

SALADS

Ranch, Fat free ranch, Honey mustard, Fat free honey mustard, Thousand Island, Sesame ginger & Italian

CHEF SALAD 6.49

Mixed greens, tomatoes, cucumbers, green peppers, onions olives, bacon, mushrooms, turkey, ham, & cheese

HALF SALAD 3.29

Everything on the chef salad only half of it.

GRILLED CHICKEN SALAD 6.49

Mixed greens, tomatoes, onions, bacon, cheese & grilled chicken breast strips.

WEIGHT LOSS SALAD 6.49

Mixed greens, tomatoes, cucumbers, mushrooms, green peppers, green onions, croutons, cheese and grilled chicken breast strips.

CHICKEN SALAD PLATE 6.49

Homemade chicken salad on a bed of mixed greens with tomato wedges.

CHICKEN SALAD CROISSANT COMBO 7.49

Homemade chicken salad on a flaky croissant with lettuce & tomato

CHICKEN CROISSANT ONLY 5.49

WRAPS

WRAP SESSION COMBO 6.99

Smoked turkey, provolone cheese, lettuce, tomato, topped with Italian or Cranberry honey mustard dressing in a flour wrap.

WRAP ONLY 4.99

LO CARB TURKEY COMBO 7.99

Smoked turkey, bacon, smoked cheddar, lettuce, tomato, & chipotle sauce in a low carb wheat wrap.

WRAP ONLY 5.99

LO CARB ROAST BEEF COMBO 7.99

Roast beef, provolone cheese, onions, peppers, lettuce, tomato, & horseradish sauce in a low carb wheat wrap.

WRAP ONLY 5.99

CHICKEN RANCH WRAP COMBO 7.99

Grilled chicken, bacon, Swiss cheese, ranch dressing tomato & lettuce in a tomato basil wrap.

WRAP ONLY 5.99

FLAMINGO CLUB WRAP COMBO 7.99

Ham, turkey, bacon, cheese, Creole mustard sauce, lettuce, tomato in a tomato basil wrap. Grilled or cold.

WRAP ONLY 5.99

RUMOR WEED COMBO-VEGETARIAN 6.99

Wrap stuffed with lettuce, tomato, onions, peppers, cucumbers, olives, mushrooms, our own Rumor Weed dressing.

WEED ONLY GRILLED OR COLD 4.99

THE HOT TOPIC COMBO- 7.99

WARNING! THIS WRAP COULD MELT YOUR FACE!

Wrap stuffed with fajita chicken, pepper jack cheese, lettuce, tomato & Rumors secret blazing creamy hot sauce. You have been warned!

WRAP ONLY 5.99

PANINI SANDWICHES

Panini-(pa-nee-nee) A grilled, pressed Italian style sandwich.

These do not come in half sandwiches.

ULTIMATE GRILLED CHEESE COMBO 6.79

American, smoked cheddar, provolone & Swiss cheeses grilled with lots of butter. Add bacon for only .75

SANDWICH ONLY 4.79

THE CUBAN COMBO 7.99

Ham, cheese, pork loin, dill pickles & Creole mustard sauce.

SANDWICH ONLY 5.99

FLAMINGO CAPRI COMBO 7.99

Pesto, fresh mozzarella & tomatoes on panini bread.

SANDWICH ONLY 5.99

FLAMINGO CAPRI W/CHICKEN COMBO 8.99

SANDWICH ONLY W/CHICKEN 7.49

RASPBERRY TURKEY COMBO 7.99

Smoked turkey, cheese, onion, raspberry Dijon sauce, & lettuce on Ciabata bread.

SANDWICH ONLY 5.99

CHICKEN JOE BLEUS COMBO 8.99

Grilled chicken, bleu cheese, white bbq sauce, caramelized onions & lettuce on ciabata bread.

SANDWICH ONLY 6.99

BARBECUED FLAMINGO COMBO 8.99

Tender, juicy beef brisket, bbq sauce, cheddar cheese, grilled on a hoagie. Barbecued Flamingo? Nahhhhhh...

