

**CHINESE
FOOD**

&

Deli



**Sterling Deli &
Chinese Takeout**

(978) 422-0421

WWW.STERLINGDELI.COM

Hours:

Mon. - Thurs. : 8:00 am - 9:00 pm

Friday: 8:00 am - 10:00 pm

Saturday: 9:00 am - 10:00 pm

Sunday: 9:00 am - 9:00 pm

50 Leominster Rd.

Sterling, MA 01564

(In Sterling Village Plaza, Route 12)

1/2 mile south of Rte 190

Exit 6 next to Dunkin Donuts

**All Food Are Freshly Prepared
on Premises**

CHINESE

APPETIZERS

		Sm.	Lg.
A1.	Egg Roll	(2)	4.75
A2.	Spring Roll	(2)	4.50
A3.	Chicken Wings.....	(3) 5.75	(6) 8.99
A4.	Chicken Finger	(6) 5.25	(12) 8.50
A5.	Boneless Spareribs.....	4.99	8.99
A6.	Beef Teriyaki	(3) 5.75	(6) 8.99
A7.	Chicken Teriyaki.....	(3) 5.75	(6) 8.99
A8.	Crab Rangoon.....	(6) 4.99	(12) 8.50
A9.	Fried Jumbo Shrimp.....	(6)	8.99
A10.	Buffalo Wings	5.75	8.99
A11.	Peking Ravioli.....	(6)	6.99
A12.	Steamed Ravioli	(6)	6.99
A13.	Scallion Pancake	(8)	6.99
A15.	Mozzarella Sticks		7.75
A16.	Jalapeno Poppers		7.75
A17.	French Fries	2.99	4.75
A18.	Onion Rings.....	2.99	4.75

PLATES

Fish 'n Chips (Fridays only)	9.99
Boneless Buffalo Chicken	9.99
Chicken Tender & French Fries.....	9.99
Fried Scallops & French Fries.....	15.99

FAMOUS PLATTERS

A20.	Pu Pu Platter	For (2) 20.99
		For (3) 28.99
	<i>2 Beef Teriyaki, 2 Egg Rolls, 6 Chicken Fingers, 4 Chicken Wings, 2 Chicken Teriyaki, 4 Crab Rangoons, 2 Fried Shrimp, Boneless Ribs.</i>	
A21.	Beyond Rangoon	11.99
	<i>4 Crab Rangoons, 4 Chicken Fingers, 4 Fried Shrimp.</i>	
A22.	Teriyaki Tasters.....	11.99
	<i>3 Beef Teriyaki, 3 Chicken Teriyaki, 3 Chicken Wings.</i>	
A23.	Finger Food Sampler.....	11.99
	<i>4 Chicken Fingers, 4 Chicken Wings, Boneless Ribs.</i>	

SOUPS

		Pt.	Qt.
★	Hot & Sour Soup.....	3.50	5.75
	Wonton Soup	3.50	5.75
	Chicken Noodle Soup.....	3.50	5.75
	Chicken & Rice Soup.....	3.50	5.75
	Spinach Tofu Soup.....	3.50	5.75
	Egg Drop Soup.....	2.75	3.99
	House Special Soup		8.95

SWEET AND SOUR

SS1.	Sweet and Sour Chicken.....	8.99
SS2.	Sweet and Sour Shrimp	9.50

★ Hot and Spicy

CHINESE

LUNCHEON SPECIALS

Served daily from 11:30 am - 3 pm

All include Pork Fried Rice. Substitute Vegetable Lo Mein for add'l \$1.00
Substitute Pork, Chicken, Beef or Shrimp Lo Mein for add'l \$1.50

