Seafood Entrees
Shrimp Scampi ~ Jumbo shrimp sauteed in a garlic butter white wine sauce served over pasta or rice pilaf. $19 (chicken $16)

Broiled Haddock ~ Fresh filet topped with seasoned breadcrumbs & oven broiled until flaky. Served with garlic mashed potatoes and vegetable. $17 ~ Add lemon caper sauce ~ $2

Ask About Today's Specials for Other Seafood Options!

Bombs & Burgers & More
(Served With One Sandwich Side)

Steak Tip Sub w/ BBQ Sauce & Cheese ~ $12
Turkey Tip Sub w/ BBQ Sauce & Cheese ~ $10
Sweet Italian Sausage Sub ~ $9

Homemade Meatball Sub ~ Jumbo meatballs simmered in marinara & served on a fresh sub roll. $9 ~ Add cheese $5.50 ~

Lamb Tip Sub & a Side ~ $10

1/2 Lb. Cheeseburger ~ Big & Juicy! 100% fresh ground beef, melted cheddar cheese, cooked the way you like it! Served with lettuce & tomato. $9 ~ Request a pickle spear! ~

Tasty Turkey Burger ~ Lean turkey patty with lettuce & tomato. $8 ~ Add your choice of cheese $5.00

Chef’s Grilled Chicken Sandwich ~ Topped with a warm portobello mushroom & melted provolone, served on a deli roll. $9

Chef’s Sautéed Chicken Breast ~ With roasted red pepper, garlic, creamy boursin cheese, served on an onion roll. $9

Specialty Sandwiches
(No Side)

Chicken Caesar Wrap ~ Fresh grilled chicken with chopped romaine & creamy caesar dressing on your choice of a wrap. $8

Honey Hot Sub or Buffalo Chicken Wrap ~ Our amazing honey hot or buffalo chicken with lettuce & blue cheese. $10

The PROSCIUTTO ~ Layers of thin sliced prosciutto, plum tomatoes, fresh mozzarella, & basil leaves, drizzled with our house balsamic & served on a soft barded roll. $10

The REUBEN ~ The Best You’ll Ever Have! ~ Fresh sliced corned beef piled HIGH on dark rye, with Swiss cheese, sauerkraut, & Russian dressing. All toasted in the oven, served hot. $8

Chicken Parmigiana or Eggplant Parmigiana Sub ~ Tough Choice! ~ Each is lightly breaded & fried til golden and crispy! Then we top it off with mozzarella, house marinara, & bake it until bubbling hot. Choose a sub or barded roll. $8

Before placing your order, please inform us of any food allergies.
* Food is cooked to order. Consuming raw or undercooked meats, poultry, or eggs may increase the risks of foodborne illness.
* PRICES SUBJECT TO CHANGE

From the Deli
Build Your Own Overstuffed Sub or Sandwich!
Choose meat, cheeses, & your favorite toppings on a variety of fresh breads we have delivered EVERYDAY!

SMALL $7 / LARGE $8
~ Toasted BLT ~
~ Bologna ~
~ Mortadella ~
~ Genoa Salami ~
~ Cheese Sandwich ~
~ Classic American Sub ~
~ A True Italian Sub ~
~ Hot Pastrami ~
~ Corned Beef ~
~ House Roast Beef ~
~ Sweet Cappicola ~
~ Prosciutto (add $2) ~
~ Sopprasatta (add $3) ~
~ Imported Ham ~
~ Honey Turkey ~
~ Roasted Turkey ~
~ Homemade Chicken Salad ~
~ All White Tuna Salad ~

TOPPINGS
~ Lettuce ~ Tomatoes ~
~ Red Onion ~ White Onion ~
~ Chopped Pickles ~
~ Pickle Spear ~ HOTS! ~
~ Banana Peppers ~
~ Jalapenos ~ Olives ~
~ Olive Oil ~ Balsamic ~
~ Red Wine Vinegar ~
~ Horseradish Sauce ~
~ Mayo ~ BBQ Sauce ~
~ Mustards: Yellow, Dijon, Spicy Brown or Honey ~

CHEESES $3.50 each
~ Swiss ~ American ~
~ Cheddar ~ Provolone ~
~ Fresh Mozzarella ~
~ Goat Cheese ~ Feta ~

