Soup & Turkey Sandwich	390
Mushroom Barley Soup & Greek Salad (w/ Greek Dressing)	390
Turkey Sandwich & House Salad (w/ Lite Italian Dressing)	395
Vegetarian Vegetable Soup & Corned Beef Sandwich	396
Beef Cabbage Soup & Caesar Salad (w/ Caesar Dressing)	400
Chicken Noodle Soup & Mandarin Chicken Salad	400
Mushroom Barley Soup & Shrimp Salad **	400
Mushroom Barley Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)	400
Tomato Dill Soup & Greek Salad (w/ Greek Dressing)	400
Vegetarian Vegetable Soup & Egg Salad **	406
Vegetarian Vegetable Soup & Roast Beef Sandwich	406
Vegetarian Vegetable Soup & Turkey BLT Sandwich	406
Chicken Noodle Soup & Corned Beef Sandwich	410
Mushroom Barley Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	410
Mushroom Barley Soup & Turkey Sandwich	410
Tomato Dill Soup & Shrimp Salad **	410
Tomato Dill Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)	410
Corned Beef Sandwich & House Salad (w/ Lite Italian Dressing)	415
Vegetarian Vegetable Soup & Brisket Sandwich	416
Chicken Noodle Soup & Egg Salad **	420
Chicken Noodle Soup & Roast Beef Sandwich	420
Chicken Noodle Soup & Turkey BLT Sandwich	420
Mushroom Barley Soup & Mandarin Chicken Salad	420
Tomato Dill Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	420
Tomato Dill Soup & Turkey Sandwich	420
Roast Beef Sandwich & House Salad (w/ Lite Italian Dressing)	425

Turkey BLT Sandwich & House Salad (w/ Lite Italian Dressing)	425
Vegetarian Vegetable Soup & Tuna Salad **	426
Chicken Noodle Soup & Brisket Sandwich	430
Mushroom Barley Soup & Corned Beef Sandwich	430
Tomato Dill Soup & Mandarin Chicken Salad	430
Brisket Sandwich & House Salad (w/ Lite Italian Dressing)	435
Vegetarian Vegetable Soup & Tongue Sandwich	436
Vegetarian Vegetable Soup & Whitefish Salad **	436
Beef Cabbage Soup & Greek Salad (w/ Greek Dressing)	440
Chicken Noodle Soup & Tuna Salad **	440
Mushroom Barley Soup & Egg Salad **	440
Mushroom Barley Soup & Roast Beef Sandwich	440
Mushroom Barley Soup & Turkey BLT Sandwich	440
Tomato Dill Soup & Corned Beef Sandwich	440
Vegetarian Vegetable Soup & Buffalo Crispy Chicken Salad (w/ Lite Italian Dressing)	446
Vegetarian Vegetable Soup & Chopped Chicken Liver Salad **	446
Vegetarian Vegetable Soup & Crispy Chicken Salad (w/ Lite Italian Dressing)	446
Vegetarian Vegetable Soup & Dill Chicken Salad **	446
Beef Cabbage Soup & Shrimp Salad **	450
Beef Cabbage Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)	450
Chicken Noodle Soup & Tongue Sandwich	450
Chicken Noodle Soup & Whitefish Salad **	450
Mushroom Barley Soup & Brisket Sandwich	450
Tomato Dill Soup & Egg Salad **	450
Tomato Dill Soup & Roast Beef Sandwich	450
Tomato Dill Soup & Turkey BLT Sandwich	450
Tongue Sandwich & House Salad (w/ Lite Italian Dressing)	455
Vegetarian Vegetable Soup & Chef Salad (w/ Lite Italian Dressing)	456
Vegetarian Vegetable Soup & Ham and Swiss Sandwich	456
Vegetarian Vegetable Soup & Shrimp Sandwich	456
Vegetarian Vegetable Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	456