L1.	Chicken with Broccoli	7.50
L2.	Chicken Chow Mein, Egg Roll.....	7.50
★ L3.	Spicy Chicken with Peanuts, Egg Roll	7.50
★ L4.	Spicy Beef with Peanuts, Egg Roll.....	7.50
★ L5.	Chicken with Garlic Sauce, Egg Roll	7.50
★ L6.	Beef with Garlic Sauce, Egg Roll.....	7.50
★ L7.	Shrimp with Garlic Sauce, Egg Roll.....	7.99
L8.	Beef with Broccoli, Egg Roll.....	7.50
L9.	Beef with Green Pepper, Egg Roll	7.50
★ L10.	Curry Chicken, Egg Roll	7.50
L11.	Shrimp with Lobster Sauce, Egg Roll	7.99
L12.	Moo Goo Gai Pan, Egg Roll	7.50
L13.	House Special Lo Mein, Egg Roll	7.50
★ L14.	Spicy Green Bean, Egg Roll.....	6.75
L15.	Sweet & Sour Chicken, Egg Roll	7.25
★ L16.	General Gau's Chicken, Egg Roll	7.99
L17.	Chicken Wings, Chicken Fingers.....	6.99
L18.	Teriyaki Beef, Chicken Fingers	6.99
L19.	Boneless Spare Ribs, Crab Rangoon.....	6.99
L20.	Chicken Wings, Egg Roll.....	6.25
L21.	Teriyaki Beef, Chicken Fingers, Boneless Ribs	7.99
L22.	Teriyaki Beef, Boneless Ribs, Fried Shrimp	7.99
L23.	Chicken Teriyaki Stir-Fry, Spring Roll, White Rice.....	7.99
L24.	Steak Teriyaki Stir-Fry, Spring Roll, White Rice.....	7.99

DINNER COMBINATION SPECIALS

All Dinner Combinations are served with Pork Fried Rice.

Substitution charge: 75¢ for each appetizer,

\$1.00 extra for Vegetable Lo Mein (white rice no extra charge)

SC1.	Beef Teriyaki, Chicken Teriyaki, Ch. Fingers.....	10.50
SC2.	Beef Teriyaki, Crab Rangoon, Chicken Fingers...	10.50
SC3.	Beef Teriyaki, Boneless Ribs, Chicken Fingers	10.50
SC4.	Beef Teriyaki, Fried Shrimp, Crab Rangoon	10.50
SC5.	Chicken Chop Suey, Egg Roll.....	9.50
SC6.	Chicken Chow Mein, Egg Roll	9.50
SC7.	Chicken Wings, Egg Roll, Chicken Fingers.....	9.99
SC8.	Moo Goo Gai Pan, Egg Roll	10.50
★ SC9.	Spicy Chicken with Peanuts, Egg Roll	10.50
SC10.	Chicken with Broccoli, Egg Roll	10.50
★ SC11.	Hunan Chicken, Egg roll	10.50
SC12.	Beef with Broccoli, Egg Roll.....	10.50
★ SC13.	Spicy Beef with Garlic Sauce, Egg Roll	10.50
SC14.	Beef with Mushrooms, Egg Roll	10.50
SC15.	Pork Lo Mein, Egg Roll	9.50
SC16.	Shrimp with Lobster Sauce, Egg Roll	10.50
★ SC17.	Spicy Shrimp with Garlic Sauce, Egg Roll.....	10.50
★ SC18.	General Gau's Chicken, Crab Rangoon.....	10.50
★ SC19.	Orange Flavored Beef, Crab Rangoon.....	10.50
SC20.	Sweet & Sour Chicken, Egg Roll	9.99
SC21.	Shrimp with Vegetables, Egg Roll	10.99
SC22.	Chicken Teriyaki Stir-Fry, White Rice, Spring Roll.....	10.99
SC23.	Steak Teriyaki Stir-Fry, White Rice, Spring Roll.....	10.99

★ Hot and Spicy

CHINESE DIETARY MENU

These dishes meet dietary guidelines such as low fat, cholesterol, sodium and calories, plus no added sugar. Great for those watching their weight.

- DM1. CHICKEN WITH SPINACH..... 11.99
White meat chicken, stir-fried in garlic and served on a bed of spinach.
- DM2. SHRIMP WITH BROCCOLI 12.99
Fresh large shrimp, lightly stir-fried to retain the flavor with broccoli.
- DM3. CHICKEN WITH BROCCOLI 10.50

ALL DIETARY DISHES ARE STIR-FRIED WITH FRESH GARLIC. ITEMS MAY BE ORDERED SPICY

VEGETARIAN

- VEGGIE DELIGHT..... 8.99
- SAUTEED PEAPODS & WATER CHESTNUT 8.99
- BROCCOLI IN OYSTER SAUCE 8.99
- YU HSIANG BROCCOLI..... 8.99
- SPICY GREEN BEAN 8.99
- GENERAL GAU'S TOFU..... 8.99
- FAMILY BEANCURD..... 8.99
- SPICY BEANCURD WITH PEANUTS 8.99

