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***Deli***



**Sterling Deli &  
Chinese Takeout  
978-422-0421**

**WWW.STERLINGDELI.COM**

**Hours:**

**Mon. - Fri.: 8:00 am - 9:00 pm**

**Saturday: 9:30 am - 9:00 pm**

**Sunday: 10:00 am - 8:30 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) 5.50
A2.	Spring Roll.....		(2) 5.25
A3.	Chicken Wings.....	(3) 6.75	(6) 10.50
A4.	Chicken Finger.....	(6) 5.99	(12) 9.50
A5.	Boneless Spareribs.....	5.99	9.99
A6.	Beef Teriyaki.....	(3) 6.99	(6) 9.99
A7.	Chicken Teriyaki.....	(3) 6.99	(6) 9.99
A8.	Crab Rangoon.....	(6) 5.99	(12) 8.99
A9.	Fried Jumbo Shrimp.....		(6) 9.99
A10.	Buffalo Wings.....	(6) 6.75	(10) 9.99
A11.	Peking Ravioli.....		(6) 7.99
A12.	Steamed Ravioli.....		(6) 7.99
A13.	Scallion Pancake.....		(8) 7.99
A15.	Mozzarella Sticks.....		(10) 8.50
A16.	Jalapeno Poppers.....		(8) 8.50
A17.	French Fries.....	3.50	5.50
A18.	Onion Rings.....	3.50	5.50
A19.	Mac & Cheese Bites.....		(8) 7.99

## PLATES

Fish 'n Chips (Fridays only).....	11.99
Boneless Buffalo Chicken.....	10.50
Chicken Tender & French Fries.....	10.50
Fried Scallops & French Fries.....	16.99
Munchi Mania.....	10.50
<i>4 Jalapeno Poppers, 4 Mozzarella Sticks, 4 Mac &amp; Cheese Bites</i>	

## FAMOUS PLATTERS

A 20.	Pu Pu Platter.....	For (2) 22.99
		For (3) 31.99
	<i>2 Beef Teriyaki, 2 Egg Rolls, 6 Chicken Fingers,</i>	
	<i>4 Chicken Wings, 2 Chicken Teriyaki, 4 Crab Rangoons,</i>	
	<i>2 Fried Shrimp, Boneless Ribs.</i>	
A21.	Beyond Rangoon.....	12.99
	<i>4 Crab Rangoons, 4 Chicken Fingers, 4 Fried Shrimp.</i>	
A22.	Teriyaki Tasters.....	13.99
	<i>3 Beef Teriyaki, 3 Chicken Teriyaki, 3 Chicken Wings,</i>	
A23.	Finger Food Sampler.....	13.99
	<i>4 Chicken Fingers, 4 Chicken Wings, Boneless Ribs.</i>	

## SOUPS

	Pt.	Qt.
★ Hot & Sour Soup.....	4.50	6.99
Wonton Soup.....	4.50	6.99
Chicken Noodle Soup.....	4.50	6.99
Chicken & Rice Soup.....	4.50	6.99
Spinach Tofu Soup.....	4.50	6.99
Egg Drop Soup.....	3.50	4.99
House Special Soup.....		9.99

## SWEET AND SOUR

551.	Sweet and Sour Chicken.....	9.49
552.	Sweet and Sour Shrimp.....	9.99

★ Hot and Spicy

## SALADS

### TOSSED SALAD

w/ American cheese cubes.....	6.50
w/ Tuna salad.....	8.99
w/ Chicken salad.....	8.99
w/ Cranberry walnut chix salad.....	8.99
w/ Fried chicken breast.....	7.99
CHEF SALAD.....	7.99

*Turkey, ham and cheese cubes.*

GREEK SALAD.....	7.50
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*Feta cheese, olives and pepper rings.*

ORIENTAL CHICKEN.....	8.50
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*Teriyaki chicken, crunchy noodles with our own ginger dressing.*

CAESAR.....	5.99
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*Lettuce, parmesan & croutons.*

w/ grilled or fried chicken.....	7.99
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w/ shrimp.....	8.99
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w/steak.....	8.99
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w/ buffalo chicken.....	8.99
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ALOHA SALAD.....	8.99
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*Teriyaki chicken, pineapple, mandarin oranges atop a salad with ginger dressing*

