

*GoodOnYa* knows you're busy. We make it easy.  
Just tell us how many people will attend and we will do the rest!

- Fill out our account form and have instant terms with us.
- Only \$5.00 delivery charge. Maybe more if you are really far away. Call for details.
- All prices listed reflect a cash discount.
- We can set up your meal on sandwich trays and serving bowls, or packed individually as boxed lunches. Leave it up to us or be as "picky" as you like.
- Notice is appreciated, but if you have a last minute meeting, we'll find a way to serve you!
- Large bread orders with little advance must be flexible.
- Our pastry chef has a deadline of 2:00pm. If you have some flexibility we will always be able to get you something for those last minute meetings. If possible call or e-mail Cassandra the day before by 1:30pm.
- Check online for up to date pricing.

### *Cancellation Policy*

- If we have already prepared your food we will charge you 50% to cover our cost. In most instances a 2 hour notice will be adequate to avoid this charge. It all depends on what has been made already. Thanks for understanding.
- If we have special ordered from our baker you will be responsible for 100% of that cost.

### *A Bit About Us*

- We offer a quality that no other deli in San Diego can match!
- We don't market fad diets that are unhealthy for you. Our concern is your nutrition, and ours! We aren't a health food shop but we did find a way to make food taste great that happens to be *Good* for you.
- Our bread is **organic**, handmade, without preservatives or sugar. It takes two days to rise and bake. Our tortillas are organic. Our Natural Choice meat is one of the leanest, most natural meats on the market. Combine that with fresh produce and you are not just eating a sandwich, but a perfectly balanced meal.

For questions and ordering contact our catering director, Cassandra at 858.342.0116 or [catering@goodonyadeli.com](mailto:catering@goodonyadeli.com)

For A.S.A.P. orders or questions or changes about an order that is being delivered today, call the store directly.

#### **Kearny Mesa**

9275 Sky Park Ct. 92123  
(ph) 858.277.9275 • (fax) 858.277.9200  
[skypark@goodonyadeli.com](mailto:skypark@goodonyadeli.com)  
Open Mon.-Fri. 6:30am-4:00pm

#### **Carmel Valley**

3611 Valley Centre Dr 92130  
(ph) 858.480.3611 • (fax) 858.480.3612  
[carmelvalley@goodonyadeli.com](mailto:carmelvalley@goodonyadeli.com)  
Open Mon.-Fri. 7:00am-3:00pm



GoodOnYa deli  
The GoodOnYa bar



The GoodOnYa bar

**GoodOnYa**  
*good food good coffee*

## Catering Menu

*Coffee*

*Breakfast*

*Lunch*

*Snacks*

*Fresh Healthy Food*

**Organic** Bread • Natural Meat • Local Produce  
Truly a *Good* experience!

## Breakfast

### Continental Breakfast

An assortment of freshly baked bagels, morning pastries & croissants. Served with cream cheese spread, butter & jam, orange juice & coffee.

Serves 10 .....\$58.00

### Bagels & Morning Pastries

An assortment of freshly baked bagels & pastries served with cream cheese spread, butter & preserves.

Serves 10 .....\$30.00

### Fruit Bowl

An assortment of fresh seasonal fruits

Serves 10 .....\$45.00

### Coffee Box

Fresh brewed **organic** coffee from café moto, choose between regular or decaffeinated, comes with cream, sugar, and cups

Serves 10 .....\$15.00

### Fresh Squeezed Orange Juice

Serves 10 .....\$13.00

### Fruit and yogurt parfait

**Organic** hemp and flax seed granola, Alta Dena low fat vanilla yogurt, fresh seasonal fruit

Serves 10 .....\$60.00

### Bagel Pack

Your choice of 12 freshly baked bagels with cream cheese .....\$36.00

### Hot Breakfast Sandwiches or Burritos

All-natural eggs cracked each morning with cheddar, bacon, sausage, or ham grilled on our freshly baked local organic bread or our locally made **organic** tortillas

Egg & Cheese .....\$3.00 pp

Bacon, Egg & Cheese .....\$4.00 pp

Sausage, Egg & Cheese .....\$4.00 pp

Ham, Egg & Cheese .....\$4.00 pp

\* call our catering director for more options

\* pp (per person)

## Sandwiches Platters & Bag lunches

### Sandwich Platter

An assortment of our specialty sandwiches, served on our fresh organic bread, freshly sliced all natural meats, veggies, and cheese

Serves 10 .....\$70.00

Wrap Platter An assortment of our specialty wraps, served on local, organic handmade tortillas, freshly sliced all natural meats, veggies, cheese, homemade dressings

Serves 10 .....\$70.00

\* You can also choose a combo wrap and sandwich platter for the same price.

### Bag Lunches

Your favorite lunch item individually bagged. Each lunch is packed in its own bag, labeled for your convenience, served with your choice of Sandwich, Salad, or Half Salad and Half Sandwich, chips, soda and a dessert choose from any of our options below

Sandwich or Wrap with Side Salad .....\$11.50 pp

Sandwich or Wrap with Dessert .....\$9.50

Half Sandwich with side salad .....\$8.00

Sandwich or Wrap with Salad, Chips, Dessert & Drink .....\$17.00

Sandwich or Wrap with Chips & Drink .....\$10.00pp

Sandwich or Wrap .....\$7.00 pp

**Potato chips ..... \$1.25 per bag**

Kettle (gmo free): Sea Salt, BBQ, Salt & Vinegar, Salt & Black Pepper, Jalapeno.  
Lays: Baked lays, pretzels, sun chips. And organic and local whale tail tortilla chips

### Drinks

We serve a variety of Coca-Cola sodas, Honest and Guayaki Teas, Vitamin water, bottled waters and coconut water. Prices vary

## We provide convenience.

Your order comes complete with plates, napkins and utensils, all packaged and presented in convenient, ready to serve from packaging.

At **GoodOnYA** we make it easy so you can concentrate on your busy day.

**Our catering director, Cassandra** is ready to help you make menu selections, determine appropriate order quantities and coordinate delivery or pick up time. Cassandra is dedicated to helping you make the best impression. Our food is healthier than any deli in San Diego and your customers will notice the difference.

catering@goodonyadeli.com, 858.342.0116, [www.goodonyadeli.com](http://www.goodonyadeli.com) for a full description of our menu items.