Beef Cabbage Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	460
Beef Cabbage Soup & Turkey Sandwich	460
Chicken Noodle Soup & Buffalo Crispy Chicken Salad (w/ Lite Italian Dressing)	460
Chicken Noodle Soup & Chopped Chicken Liver Salad **	460
Chicken Noodle Soup & Crispy Chicken Salad (w/ Lite Italian Dressing)	460
Chicken Noodle Soup & Dill Chicken Salad **	460
Mushroom Barley Soup & Tuna Salad **	460
Split Pea Soup & Caesar Salad (w/ Caesar Dressing)	460
Tomato Dill Soup & Brisket Sandwich	460
Beef Cabbage Soup & Mandarin Chicken Salad	470
Chicken Noodle Soup & Chef Salad (w/ Lite Italian Dressing)	470
Chicken Noodle Soup & Ham and Swiss Sandwich	470
Chicken Noodle Soup & Shrimp Sandwich	470
Chicken Noodle Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	470
Mushroom Barley Soup & Tongue Sandwich	470

Mushroom Barley Soup & Whitefish Salad **	470
Tomato Dill Soup & Tuna Salad **	470
Ham and Swiss Sandwich & House Salad (w/ Lite Italian Dressing)	475
Shrimp Sandwich & House Salad (w/ Lite Italian Dressing)	475
Vegetarian Vegetable Soup & Chicken Caesar Salad (w/ Caesar Dressing)	476
Vegetarian Vegetable Soup & Pastrami Sandwich	476
Beef Cabbage Soup & Corned Beef Sandwich	480
Crock of French Onion Soup (Includes French Bread & Cheeses) & Caesar Salad (w/ Caesar Dressing)	480
Homemade Chili & Caesar Salad (w/ Caesar Dressing)	480
Mushroom Barley Soup & Buffalo Crispy Chicken Salad (w/ Lite Italian Dressing)	480
Mushroom Barley Soup & Chopped Chicken Liver Salad **	480
Mushroom Barley Soup & Crispy Chicken Salad (w/ Lite Italian Dressing)	480
Mushroom Barley Soup & Dill Chicken Salad **	480
Tomato Dill Soup & Tongue Sandwich	480
Tomato Dill Soup & Whitefish Salad **	480
Vegetarian Vegetable Soup & Strawberry Citrus Salad (w/ Raspberry Vinaigrette)	486
Vegetarian Vegetable Soup & Traditional Chicken Salad **	486
Beef Cabbage Soup & Egg Salad **	490
Beef Cabbage Soup & Roast Beef Sandwich	490
Beef Cabbage Soup & Turkey BLT Sandwich	490
Chicken Noodle Soup & Chicken Caesar Salad (w/ Caesar Dressing)	490
Chicken Noodle Soup & Pastrami Sandwich	490
Mushroom Barley Soup & Chef Salad (w/ Lite Italian Dressing)	490
Mushroom Barley Soup & Ham and Swiss Sandwich	490
Mushroom Barley Soup & Shrimp Sandwich	490
Mushroom Barley Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	490
Tomato Dill Soup & Buffalo Crispy Chicken Salad (w/ Lite Italian Dressing)	490
Tomato Dill Soup & Chopped Chicken Liver Salad **	490
Tomato Dill Soup & Crispy Chicken Salad (w/ Lite Italian Dressing)	490
Tomato Dill Soup & Dill Chicken Salad **	490
Pastrami Sandwich & House Salad (w/ Lite Italian Dressing)	495
Vegetarian Vegetable Soup & Egg Salad Sandwich	496
Beef Cabbage Soup & Brisket Sandwich	500
Chicken Noodle Soup & Strawberry Citrus Salad (w/ Raspberry Vinaigrette)	500
Chicken Noodle Soup & Traditional Chicken Salad **	500
Split Pea Soup & Greek Salad (w/ Greek Dressing)	500
Tomato Dill Soup & Chef Salad (w/ Lite Italian Dressing)	500
Tomato Dill Soup & Ham and Swiss Sandwich	500
