

Breakfast Menu

Served All Day

Oatmeal

THREE BEARS Oatmeal, served with brown sugar, granola, raisins and milk	5.99
OATMEAL solo Add fresh fruit	3.99 4.99

Eggs Any Style

Served with toast, roll, bagel or sweet bread and breakfast potatoes or fresh fruit

add cream cheese .75 add flavored cream cheese .99

ONE EGG	3.49
TWO EGGS	4.99
TURKEY SAUSAGE AND EGGS	5.99
CORNED BEEF HASH AND EGGS	5.99
FRIED BOLOGNA AND EGGS	5.99

Scrambles

TOMATO, PEPPERS AND ONION	5.99
PASTRAMI AND EGGS	6.99
CORNED BEEF AND EGGS	6.99
SALAMI AND EGGS	6.99
SPINACH, BACO-BITS AND ONION	6.49
LOX, EGGS, AND ONION	8.99

Omelets

THREE EGG OMELETS Served with toast, bagel or sweet bread and breakfast potatoes or fresh fruit	7.49
Three Cheese - Swiss, Muenster and Cheddar Salami and Cheddar	
Chili and Cheese (choice of veggie or meat) Cinnamon Apple and Cheddar Mushroom, Swiss and Tomato Cream Cheese and Olive New York Reuben Hot Cherry Pepper and Swiss Spinach and Swiss Cherry Tomato, Basil and Mozzarella Avocado, Salsa and Swiss	
CREATE YOUR OWN	MKT PRICE
JUST THE OMELET Egg whites only available for \$1.00 extra	\$6.40

Beverages

Fountain Drinks

COKE	small \$1.50 med. \$1.75 large \$1.99
DIET COKE	small \$1.50 med. \$1.75 large \$1.99
SPRITE	small \$1.50 med. \$1.75 large \$1.99
ORANGE	small \$1.50 med. \$1.75 large \$1.99
LEMONADE	small \$1.50 med. \$1.75 large \$1.99
ICE TEA	small \$1.50 med. \$1.75 large \$1.99
ICED COFFEE	small \$1.50 med. \$1.75 large \$1.99

Cold Favorites

ARIZONA ICED TEAS	1.95
SPECIALTY ARIZONA TEAS	2.10
NANTUCKET NECTARS Mega Flavors	1.95
SPRING WATER	small 1.50 large 1.99
MILK	1.99
SKIM MILK	1.99
CHOCOLATE MILK	1.99
STRAWBERRY MILK	1.99
ORANGE JUICE	1.99

Dr. Brown's Soda

BLACK CHERRY (diet too)	1.39
CELERY (diet too)	1.39
CREAM (diet too)	1.39
ROOT BEER	1.39
ORANGE	1.39
GINGER ALE	1.39

Coffee and Tea

COFFEE House Blend, French Vanilla, Hazelnut, Flavor of the Day and Brewed Decaffeinated	small \$1.58 med. \$1.79 large \$1.98
HOT TEA Assorted Flavors	small \$1.58 med. \$1.79 large \$1.98
HOT CHOCOLATE	small \$1.58 med. \$1.79 large \$1.98



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Specialties

EGGWICH A fried egg and American cheese on a fresh bagel or water roll	2.49
EGGWICH DELUXE Turkey sausage, pastrami or salami with a fried egg and American cheese on a fresh bagel or roll	3.59
CHALLAH FRENCH TOAST Thick slices of our own challah with butter and syrup	4.99
CINNAMON FRENCH TOAST Our own cinnamon bread, so sweet you won't need syrup, but we'll give it to you anyway.	4.99
RAISIN FRENCH TOAST Our delicious raisin bread with butter and syrup	4.99
POTATO PANCAKES Original recipe, served with sour cream or apple sauce	5.99
BLINTZES Cheese, blueberry or cherry, served with sour cream or strawberry preserves	5.99
BREAKFAST BURRITO eggs, potatoes & cheese Add turkey sausage or pastrami	5.99 6.99
MATZO BRIE With apple sauce, sour cream or strawberry preserves	5.99
SUMNER AVENUE Nova lox, cream cheese, tomato and red onion served open faced on a freshly baked bagel.	6.99

Pastry and Sides

DANISH PASTRY	1.25
DONUT	1.00
JUMBO MUFFIN	1.49
FAT FREE MUFFIN	1.25
CREAM CHEESE	.75
FLAVORED CREAM CHEESE	.99
BREAKFAST POTATOES	2.49
DELUXE BREAKFAST POTATOES Sautéed peppers and onions and melted cheese.	3.49
EXTRA EGG	.95
TURKEY SAUSAGE, FRIED PASTRAMI, BOLOGNA OR SALAMI	2.25
NOVA LOX	5.49
WHITE FISH	5.49

Other Specialties

Our Award Winning Bakery has an incredible host of fresh and fancy breads and pastries, all awaiting your selection.