PREMIUM COLD SANDWICHES

Choice of Sub or Bulkie Roll, White, Wheat Wrap, Spinach Wrap or Tomato Basil Wrap, Rye, White and Wheat Bread

- AMAZON..... 7.50
Ham, turkey, roast beef, provolone and American cheese with fixins.
- BBQ CHICKEN 6.50
American cheese, creamy BBQ spread and fixins.
- BUFFALO CHICKEN 6.50
American cheese, blue cheese sauce and fixins.
- CORNED BEEF 7.50
Swiss cheese, coleslaw, 1000 Island dressing and fixins.
- HONEY HAM OR TURKEY 6.50
Lacey Swiss, romaine, tomato and honey mustard dressing.
- MEATEATER..... 7.50
Roast beef, corned beef, turkey, provolone & Swiss with fixins.
- OLD ENGLISH 6.99
Roast beef, cheddar cheese, romaine, tomato and horseradish sauce.
- PASTRAMI MOUNTAIN..... 7.50
Swiss cheese, romaine, coleslaw, horseradish sauce and 1000 Island dressing.
- PHILADELPHIA 6.50
Smoked ham, cream cheese, cucumber slivers, onion and fixins with chipotle mayonnaise
- POWERHOUSE..... 6.50
Turkey, Swiss, romaine, tomato and oil & vinegar
- PROSCIUTTO..... 7.25
Ham, mozzarella cheese, rstd, red peppers, romaine and our own Italian drizzle.
- ROAST BEEF A' LORRAINE..... 6.99
Roast beef, Lorraine Swiss and coleslaw
- ITALIAN TURKEY 6.50
Turkey, salami, provolone lettuce tomato and italian dressing
- SPICE TUNA WRAP..... 7.25
Tuna salad, white rice, horseradish sauce & avocado

- SALSALITO SLAMMER..... 6.50
*Salsalito turkey, munster cheese, salsa, green peppers,
lettuce and onion.*
- SALEMMI SALAMI 6.50
Branded ham, genoa salami, rstd, red pepper and fixins.
- SOUTHWESTERN TUNA 7.25
American cheese, honey mustard sauce and fixins.

PREMIUM HOT SANDWICHES

*Choice of Sub or Bulkie Roll, White, Spinach Wrap, Wheat Wrap or
Tomato Basil Wrap, Rye, White and Wheat Bread*

- ALOHA..... 6.75
Teriyaki chicken, crushed pineapple, ginger sauce and fixins.
- BLT..... 6.99
Lots of bacon, tomato and lettuce with mayo. Add cheese for 75¢.
- CHICKEN CAESAR..... 6.50
Grilled chicken, romaine, parmesan cheese and Caesar dressing.
- CHICKEN PARM 6.50
Chicken breast with provolone and marinara sauce.
- CRISPY CHICKEN 6.50
Fried chicken breast, munster cheese, ranch dressing and fixins.
- CRISPY BUFFALO CHICKEN 6.75
American cheese, blue cheese dressing and fixins.
- MEATBALL..... 5.99
Provolone cheese, marinara sauce.
- SANTA FE..... 6.75
Grilled chicken and onion, chipotle sauce and fixins.
- SHRIMP CAESAR..... 7.50
Jumbo shrimp, romaine lettuce, parmesan cheese & Caesar dressing.
- TERIYAKI CHICKEN..... 6.75
American cheese, honey mustard sauce or Teriyaki sauce & fixins.
- TERIYAKI STEAK 7.50
*Cheddar cheese, onion, lettuce and honey mustard, or
Teriyaki sauce.*
- TEXAN STEAK 7.50
Grilled steak, cheddar, salsa, red & green peppers.
- TURKEY-BACON 7.75
Plenty of bacon and fixins.
- TURKEY GOBBLER..... 6.75
Shaved roasted turkey, stuffing and cranberry sauce.
- GENERAL GAU'S CHICKEN WRAP 6.99
General gau's chicken with white rice in wrap
- TACO WRAP 6.50
Ground beef, cheese shredded lettuce & diced tomatoes & taco sauce
- CRISPY CHICKEN BACON MELT..... 6.75
*Toasted sub with Swiss, crispy chicken, bacon, BBQ sauce
& ranch*