Tomato Dill Soup & Shrimp Sandwich	500
Tomato Dill Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	500
Vegetarian Vegetable Soup & Turkey Avocado Sandwich	506
Beef Cabbage Soup & Tuna Salad **	510
Chicken Noodle Soup & Egg Salad Sandwich	510
Mushroom Barley Soup & Chicken Caesar Salad (w/ Caesar Dressing)	510
Mushroom Barley Soup & Pastrami Sandwich	510
Split Pea Soup & Shrimp Salad **	510

Split Pea Soup & TooJay's Chopped Salad (w/ Lite Italian Dressing)	510
Egg Salad Sandwich & House Salad (w/ Lite Italian Dressing)	515
Vegetarian Vegetable Soup & Tuna Salad Sandwich	516
Beef Cabbage Soup & Tongue Sandwich	520
Beef Cabbage Soup & Whitefish Salad **	520
Chicken Noodle Soup & Turkey Avocado Sandwich	520
Crock of French Onion Soup (Includes French Bread & Cheeses) & Greek Salad (w/ Greek Dressing)	520
Homemade Chili & Greek Salad (w/ Greek Dressing)	520
Mushroom Barley Soup & Strawberry Citrus Salad (w/ Raspberry Vinaigrette)	520
Mushroom Barley Soup & Traditional Chicken Salad **	520
Split Pea Soup & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	520
Split Pea Soup & Turkey Sandwich	520
Tomato Dill Soup & Chicken Caesar Salad (w/ Caesar Dressing)	520
Tomato Dill Soup & Pastrami Sandwich	520
Matzo Ball Soup & House Salad (w/ Lite Italian Dressing)	525
Turkey Avocado Sandwich & House Salad (w/ Lite Italian Dressing)	525
Beef Cabbage Soup & Buffalo Crispy Chicken Salad (w/ Lite Italian Dressing)	530
Beef Cabbage Soup & Chopped Chicken Liver Salad **	530
Beef Cabbage Soup & Crispy Chicken Salad (w/ Lite Italian Dressing)	530
Beef Cabbage Soup & Dill Chicken Salad **	530
Chicken Noodle Soup & Tuna Salad Sandwich	530
Crock of French Onion Soup (Includes French Bread & Cheeses) & Shrimp Salad **	530
Crock of French Onion Soup (Includes French Bread & Cheeses) & TooJay's Chopped Salad (w/ Lite Italian Dressing)	530
Homemade Chili & Shrimp Salad **	530
Homemade Chili & TooJay's Chopped Salad (w/ Lite Italian Dressing)	530
Mushroom Barley Soup & Egg Salad Sandwich	530
Split Pea Soup & Mandarin Chicken Salad	530
Tomato Dill Soup & Strawberry Citrus Salad (w/ Raspberry Vinaigrette)	530
Tomato Dill Soup & Traditional Chicken Salad **	530
Tuna Salad Sandwich & House Salad (w/ Lite Italian Dressing)	535
Vegetarian Vegetable Soup & Chopped Liver Sandwich	536
Vegetarian Vegetable Soup & Dill Chicken Sandwich	536
Vegetarian Vegetable Soup & Liverwurst Sandwich	536
Beef Cabbage Soup & Ham and Swiss Sandwich	540
Beef Cabbage Soup & Chef Salad (w/ Lite Italian Dressing)	540
Beef Cabbage Soup & Shrimp Sandwich	540
Beef Cabbage Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	540
Chicken Tortilla Soup & Tuna Salad Sandwich	540
Crock of French Onion Soup (Includes French Bread & Cheeses) & Roasted Vegetable Salad (w/ Light Olive Oil Vin.)	540
Crock of French Onion Soup (Includes French Bread & Cheeses) & Turkey Sandwich	540
Homemade Chili & Roasted Vegetable Salad (w/ Light Olive Oil Vinaigrette)	540
Homemade Chili & Turkey Sandwich	540
