

DELICIOUSLY
Lite
MENU

Craving your favorite *comfort foods* comes with *less guilt!* You'll find more than 200 entrées under 600 calories.



— GREEK SALAD WITH PITA —

ENTRÉE ITEM

CALORIE COUNT

OMELETTES AND EGGS

OMELETTES

Calorie counts do not include toast or bagel

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 SALADS

TooJay's Chopped w/ Lite Italian Dressing	500
Greek Salad w/ Greek Dressing and Pita Bread	420
Mandarin Chicken Salad w/ Tropical Dressing	570

DELI 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-sized Hand Tossed Salad & Cup of Soup. Calorie Counts do not include add-ons such as Crackers and/or Dressings unless otherwise noted.

**** Choose Too of 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
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 & 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 & 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 & 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 & 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 & Shrimp Sandwich	456
Vegetarian Vegetable Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	456
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 & 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
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
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 & 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 & Shrimp Sandwich	500
Tomato Dill Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	500
TooJay's Chopped 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
Mushroom Barley Soup & Strawberry Citrus Salad (w/ Raspberry Vinaigrette)	520
Mushroom Barley Soup & Traditional Chicken Salad **	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
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 & Shrimp Sandwich	540
Beef Cabbage Soup & TooJay's Cobb Salad (w/ Lite Italian Dressing)	540
Crock of French Onion Soup (Includes French Bread & Cheeses) & 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
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
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
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
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
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

Beef Cabbage Soup & Egg Salad Sandwich	580
Crock of French Onion Soup (Includes French Bread & Cheeses) & 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
Crock of French Onion Soup (Includes French Bread & Cheeses) & Tuna Salad **	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