## SALAD DRESSINGS

*Buttermilk Ranch, Italian, Lt. Italian,  
Honey Mustard, Greek Caesar, Thousand Island, Blue Cheese,  
Parmesan Peppercorn, Oil & Vinegar,  
Raspberry Walnut Vinaigrette, Ginger Dressing  
Extra Dressing .40 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.....	7.50
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ROASTED CHICKEN BREAST.....	7.50
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ROAST BEEF.....	8.25
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ITALIAN.....	7.25
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BOLOGNA.....	6.99
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LIVERWURST.....	6.99
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COMBO (any two meats).....	8.50
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## KID'S MENU

*On white bread or wheat bread (.50 for adding each ingredient)*

PB & BANANA.....	3.50
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PB & J.....	2.99
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CHEESE.....	3.50
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TURKEY.....	3.99
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HAM.....	3.99
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BOLOGNA.....	3.99
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GRILLED CHEESE.....	2.99
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## CHOW MEIN OR CHOP SUEY

	Sm.	Lg.
Pork .....	6.50	8.49
Chicken.....	6.50	8.49
Beef .....	6.50	8.49
Shrimp.....	6.50	8.49
House.....	6.99	8.99
Vegetable.....	5.99	7.99

## RICE

Fried Rice.....	6.50	8.99
(Choice of Pork, Chicken, or Beef)		
Vegetable Fried Rice.....	6.25	7.99
Shrimp Fried Rice.....	6.99	8.99
Shanghai Fried Rice (white).....		9.99
House Fried Rice.....		9.99
White Rice.....	3.25	4.50

## HOUSE SPECIALS with White Rice

- HAPPY FAMILY.....15.99  
*Tender beef, large shrimp & sliced chicken with Chinese vegetables in a brown gravy.*
- ★ SZECHUAN SPICY 3 DELIGHTS.....15.99  
*Tender beef, chicken & shrimp expertly sauteed with peanuts in a spicy dark sauce.*
- ★ YU HSIANG SPICY 3 DELIGHTS.....15.99  
*A divine Szechuan dish once reserved for royalty. Shrimp, chicken, beef and selected Chinese vegetables in an aromatic spicy sauce.*
- SESAME CHICKEN.....13.99  
*Crispy morsels of chicken in a special sweet sesame glaze.*
- ★ HUNAN CRISPY BEEF.....14.99  
*Medallions of prime beef dusted in water chestnut flour, then pan seared & glazed. Served on a bed of broccoli.*
- ★ SALT & PEPPER CRISPY JUMBO SHRIMP.....16.99  
*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)..... 21.99  
*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..... 14.99  
*Shredded beef char-grilled & served atop sauteed sweet onion slices.*
- SESAME SHRIMP.....16.99  
*Jumbo shrimp battered & fried crisp, then doused in a sweet and tangy sesame sauce.*
- HAWAIIAN BEEF.....14.99  
*Premium slices of beef coated in flour, fried crisp and glazed. Served with pineapple chunks & Chinese vegetables.*
- SEVEN STARS AROUND THE MOON (For 2).....21.99  
*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

SALEMMI SALAMI.....	7.25
<i>Branded ham, genoa salami, rstd, red pepper and fixins.</i>	
SOUTHWESTERN TUNA.....	8.25
<i>American cheese, honey mustard sauce and fixins.</i>	

## **PREMIUM HOT SANDWICHES**

*Choice of Sub or Bulkie Roll, White, Spinach Wrap, Wheat Wrap or Tomato Basil Wrap, Rye, White and Wheat Bread  
Add Avacado 1.25 • Add Additional Chesse 1.00*