Mushroom Barley Soup & Turkey Avocado Sandwich	540
Split Pea Soup & Corned Beef Sandwich	540
Tomato Dill Soup & Egg Salad Sandwich	540
Chicken Noodle Soup & Chopped Liver Sandwich	550

Chicken Noodle Soup & Dill Chicken Sandwich	550
Chicken Noodle Soup & Liverwurst Sandwich	550
Crock of French Onion Soup (Includes French Bread & Cheeses) & Mandarin Chicken Salad	550
Homemade Chili & Mandarin Chicken Salad **	550
Mushroom Barley Soup & Tuna Salad Sandwich	550
Split Pea Soup & Egg Salad **	550
Split Pea Soup & Roast Beef Sandwich	550
Split Pea Soup & Turkey BLT Sandwich	550
Tomato Dill Soup & Turkey Avocado Sandwich	550
Chopped Liver Sandwich & House Salad (w/ Lite Italian Dressing)	555
Dill Chicken Sandwich & House Salad (w/ Lite Italian Dressing)	555
Liverwurst Sandwich & House Salad (w/ Lite Italian Dressing)	555
Vegetarian Vegetable Soup & J & J Sandwich	556
Beef Cabbage Soup & Chicken Caesar Salad (w/ Caesar Dressing)	560
Beef Cabbage Soup & Pastrami Sandwich	560
Crock of French Onion Soup (Includes French Bread & Cheeses) & Corned Beef Sandwich	560
Homemade Chili & Corned Beef Sandwich	560
Split Pea Soup & Brisket Sandwich	560
Tomato Dill Soup & Tuna Salad Sandwich	560
Beef Cabbage Soup & Strawberry Citrus Salad (w/ Raspberry Vinaigrette)	570
Beef Cabbage Soup & Traditional Chicken Salad **	570
Chicken Noodle Soup & J & J Sandwich	570
Crock of French Onion Soup (Includes French Bread & Cheeses) & Egg Salad **	570
Crock of French Onion Soup (Includes French Bread & Cheeses) & Roast Beef Sandwich	570
Crock of French Onion Soup (Includes French Bread & Cheeses) & Turkey BLT Sandwich	570
Homemade Chili & Egg Salad **	570
Homemade Chili & Roast Beef Sandwich	570
Homemade Chili & Turkey BLT Sandwich	570
Mushroom Barley Soup & Chopped Liver Sandwich	570
Mushroom Barley Soup & Dill Chicken Sandwich	570
Mushroom Barley Soup & Liverwurst Sandwich	570
Split Pea Soup & Tuna Salad **	570
J & J Sandwich & House Salad (w/ Lite Italian Dressing)	575
Vegetarian Vegetable Soup & Chicken Salad Sandwich	576
Beef Cabbage Soup & Egg Salad Sandwich	580
Crock of French Onion Soup (Includes French Bread & Cheeses) & Brisket Sandwich	580
Homemade Chili & Brisket Sandwich	580
Split Pea Soup & Tongue Sandwich	580
Split Pea Soup & Whitefish Salad **	580
Tomato Dill Soup & Chopped Liver Sandwich	580
Tomato Dill Soup & Dill Chicken Sandwich	580
Tomato Dill Soup & Liverwurst Sandwich	580
Turkey Sandwich & Caesar Salad (w/ Caesar Dressing)	580
Beef Cabbage Soup & Turkey Avocado Sandwich	590
Chicken Noodle Soup & Chicken Salad Sandwich	590
Crock of French Onion Soup (Includes French Bread & Cheeses) & Tuna Salad **	590

Homemade Chili & Tuna Salad **	590
Mushroom Barley Soup & J & J Sandwich	590
Split Pea Soup & Buffalo Crispy Chicken Salad (w/ Lite Italian Dressing)	590
Split Pea Soup & Chopped Chicken Liver Salad **	590
Split Pea Soup & Crispy Chicken Salad (w/ Lite Italian Dressing)	590
Split Pea Soup & Dill Chicken Salad **	590
Chicken Salad Sandwich & House Salad (w/ Lite Italian Dressing)	595