SANDWICH ONLY 6.99

SOUP COMBOS

Bowl of soup.....3.99 Cup of soup.....2.29

Cup of soup, half salad & drink combo 6.99

*Cup of soup, half sandwich & drink combo 7.99

*Choose from the 1/2 hearsay, 1/2 tattletale or 1/2 scoop

Bowl of soup & grilled cheese combo....7.99

Soup of the day, a grilled cheese sandwich, and a drink

**A SANDWICH COMBO INCLUDES
CHOICE OF SIDE, FOUNTAIN DRINK,
TEA, OR BOTTLED WATER**

HEATED SANDWICHES

**Add lettuce, tomato/other condiments .60, Add bacon .75, EXTRA meat 2.00, EXTRA cheese_.75
Wheat or white hoagie, onion roll, rye or wrap**

MOUTH OF THE SOUTH COMBO 8.59

Ham, turkey, roast beef, combo of onions, peppers, olives, mushrooms, lettuce & tomato, 3 cheeses, mayo, spicy brown mustard & special sauce on a white hoagie.

WHOLE SANDWICH ONLY 6.99

1/2 MOUTH OF THE SOUTH COMBO 6.99

HALF SANDWICH ONLY 5.99

HEARSAY COMBO 7.89

Honey ham, Swiss cheese, mayo, spicy brown mustard lettuce & tomato on a white hoagie.

WHOLE SANDWICH ONLY 5.89

1/2 HEARSAY COMBO 5.89

HALF SANDWICH ONLY 3.89

THE SCOOP COMBO 7.99

Roast beef, provolone cheese, and mayo, on a white hoagie. Au jus for dipping

WHOLE SANDWICH ONLY 5.99

1/2 SCOOP COMBO 5.99

HALF SANDWICH ONLY 3.99

THE RUMOR COMBO 7.99

Ham, Genoa salami, peppers, onions, mayo, spicy brown mustard, lettuce, tomato, Italian dressing, provolone cheese on a white hoagie.

WHOLE SANDWICH ONLY 5.99

1/2 RUMOR COMBO 5.99

HALF SANDWICH ONLY 3.99

THE GOODS COMBO 7.79

Ham, bologna, Genoa salami, provolone cheese, mayo & spicy brown mustard on a white hoagie.

WHOLE SANDWICH ONLY 5.79

1/2 GOODS COMBO 5.79

HALF SANDWICH ONLY 3.79

TATTLETALE COMBO 7.89

Smoked turkey & cheddar with mayo on a white hoagie

WHOLE SANDWICH ONLY 5.89

1/2 TATTLETALE COMBO 5.89

HALF SANDWICH ONLY 3.89

Every sandwich and salad
made to order...FRESH!

HEATED SANDWICHES

ALOHA COMBO 7.99

Honey ham, provolone & parmesan cheese, mustard, mayo, onions, pineapple, green peppers on an onion bun with our Aloha sauce.

WHOLE SANDWICH ONLY 5.99

BLABBERMOUTH COMBO 7.99

Pastrami, Swiss cheese & spicy brown mustard on rye.

WHOLE SANDWICH ONLY 5.99

TALK OF THE TOWN-THE REUBEN COMBO 8.49

Corned beef, Swiss cheese, kraut, onions, mayo, spicy brown mustard on rye.

WHOLE SANDWICH ONLY 6.49

THE LOW DOWN COMBO 7.59

The BLT on a wheat hoagie. Lots of bacon, lettuce, tomato & mayo.

WHOLE SANDWICH ONLY 5.59

New! MUFFALETTA COMBO 10.49

The best you will ever eat! Salami, ham, homemade olive salad, onions, pepper jack and provolone cheese.

WHOLE SANDWICH ONLY 8.49

SIDES

CRUNCHY SALAD-cabbage, onions, sesame seeds, almonds, Ramen noodles & sauce. Made fresh!

POTATO SALAD-potatoes, onions, eggs, mustard, mayo & sweet pickle relish. Homemade!