ABC.....	7.75
<i>Avacado, Boar's Head chicken, chipotle mayo, on toasted sub, with spice Colby Jack cheese</i>	
ALOHA.....	7.75
<i>Teriyaki chicken, crushed pineapple, ginger sauce and fixins.</i>	
BLT.....	7.99
<i>Lots of bacon, tomato and lettuce with mayo. Add cheese for 1.00</i>	
CHICKEN CAESAR.....	7.50
<i>Grilled chicken, romaine, parmesan cheese and Caesar dressing.</i>	
CHICKEN PARM.....	7.50
<i>Chicken breast with provolone and marinara sauce.</i>	
CRISPY CHICKEN.....	7.75
<i>Fried chicken breast, muenster cheese, ranch dressing and fixins.</i>	
HOT BUFFALO CHICKEN.....	7.75
<i>American cheese, blue cheese dressing and fixins.</i>	
MEATBALL.....	6.99
<i>Provolone cheese, marinara sauce.</i>	
SANTA FE.....	7.75
<i>Grilled chicken and onion, chipotle sauce and fixins.</i>	
CHIPOTLE SHRIMP WRAP.....	8.99
<i>Grilled shrimp, avacado, rice, chipotle sauce</i>	
SHRIMP CAESAR.....	8.50
<i>Jumbo shrimp, romaine lettuce, parmesan cheese &amp; Caesar dressing.</i>	
TERIYAKI CHICKEN.....	7.75
<i>American cheese, honey mustard sauce or Teriyaki sauce &amp; fixins.</i>	
TERIYAKI STEAK.....	8.99
<i>Cheddar cheese, onion, lettuce and honey mustard, or Teriyaki sauce.</i>	
TEXAN STEAK.....	8.99
<i>Grilled steak, cheddar, salsa, red &amp; green peppers, lettuce, onion</i>	
TURKEY-BACON.....	8.99
<i>Plenty of bacon and fixins.</i>	
TURKEY GOBBLER.....	7.75
<i>Shaved roasted turkey, stuffing and cranberry sauce.</i>	
GENERAL GAU'S CHICKEN WRAP.....	7.75
<i>General gau's chicken with white rice in wrap</i>	
TACO WRAP.....	7.50
<i>Ground beef, cheese, shredded lettuce &amp; diced tomatoes &amp; taco sauce</i>	
CRISPY CHICKEN BACON MELT.....	7.99
<i>Toasted sub with Swiss, crispy chicken, bacon, BBQ sauce &amp; ranch</i>	

## **FRESH AND FIT MENU**

ALL-VEGGIE WRAP.....	6.99
<i>Romaine and shredded lettuce, tomato, cukes, green peppers, shredded carrots, onions and Italian dressing.</i>	
CALIFORNIA WRAP.....	6.99
<i>Avocado, sun-dried tomatoes, red pepper, lettuce, chipotle sauce.</i>	
LITE DELIGHT.....	6.99
<i>Fresh mozzarella cheese, sun-dried tomatoes, lettuce and basil oil.</i>	
VEGGIE HUMMUS.....	7.25
<i>Hummus spread, lettuce, tomato, onion, green peppers, red peppers cucumber &amp; Italian Dressing</i>	

**Please call  
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## LO MEIN

	Sm.	Lg.
Vegetarian.....	6.75	8.99
Chicken.....	6.75	8.99
Pork.....	6.75	8.99
Beef.....	6.75	8.99
Shrimp.....	6.99	9.25
House (Combo).....	7.25	9.25
Garlic Lo Mein.....	5.99	7.99
★ Singapore Rice Noodle (Curry) Chicken, Pork & Shrimp		10.99
Pad Thai (Choice of Chicken, Beef or Shrimp).....		10.99
Rice Noodle (Choice of Chicken, Beef or Shrimp).....		10.99

## BEEF

Beef with Broccoli.....	7.50	12.49
Beef with Vegetables.....	7.50	12.49
Beef with Green Pepper.....	7.50	12.49
Beef with Pea Pods.....	7.50	12.49
Beef with Mushroom .....	7.50	12.49
★ Hunan Beef.....	7.50	12.49
★ Beef with Garlic Sauce.....	7.50	12.49
★ Spicy Beef with Peanuts.....	7.50	12.49
★ Orange Beef.....		12.49
Sesame Beef.....		12.49

