

HOUSE SPECIALTY COMBOS

Served on 8" Sub Bread

1 Italian Sub	14.99
<i>Ham, salami and provolone</i>	
2 Fried or Grilled Eggplant	15.99
<i>Fresh mozzarella, tomatoes, roasted peppers, balsamic</i>	
3 Prosciutto	17.99
<i>Fresh mozzarella, tomatoes, roasted peppers, balsamic</i>	
4 Grilled or Breaded Chicken	17.99
<i>Fresh mozzarella, tomatoes, roasted peppers, balsamic</i>	
5 Top Round Roast Beef	18.99
<i>Fresh mozzarella, tomatoes, roasted peppers, balsamic</i>	
6 Broccoli Rabe	15.
<i>Fresh mozzarella, tomatoes, roasted peppers, balsamic</i>	
7 Fresh Mozzarella	14.99
<i>Fresh mozzarella, tomatoes, roasted peppers, balsamic</i>	
8 Grilled Portobella Mushroom	14.99
<i>Fresh mozzarella, tomatoes, roasted peppers, balsamic</i>	
9 Smoked Turkey Breast	19.49
<i>Cheddar cheese, bacon, pickles, Russian dressing</i>	
10 Turkey Gobbler	14.99
<i>House Stuffing, Cranberry Sauce, Mayo in a Sub Roll</i>	
11 Grilled Chicken Bacon Ranch <i>Lettuce, tomato</i>	17.99
12 Grilled Chicken, Broccoli Rabe <i>Fresh mozzarella</i> ...	22.49

MID-SHORE MEATS



NORMANDY BEACH, NJ

LASOLAS BEACH BAG SPECIAL!

Five of our most popular sandwiches, ready to go, in a reusable Lasolas beach bag! . . . \$79.99

Each bag includes:

- (1) Italian Sub
Ham, salami & provolone w/ lettuce, tomato, onions, OV + spices
- (1) Breaded Chicken Cutlet
Fresh mozzarella, roasted red peppers, tomatoes, balsamic
- (1) Smoked Turkey Breast
Cheddar, bacon, pickles, Russian dressing
- (1) Chicken LT
Breaded cutlet, American cheese, lettuce, tomato, mayo
- (1) Tuna Salad
Lettuce, tomato & onions

No substitutions or modifications please

EXTRAS ON PASTA	Shrimp	7.50
	Meatballs, Grilled Chicken or Sausage	6.50
	Broccoli Rabe	6.50

ENTREES/PASTA *(Available Thurs - Sun)*

All served with bread and side salad with choice of dressing on the side

Choose One: Linguine, Penne, Rice, Potatoes, French Fries (Non-Pasta Entrees Only)

Eggplant Parmigiana	19.99
Eggplant Rollatini	20.99
Chicken Parmigiana	23.99
Chicken Francaise <i>White wine, lemon & butter</i>	24.99
Chicken Marsala <i>Mushrooms, marsala wine, demi-glace</i> .	24.99
Open Face Chicken Cordon Bleu	25.99
<i>Honey ham, swiss cheese, pecorino sauce</i>	
Chicken Saltimbocca <i>Spinach, prosciutto, mozzarella, demi-glace</i> .	27.99
Veal Milanese	24.99
Veal Parmigiana	2
Beef Lasolas <i>Mozzarella, mushrooms, demi-glace</i>	24.99
Shrimp Scampi <i>Garlic butter, white wine, parsley</i>	28.99
Shrimp and Scallop Supreme	28.99
<i>Shrimp and scallop in blush sauce</i>	
Maryland Crab Cake (3)	26.99
Fish Of The Day	Market Price
Fried Shrimp w/ french fries, cole slaw & tartar sauce	2
Coconut Shrimp w/ french fries, cole slaw & duck sauce ..	24.99
Penne A La Vodka	20.99
Tortellini Alfredo	21.99
Linguine Clam Sauce (White or Red)	23.99
Penne Bolognese	21.99
Pasta (Marinara or Garlic & Oil)	18.99
Pasta w/Meatballs (Marinara or Garlic & Oil)	
Baked Ziti	18.99
Stuffed Shells Marinara	20.99
Lasagna (with Meat & Cheese)	20.99
Cavatelli and Broccoli	20.99
Cheese Ravioli Marinara	20.99
Kids Pasta W/Meatballs (Marinara or Butter)	12.99

**Does not include side salad or b*

PROUDLY SERVING



"The Deli Best"