FRESH AND FIT MENU

- ALL-VEGGIE WRAP..... 6.25
*Romaine and shredded lettuce, tomato, cukes, green peppers,
shredded carrots, onions and Italian dressing.*
- CALIFORNIA WRAP 6.25
Avocado, sun-dried tomatoes, red pepper, lettuce, chipotle sauce.
- LITE DELIGHT 6.25
Fresh mozzarella cheese, sun-dried tomatoes, lettuce and basil oil.
- VEGGIE HUMMUS 6.50
Hummus spread, lettuce, tomato, onion, green peppers & oil.

Please call

(978) 422-0421

LO MEIN or (RICE NOODLE - Large Only)

	Sm.	Lg.
Vegetarian	5.75	7.75
Chicken	5.75	7.75
Pork	5.75	7.75
Beef	5.75	7.75
Shrimp	5.99	7.99
House (Combo)	6.25	8.25
★ Singapore Rice Noodle (Curry)		9.99
Pad Thai.....		9.99
(Choice of Chicken, Beef or Shrimp)		
Garlic Lo Mein	5.25	6.50

BEEF

Beef with Broccoli.....	6.75	10.99
Beef with Chinese Vegetables	6.75	10.99
Beef with Green Pepper.....	6.75	10.99
Beef with Pea Pods.....	6.75	10.99
Beef with Mushroom Chow Yoke.....	6.75	10.99
★ Hunan Beef	6.75	10.99
★ Beef with Garlic Sauce	6.75	10.99
★ Spicy Beef with Peanuts.....	6.75	10.99
★ Beef in Szechuan Sauce	6.75	10.99
★ Orange Beef.....		10.99
Sesame Beef.....		10.99

POULTRY

Moo Goo Gai Pan	6.25	9.99
Chicken with Broccoli	6.25	9.99
Chicken with Pea Pods	6.25	9.99
Cashew Chicken	6.25	9.99
★ Spicy Chicken with Peanuts	6.25	9.99
★ Chicken with Garlic Sauce	6.25	9.99
★ Hunan Chicken		9.99
★ Orange Chicken.....		10.99
(White Meat).....	extra	1.00
★ General Gau's Chicken		10.99
(White Meat).....	extra	1.00

SEAFOOD

Lobster Sauce.....	4.99	6.99
Shrimp with Lobster Sauce.....	7.99	12.99
Shrimp with Chinese Vegetables.....		12.99
Shrimp with Cashew		12.99
Shrimp with Pea Pod.....		12.99
Shrimp with Broccoli		12.99
★ Shrimp with Garlic Sauce		12.99
★ Spicy Shrimp with Peanuts.....		12.99
★ Hunan Shrimp.....		12.99
★ Shrimp with Hot Chili Sauce.....		12.99
★ Scallops with Garlic Sauce		12.99
★ Spicy Scallops with Peanuts.....		12.99
★ Scallops with Hot Chili Sauce		12.99
Scallops with Vegetables.....		12.99

MOO SHI (Served with 10 Pancakes)

Chicken Moo Shi.....	10.99
Pork Moo Shi	10.99
Beef Moo Shi	10.99
Shrimp Moo Shi	10.99
Vegetable Moo Shi.....	10.99

★ Hot and Spicy

SALADS

TOSSED SALAD

w/ American cheese cubes	5.50
w/ Tuna Salad	7.50
w/ Chicken salad	7.50
w/ Cranberry walnut chix salad	7.50
w/ Seafood salad	6.99
w/ Egg salad	6.99
w/ Fried chicken breast	6.99

CHEF SALAD	6.99
<i>Turkey, ham and cheese cubes.</i>	

GREEK SALAD	6.99
<i>Feta cheese, olives and pepper rings.</i>	

ORIENTAL CHICKEN	6.99
<i>Teriyaki chicken, crunchy noodles with our own ginger dressing.</i>	