## POULTRY

MOO GOO GAI PAN.....	6.99	10.99
<i>White Meat Chicken with Mushroom &amp; Veg</i>		
Chicken with Broccoli.....	6.99	10.99
Chicken with Pea Pods.....	6.99	10.99
Cashew Chicken.....	6.99	10.99
★ Spicy Chicken with Peanuts.....	6.99	10.99
★ Curry Chicken.....	6.99	10.99
★ Chicken with Garlic Sauce.....	6.99	10.99
★ Hunan Chicken.....		10.99
Orange Chicken.....		11.99
(White Meat).....	extra 1.00	
★ General Gau's Chicken.....		11.99
(White Meat).....	extra 1.00	

## SEAFOOD

Lobster Sauce.....	5.25	7.99
<i>Ground Pork in Brown Sauce</i>		
Shrimp with Lobster Sauce.....	8.99	14.99
Shrimp with Chinese Vegetables.....		14.99
Shrimp with Cashew.....		14.99
Shrimp with Pea Pod.....		14.99
★ Shrimp with Broccoli.....		14.99
★ Spicy Shrimp with Peanuts.....		14.99
★ Shrimp with Hot Chili Sauce.....		14.99
Shrimp with Garlic Sauce.....		14.99
★ Scallops with Vegetables.....		14.99
Scallops with Garlic Sauce.....		14.99

## MOO SHI (Served with 10 Pancakes) *Extra Sauce .50 ea.*

Chicken Moo Shi.....	11.99
Pork Moo Shi.....	11.99
Beef Moo Shi.....	11.99
Shrimp Moo Shi.....	11.99
Vegetable Moo Shi.....	11.99

★ 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.....13.49  
*White meat chicken, stir-fried in garlic and served on a bed of spinach.*
- DM2. SHRIMP WITH BROCCOLI.....14.99  
*Fresh large shrimp, lightly stir-fried to retain the flavor with broccoli.*
- DM3. CHICKEN WITH BROCCOLI.....11.99  
*ALL DIETARY DISHES ARE STIR-FRIED WITH FRESH GARLIC. ITEMS MAY BE ORDERED SPICY*

## VEGETARIAN

- VEGGIE DELIGHT (*Mix of Veg. in Light Sauce*).....9.99
- SAUTEED PEAPODS & WATER CHESTNUT..... 9.99
- BROCCOLI IN OYSTER SAUCE.....9.99
- SPICY GREEN BEAN..... 9.99
- GENERAL GAU'S TOFU.....9.99
- FAMILY BEANCURD..... 9.99
- SPICY BEANCURD WITH PEANUTS..... 9.99

## PREMIUM COLD SANDWICHES

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

- AMAZON.....8.99  
*Ham, turkey, roast beef, provolone and American cheese with fixins.*
- BBQ CHICKEN.....7.50  
*American cheese, creamy BBQ spread and fixins.*
- BUFFALO CHICKEN.....7.50  
*American cheese, blue cheese sauce and fixins.*
- CORNED BEEF.....8.50  
*Swiss cheese, coleslaw, 1000 Island dressing and fixins.*
- HONEY HAM OR TURKEY.....7.50  
*Lacey Swiss, romaine, tomato and honey mustard dressing.*
- MEATEATER.....8.99  
*Roast beef, corned beef, turkey, provolone & Swiss with fixins.*
- OLD ENGLISH.....8.25  
*Roast beef, cheddar cheese, romaine, tomato and horseradish sauce.*
- PASTRAMI MOUNTAIN.....8.50  
*Swiss cheese, romaine, coleslaw, horseradish sauce and 1000 Island dressing.*
- PHILADELPHIA.....7.50  
*Smoked ham, cream cheese, cucumber slivers, onion and fixins with chipotle mayonnaise*
- POWERHOUSE.....7.50  
*Turkey, Swiss, romaine, tomato and oil & vinegar*
- PROSCIUTTO.....8.50  
*Ham, mozzarella cheese, roasted red peppers, romaine and our own Italian drizzle.*
- ROAST BEEF A' LORRAINE.....8.25  
*Roast beef, Lorraine Swiss and coleslaw*
- ITALIAN TURKEY.....7.50  
*Turkey, salami, provolone lettuce tomato and Italian dressing*
- SPICE TUNA WRAP.....8.25  
*Tuna salad, white rice, horseradish sauce & avocado*

# CHINESE

## LUNCHEON SPECIALS

Served Monday thru Saturday from 11:00am - 3pm - Sunday 12-3:00  
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 \$2.00