Planning a party or banquet for two ... or two hundred? Try *Gus and Paul's Catering Service*. You'll be pleased ... and so will your guests.

Personalized Photo Cakes, bring in any photo and we can put it (completely edible) on a cake ... unique and delicious.

Let Gus and Paul's transform your ideas into the *Wedding Cake* of your dreams.

Gus and Paul's Promise. We promise to serve you only the best, and to do all we can to guarantee your satisfaction.



Delicatessen • Restaurant • Bakery
Catering • Platters • Wedding Cakes

Gift Cards Available



Breakfast Menu

Served All Day

Bagels • Breads • Rolls

TOAST - RYE, PUMP, WHITE, WHEAT, CHALLA, MARBLE OR SIX GRAIN with BUTTER	1.25
BAGEL or ROLL with BUTTER	1.25
BAGEL and CREAM CHEESE	1.99
BAGEL and CHIVE CREAM CHEESE	2.25
BAGEL and VEGGIE CREAM CHEESE	2.25
BAGEL with HERB and GARLIC CREAM CHEESE	2.25
BAGEL and FRUIT CREAM CHEESE (STRAWBERRY or BLUEBERRY)	2.25
BAGEL and OLIVE CREAM CHEESE	2.99
BAGEL and ROASTED RED PEPPER CREAM CHEESE	2.99
BAGEL and HONEY WALNUT CREAM CHEESE	2.99
BAGEL and HUMMUS	2.99
BAGEL with LOX SPREAD CREAM CHEESE	3.99
SUMNER AVENUE - Nova lox, cream cheese, tomato and red onion served open faced on a freshly baked bagel.	6.99

Lite Cream Cheese Available Too!

We have lots of Bagel Flavors ...

New York • Sesame • Poppy • Egg • Egg Sesame
Egg Poppy • Onion • Everything • Raisin
Cinnamon Raisin • Whole Wheat • Eight Grain
Pumpernickel • Marble • Whole Wheat & Raisin
Blueberry • Garlic • Salt • Caraway



- Eat In
- Take Out

Ask About Delivery!

Deli (413) 782-6629
Bakery (413) 782-5710

1209 Sumner Avenue
Springfield, Massachusetts

We make and bake our own!

www.gusandpauls.com
email: gusandpauls@aol.com

Soups n' Chili

All soups are homemade and prepared fresh daily and of course served with our fresh bread

CUP - 2.99 BOWL - 3.99

Split Pea, Matzo Ball & Chicken Orzo served everyday

SOUP OF THE DAY

TUES - Beef Barley WED - Tomato Florentine
THUR - Cabbage FRI - Corn Chowder
SAT - Matzo Ball SUN - Chef's Choice

HOT N' SPICY CHILI CUP 3.99 BOWL 5.99
Choice of beef or veggie, topped with cheddar cheese and onions

Combos

SOUP & SALAD 5.99
Cup of soup & side salad

1/2 SANDWICH & SOUP 5.99
Any deli sandwich & cup of soup

1/2 SANDWICH & SALAD 5.99
Any deli sandwich & side salad

1/2 REUBEN OR SPECIALTY SANDWICH & SOUP OR SALAD 6.99



Specialty Sandwiches

Add French fries for 1.49¢

Add Onion Rings or Sweet Potato Fries for only \$2.49

Mati Hari 6.99
Corned beef, swiss cheese, coleslaw, and Russian dressing on a water roll.

Dan Williams 6.99
Pastrami, turkey, Swiss, lettuce, tomato & Russian on a French roll.

Kate's Heaven 7.49
Portobella mushroom cap marinated in balsamic vinaigrette with roasted red peppers and mozzarella cheese on grilled six grain bread.

Robin Hood 5.99
Salami, cheddar and mustard grilled on rye.

PLT 4.99
Grilled pastrami, lettuce and tomato on rye toast.

The Larry Bird 6.99
Grilled chicken, lettuce, tomato & Russian dressing on a french roll.

Hall of Fame 7.49
Grilled chicken, avocado, lettuce and tomato on grilled rye bread.

Thanksgiving on a Roll 6.99
Roasted turkey, cranberry sauce, lettuce and mayo on a French roll.

Paradise by the Dashboard Light 6.99
Meatloaf, lettuce, tomato and mayo on grilled rye bread.

Kerri's Dream 6.99
Roast beef, coleslaw and Russian dressing on a water roll.

Brad Shepard 6.99
Corned beef, chopped liver, coleslaw and Russian dressing on rye bread.

The Jake Schneider 6.99
Corned beef and pastrami on rye.

Jerry Herman 6.99
Turkey, pastrami, chopped liver and Russian dressing on rye.

Tom Brady 6.99
Roast beef, turkey, swiss cheese and Russian dressing on rye.