GREEK PEPPER SALAD-diced tomatoes, cucumbers, green peppers, shredded cheese, onions, ramen noodles, & Greek pepper sauce-Homemade!

CHIPS-regular Lays, KC Masterpiece BQ, Baked lays, Baked Sour cream & cheddar, Baked BQ, Miss Vickies Jalapeno, & Miss Vickies Sea Salt & Vinegar Sun Chips & Sun Cheddar

Extra sides .99

NEW CHEESE!

**WE NOW HAVE PEPPER JACK!
SUBSTITUTE IT FOR ANY CHEESE
FREE**

ADD IT TO ANY SANDWICH FOR .75

LITTLE WHISPERS

Extra condiments .60 - pickle on request
Add .99 if on a hoagie

PB&J- our own mixture of peanut butter & jelly, chips & a drink.....3.29

HOT DOG-all beef wiener on a bun with mustard & ketchup, chips & a drink.....4.29

GRILLED CHEESE-Buttery grilled cheese sandwich, chips & drink.....4.49

SANDWICH ALONE.....2.69

TOASTED HAM & CHEESE -Ham & American cheese, mustard, mayo on toasted sandwich bread, chips, & drink.....4.99

SANDWICH ALONE.....2.69



DESSERTS

HOMEMADE KEY LIME PIE2.49

You'll think you are in the Keys!

MISS ISABEL'S SECRET-peanut butter pie on a cookie crust topped with chocolate. Rich! Homemade!.....2.49

CHEESECAKE-rich and yummy.....2.59
Add strawberry, blueberry or cherry topping.....2.99

HOMEMADE BUTTERMILK POUND CAKE.....2.29
Made from scratch!

CONVERSATION PIECE-Homemade chocolate chip brownie. Get one for later.....1.49

HAPPY COOKIE-Just like the conversation piece only with More chocolate.....1.49

**NEED A MENU?
PRINT ONE OUT AT**

www.rumorsdeli.com

09-01-11-prices subject to change

Call us...We cater!

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SALADS BY THE POUND

EACH ONE FEEDS 4-6

GREEK PEPPER SALAD.....5.99

CRUNCHY SALAD.....5.99

POTATO SALAD.....4.99

CHICKEN SALAD.....8.99

WHOLE DESSERTS

PLEASE CALL AHEAD

KEY LIME PIE -serves 6-8.....14.99

MISS ISABEL'S SECRET -serves 10.....17.99

CHEESECAKE -serves 12.....25.99

POUND CAKE- serves 16.....25.00

RED VELVET CAKE- serves 16.....25.00

GERMAN CHOCOLATE CAKE.....25.00

CONVERSATION PIECE- 1 dozen.....15.00

HAPPY COOKIES- 1 dozen15.00

I'm thirsty

ONE SIZE...**FREE REFILLS**

Pepsi, diet Pepsi, Mt. Dew, diet Mt. Dew, Dr. Pepper, diet Dr. Pepper, root beer, lemonade, Sweet tea, Un sweetened tea, Decaf unsweetened & seasonal flavored fruit tea
1.89

Regular coffee, Decaf, & flavor of the day
1.39 & 1.59-FREE REFILLS

Bottled water 1.29

**VISIT OUR
COFFEE HOUSE**

Iced lattes, frozen lattes

Many flavors to choose from

Sugar free-Fat free-Decaf

We aim to please

Island Oasis Smoothies

Gelato made and served here

Delicious!

VOTED BEST DELI

&

BEST SANDWICHES

**"CULLMAN'S GREAT LUNCH SPOT"
SOUTHERN LIVING MAGAZINE**

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CATERING INFORMATION**

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ASK TO SEE OUR BREAKFAST MENU

**CINNAMON ROLLS, SCONES, MUFFINS, BAGELS
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BACON & CHEESE CROISSANTS
TURKEY & CHEESE CROISSANTS
DELICIOUS BREAKFAST!**



**105 First Avenue NE
Cullman, AL 35055**

IN THE WAREHOUSE DISTRICT

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EAT HERE...DIET AT HOME



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