L1.	Chicken with Broccoli.....	8.99
L2.	Chicken Chow Mein, Egg Roll.....	8.99
★ L3.	Spicy Chicken with Peanuts, Egg Roll.....	8.99
★ L4.	Spicy Beef with Peanuts, Egg Roll.....	8.99
★ L5.	Chicken with Garlic Sauce, Egg Roll.....	8.99
★ L6.	Beef with Garlic Sauce, Egg Roll.....	8.99
★ L7.	Shrimp with Garlic Sauce, Egg Roll.....	9.25
L8.	Beef with Broccoli, Egg Roll.....	8.99
L9.	Beef with Green Pepper, Egg Roll.....	8.99
★ L10.	Curry Chicken, Egg Roll.....	8.99
L11.	Shrimp with Lobster Sauce, Egg Roll.....	9.25
L12.	Moo Goo Gai Pan, Egg Roll.....	8.50
L13.	House Special Lo Mein, Egg Roll.....	8.50
★ L14.	Spicy Green Bean, Egg Roll.....	7.99
L15.	Sweet & Sour Chicken, Egg Roll.....	7.99
★ L16.	General Gau's Chicken, Egg Roll.....	8.99
L17.	Chicken Wings, Chicken Fingers.....	7.75
L18.	Teriyaki Beef, Chicken Fingers.....	7.75
L19.	Boneless Spare Ribs, Crab Rangoon.....	7.75
L20.	Teriyaki Beef, Boneless Ribs, Crab Rangoon .....	8.99
L21.	Teriyaki Beef, Chicken Fingers, Boneless Ribs.....	8.99
L22.	Teriyaki Beef, Boneless Ribs, Fried Shrimp.....	8.99
L23.	Chicken Teriyaki Stir-Fry, Spring Roll, White Rice.....	8.99
L24.	Steak Teriyaki Stir-Fry, Spring Roll, White Rice.....	8.99

## DINNER COMBINATION SPECIALS

All Dinner Combinations are served with Pork Fried Rice.  
Substitution charge: Prices vary for each appetizer.  
\$1.00 extra for Vegetable Lo Mein (white rice no extra charge)

SC1.	Beef Teriyaki, Chicken Teriyaki, Ch. Fingers.....	11.99
SC2.	Beef Teriyaki, Crab Rangoon, Chicken Fingers...	11.99
SC3.	Beef Teriyaki, Boneless Ribs, Chicken Fingers....	11.99
SC4.	Beef Teriyaki, Fried Shrimp, Crab Rangoon.....	11.99
SC5.	Beef Teriyaki, Boneless Ribs, Crab Rangoon.....	11.99
SC6.	Chicken Chow Mein, Egg Roll.....	10.99
SC7.	Chicken Wings, Egg Roll, Chicken Fingers.....	10.99
SC8.	Moo Goo Gai Pan, Egg Roll.....	11.99
★ SC9.	Spicy Chicken with Peanuts, Egg Roll.....	11.99
SC10.	Chicken with Broccoli, Egg Roll.....	11.99
★ SC11.	Hunan Chicken, Egg Roll.....	11.99
SC12.	Beef with Broccoli, Egg Roll.....	11.99
★ SC13.	Spicy Beef with Garlic Sauce, Egg Roll.....	11.99
★ SC14.	Beef with Mushrooms, Egg Roll.....	11.99
SC15.	Pork Lo Mein, Egg Roll.....	10.99
SC16.	Shrimp with Lobster Sauce, Egg Roll.....	11.99
★ SC17.	Spicy Shrimp with Garlic Sauce, Egg Roll.....	11.99
★ SC18.	General Gau's Chicken, Crab Rangoon.....	11.99
★ SC19.	Orange Flavored Beef, Crab Rangoon.....	11.99
SC20.	Sweet & Sour Chicken, Egg Roll.....	10.99
SC21.	Shrimp with Vegetables, Egg Roll.....	12.49
SC22.	Chicken Teriyaki Stir-Fry, White Rice, Spring Roll.....	12.49
SC23.	Steak Teriyaki Stir-Fry, White Rice, Spring Roll...	12.49

★ Hot and Spicy