The Big Guy 6.99
Combination of any two meats.

The Manny Melt 6.99
Grilled chicken, salsa and cheddar cheese on grilled rye.

Roast Beef Roll-up 6.99
Roast beef, lettuce, tomato, onions, cheddar cheese and horseradish sauce in a wrap.

Sumner Avenue 6.99
Nova lox, cream cheese, tomato and red onion on a fresh baked bagel.

Paul's Hot Club 6.99
Grilled chicken, fresh mozzarella, roasted red pepper, lettuce and tomato on grilled rye.

Meatball Melt 6.99
Meatballs, marinara sauce and fresh mozzarella cheese on grilled water roll.

Gus & Paul's Club 7.99
Triple decker on rye, marble, white or wheat toast with lettuce, tomato, pastrami, American cheese, onion and mayonnaise with your choice of turkey, roast beef, cheeseburg or tuna.

Grilled Chicken Caesar Wrap 6.99
Grilled chicken, romaine lettuce, Parmesan cheese and caesar dressing.

Bonnie Brae 4.99
Swiss cheese, tomato & mushrooms on a grilled onion roll.

Veggie Wrap 5.49
Mushrooms, lettuce, tomato, roasted red peppers, Muenster cheese and Russian dressing in a white or wheat wrap.

Paul's Pick 5.49
Our homemade hummus, roasted red peppers, tomatoes and cucumber in a wrap.

Sensational Salads

All salads are served with our delicious fresh baked bread.

Chinese Chicken Salad 9.49
Fresh salad greens, veggies, rice noodles and grilled chicken breast tossed with our creamy sweet sesame dressing.

Cobb Salad 9.99
Fresh salad greens, diced tomato, chopped egg, bleu cheese crumbles, mushrooms, avocado, baco-bits and diced chicken breast.

Gus's Greek Salad 7.99
Fresh salad greens, stuffed grape leaves, feta cheese, tomatoes, spicy Greek olives, anchovies (on request .25 extra) tossed with our Greek dressing.
Topped with Grilled Chicken Breast 9.99

Beverly's House Salad 7.99
Fresh salad greens, mushrooms, American and cheddar cheese, tomatoes, green peppers and garlic croutons.
Topped with Tuna or Chicken Salad 9.49
Topped with Grilled Chicken Breast 9.99

Tortelasta Salad 6.99
Our homemade pasta and cheese tortellini with chunks of fresh veggies, tossed in our own vinaigrette.
Topped with Grilled Chicken Breast 8.99

Raspberry Chicken Salad 9.49
Fresh salad greens, diced tomatoes diced cucumber, grilled chicken breast topped with our sweet raspberry vinaigrette.

Hail Caesar Salad 7.99
Fresh romaine lettuce tossed with garlic croutons, Parmesan cheese and our zesty caesar dressing.
Topped with Grilled Chicken Breast 9.99

Starter Side Salad 3.49
The perfect beginning - fresh salad greens, tomato, cucumber, carrot and croutons. Or order a small Caesar salad.

Malcomb's Chef's Salad 7.49
Fresh salad greens with peppers, cucumbers, tomato, salami, turkey and cheddar cheese.

CHOICE OF DRESSINGS

Italian, Raspberry Vinaigrette, French, Ranch, Bleu Cheese, Honey Mustard, Russian, Parmesan Peppercorn, Balsamic Vinaigrette, Fat-Free - Italian and Ranch

Entrees

All Entrees served with French fries and cole slaw
ADD A CUP OF SOUP OR SIDE SALAD
FOR ONLY \$1.75 MORE.

Oven Roasted BBQ Chicken Wings 9.99

Chicken Pot Pie 9.99
Loaded with chicken, peas, carrots and potatoes

Roasted Brisket Dinner 10.99
Served on open face rye with gravy

The Meatiest Loaf 9.99
Served with gravy

Shephard's Pie 9.99
Paul's special recipe

Stuffed Cabbage 9.99
Try them served with French fries and coleslaw

Franks & Beans 9.99
Isaac Gellis franks, oven baked beans and New York style sauerkraut

Knockwurst & Beans 9.99
Isaac Gellis Knock, oven baked beans with sweet and sour red cabbage

Burgers* & Dogs

Add French fries for 1.49¢

Add Onion Rings or Sweet Potato Fries for only \$2.49

All burgers are 1/3 lb. patties, choose from BEEF, TURKEY or VEGGIE

Gus's Burger 4.49
Lettuce, tomato and Russian dressing
add cheese. 4.99

Pastrami Burger 5.49
Swiss cheese, pastrami, lettuce, tomato and Russian dressing

Patriot's Burger 5.49
Swiss cheese, avocado, lettuce, tomato and Russian dressing on grilled Parmesan sourdough.