CAESAR	5.25
<i>Lettuce, parmesan & croutons.</i>	

w/ grilled or fried chicken	6.99
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w/ shrimp	7.75
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w/ steak	7.75
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w/ buffalo chicken	7.50
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ALOHA SALAD	7.50
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*Grilled chicken, pineapple, mandarin oranges atop
a salad with ginger dressing*

SALADS - DRESSINGS - Buttermilk ranch, Italian, Creamy Italian
Lt. Italian, Honey Mustard, Greek Caesar, Thousand Island, Blue Cheese,
Parmesan Peppercorn, Oil & Vinegar, Raspberry Walnut Vinaigrette,
Ginger Dressing

Extra Dressing 35¢ each

SOUP - (Oct. - March) All served with Oyster crackers

SOUP OF THE DAY	4.99
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FIREHOUSE CHILI	4.99
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TRADITIONAL DELI SANDWICHES

*Choice of Sub or Bulkie Roll, White or Wheat Wraps, Tomato Basil
Wraps, Rye, White and Wheat Bread
Pick cheese, fixins and spread*

TURKEY OR HAM	6.50
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ROASTED CHICKEN BREAST	6.50
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ROAST BEEF	6.99
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ITALIAN	6.25
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BOLOGNA	5.75
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LIVERWURST	5.75
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COMBO (any two meats)	6.75
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KID'S MENU

On white bread or wheat bread

PB & J	2.75
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CHEESE	2.99
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TURKEY	3.50
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HAM	3.50
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BOLOGNA	3.50
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GRILLED CHEESE	2.50
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CHOW MEIN OR CHOP SUEY

	Sm.	Lg.
Pork	5.75	7.25
Chicken	5.75	7.25
Beef	5.75	7.25
Shrimp.....	5.75	7.75
House.....	5.99	7.99
Vegetable.....	4.75	6.50

RICE

Fried Rice.....	5.75	7.50
<i>(Choice of Pork, Chicken, or Beef)</i>		
Vegetable Fried Rice	5.25	6.99
Shrimp Fried Rice.....	5.99	8.25
Shanghai Fried Rice (white).....		8.75
House Fried Rice		8.75
White Rice.....	2.50	3.99

HOUSE SPECIALS with White Rice

- HAPPY FAMILY..... 13.99
Tender beef, large shrimp & sliced chicken with Chinese vegetables in a brown gravy.
- ★ SZECHUAN SPICY 3 DELIGHTS 13.99
Tender beef, chicken & shrimp expertly sauteed with peanuts in a spicy dark sauce.
- ★ YU HSIANG SPICY 3 DELIGHTS..... 13.99
A divine Szechuan dish once reserved for royalty. Shrimp, chicken, beef and selected Chinese vegetables in an aromatic spicy sauce.
- SESAME CHICKEN..... 12.99
Crispy morsels of chicken in a special sweet sesame glaze.
- ★ HUNAN CRISPY BEEF 12.99
Medallions of prime beef dusted in water chestnut flour, then pan seared & glazed. Served on a bed of broccoli.
- ★ SALT & PEPPER CRISPY JUMBO SHRIMP 14.99
Choice jumbo shrimps rolled in water chestnut flour, sea salt & white pepper, then fried for a crispy treat with a mild spicy kick.
- GAI POO LO MEIN (For 2) 19.99
Beef, shrimp & chicken fingers fried in batter expertly sauteed with choice vegetables in platter of Lo Mein.
- LEMON CHICKEN..... 10.99
Plump breast of chicken, dusted in egg batter, then fried golden crisp & served with fresh lemon dipping sauce.
- MONGOLIAN BEEF..... 12.99
Shredded beef char-grilled & served atop sauteed sweet onion slices.
- SESAME SHRIMP..... 14.99
Jumbo shrimp battered & fried crisp, then doused in a sweet and tangy sesame sauce.
- HAWAIIAN BEEF 12.99
Premium slices of beef coated in flour, fried crisp and glazed. Served with pineapple chunks & Chinese vegetables.
- SEVEN STARS AROUND THE MOON (For 2) 19.99
Large shrimps, scallops, beef and white meat chicken, stir-fried with mushrooms, pea pods, water chestnuts, bamboo shoots, baby corn and more! Topped with a golden chicken breast "Moon" & 7 Crab Rangoon "Stars"!

★ Hot and Spicy