Fenway Burger 5.49
Swiss cheese, mushrooms, lettuce, tomato and Russian

St. Patty Melt 5.49
American cheese and sauteed onion on grilled rye

Mushroom Patty Melt 5.49
Provolone cheese and mushrooms on grilled rye

Big Pappi David Ortiz Burger 6.99
10 2/3 oz. of beef, cheddar cheese, lettuce, tomato and red onion

All Beef Kosher Hot Dog 3.49
Plain or with the works

Chili Dog 4.25
Topped with shredded cheese and onion

Pastrami Dog 4.99
Wrapped and grilled with pastrami

Knockwurst 3.49
On a poppy seed roll

Tony's Wurst 3.99
Knockwurst split on a New York bagel with mustard and kraut

*Cooked to order. *Consuming raw or uncooked meats, poultry, seafood or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

Ask about our Chef's Daily Specials

Deli Sandwiches

All served on your choice of rye, pumpernickel, water roll, French roll, bagel, white, eight grain, wheat, challah, marble, sourdough, or wrap.
Freshly baked from scratch daily.

Hot Corned Beef	6.29	Liverwurst	5.49
Hot Pastrami	6.29	Chopped Liver	5.99
Roast Beef	6.29	Tuna Salad	5.49
Turkey Breast	5.49	Chicken Salad	5.49
Roasted Turkey	6.29	Grilled Chicken	6.99
Tongue (hot or cold)	9.99	Egg Salad	4.99
Brisket	6.29	Whitefish Salad	5.99
Bologna	5.49	Cream Cheese & Olive	3.99
Salami	5.49	Grilled Cheese	3.99
Chopped Herring	5.99		

Cheese .60 extra • Tomato .25 extra
Swiss • American • Muenster • Provolone • Cheddar

Double Stuffer - Double the meat in any sandwich for only \$2.75 more!

All served with New York Kosher Pickles & Bagel Chips

Add French Fries for only 1.49¢

Add Onion Rings or Sweet Potato Fries for only \$2.49

Deli Plates

All Deli Plates served with bagel, rye bread, cream cheese (except the New Yorker) tomato, lettuce and onion

SMOKED SALMON Nova or Belly (salty) 12.49

SMOKED WHITEFISH CHUBS 10.99

HERRING FILLETS 9.99
In cream sauce or wine sauce

SMOKED FISH COMBO 12.99
Nova and White Fish

DAIRY TRAY 9.99
Tuna salad, whitefish salad and egg salad

THE NEW YORKER 12.49
Corned Beef, Pastrami and Salami

Grinders

All Grinders (except Meatball and Philly Steak) come with lettuce, tomato, American cheese and mayo.

Cold Cut	6.99	Cheeseburg	7.49
Tuna Salad	6.99	Corned Beef	7.49
Turkey	6.99	Pastrami	7.49
Meatball & Cheese	6.99	Roast Beef	7.49
Roasted Turkey	7.49	Grilled Chicken	7.99
Philly Steak	7.49		

Reubens

All served on our delicious, fresh baked rye bread. Grilled to perfection.

New York - The Original 6.99
Corned beef, Swiss cheese, sauerkraut and Russian dressing

WNEC 6.99
Pastrami, Swiss cheese, coleslaw and Russian dressing

Boston 6.99
Roast beef, cheddar cheese, coleslaw and Russian dressing

Baked Potato 5.99
Baked potato with corned beef, sauerkraut, Swiss cheese and Russian dressing

Gloria's Reuben 6.99
Turkey, Muenster cheese, coleslaw and Russian dressing

Veggie 6.99
Veggie patty, Muenster cheese, coleslaw and Russian dressing

Tuna 6.49
Tuna, American cheese and mayo

Grilled Chicken 6.99
Chicken breast, Swiss cheese, grilled onion and Russian dressing

Sides

	Sm.	Lg.
EGG & ONION POTATO SALAD	2.25	4.25
POTATO SALAD	2.25	4.25
RED SKIN POTATO SALAD	2.99	4.99
MACARONI SALAD	2.25	4.25
PASTA SALAD	2.25	4.25
TORTELLINI SALAD	2.99	4.99
COLESLAW	2.25	4.25
CUCUMBER SALAD	2.25	4.25
CHICKEN SALAD	3.49	5.99
EGG SALAD	3.49	5.99
FRESH FRUIT SALAD	3.50	5.99
GIARDINERA	3.49	5.99
GREEK OLIVES	3.49	5.99
MARINATED MUSHROOMS	3.49	5.99
CHOPPED LIVER	4.49	9.75
BAKED BEANS		3.50
JUMBO BAKED POTATO		3.50
FRENCH FRIES	1.49	2.49
KISHKA		5.25
KNISHES		3.49
ONION RINGS	2.49	4.99
SWEET POTATO FRIES	2.49	4.99