EXTRAS $1.75 each
~ Bacon ~ Sauerkrout ~
~ Roasted Red Peppers ~
~ Sauted Peppers ~ Onions ~
~ Mushrooms ~ Horseradish ~
~ Cranberry Sauce ~

VEGGIES & STARCHES
~ Garlic Mashed Potatoes ~
~ Rice Pilaf ~ Carrots ~
~ Steamed Broccoli ~
~ Sauted Spinach ~
Sides $2 each, Chips .75

ENJOY A SIDE
~ Chips ~ French Fries ~
~ Cole Slaw ~ Potato Salad ~
~ Macaroni Salad ~
~ Sides $2 each, Chips .75

Avocado $1 ~ when available ~

Just for Kids! $5 each

Chicken Tenders
Hamburger, Grilled Cheeseburger, Grilled (add .50)
Hot Dog ~ buttered, toasted bun

Grilled Cheese on Wheat
Kids Mac 'n Cheese Kids Pasta Bowl
with butter only or red sauce, add a meatball $2.50

~ Kids’ Burger, Chicken, & Hot Dog Served w/Chips, Fries, Apple sauce or Veg! ~

Optional Sides
Mac 'n Cheese $5
Meatball $2.5 ea
Sweet Sausage $2.5 ea
Penne or Linguini ~ sm $5 lg $8

Desserts

Varying Selection of Slush, Gelato, Cannolis, and Cakes

Beverages

Pepsi Products, Ocean Spray Juices, Gatorades, Red Bull

Take Out Anything on our Menu
from Blasi’s Cafe or the Fat Belly Deli

phone: 617-825-4566
delis@blasis.com
fax: 617-436-6102

Proudly serving our community for over 17 years.

~ Ask For Our Daily Specials! ~

Trivia Tuesdays!
7:30pm Sharp!
Sip Dip Dabble
Paint Parties

Restaurant & Kitchen Hours:
Mon–Wed 10:30am to 9pm
Thurs–Sat 10:30am to 10pm
Sunday 11:30am to 9pm

Bar Hours: Close @ 12am

Parking On Street
2 Hour Parking @ the Boston Sports Club

View our Full Catering Menu on our Web Site
Function Room Available

Blasi’s Cafe & The Fat Belly Deli
762 Adams Street
Dorchester, MA 02122
www.thefatbellydeli.com


**Fresh Salads**

- The Cafe ~ A mix of crisp Romaine & iceberg lettuces, shaved carrots, red cabbage, grape tomatoes, cucumber, green pepper, & black olives. **Half $5** **Full $8**
- A Classic Caesar ~ Crunchy Romaine tossed with fresh shaved parmesan, homemade croutons, & creamy dressing. **Half $5** **Full $8** ~ Anchovies available upon request ~ **$1**
- The Greek ~ Our Cafe Salad with fresh crumbled feta & kalamata olives. **Half $6** **Full $9**
- Chef's Salad ~ Our entree sized Cafe Salad topped with pinwheels of fresh sliced imported ham, roasted turkey, our house roast beef, & Swiss cheese. **$11**
- The Cafe Antipasto ~ Our entree sized Cafe Salad topped with marinated mushrooms & pinwheels of Italian meats & cheese ~ salami, pepperoni, ham, & provolone cheese. **$11**
- The Caprese ~ Fresh buffalo mozzarella, plum tomatoes, & fresh basil, over greens, drizzled with house balsamic. **$9**
- The Caprese with Italian Prosciutto ~ **$11**

**Add Protein to Your Salad**

- Grilled Chicken Breast ~ **$4**
- Marinated Steak Tips ~ **$12**
- BBQ Turkey Tips ~ **$9**
- Tender Lamb Tips ~ **$11**
- Grilled Shrimp ~ **$2 ea**
- Honey Hots! ~ **$8**
- Fried Chicken Tenders ~ Plain or Buffalo ~ **$8**
- Homemade White Tuna Salad ~ **$3**
- Homemade Chicken Salad ~ **$3**

- Salad Dressings ~ House Balsamic, Ranch, Blue Cheese, Creamy Italian, Italian, Thousand Island, Low Fat Zinfandel, Greek, Caesar, Oil & Red Wine Vinegar (extra dressing $0.50 ea)

**Soup & Chili**

- Homemade Chili ~ A hearty, rich, & slightly spicy mix of ground beef & red kidney beans. **Cup $5** **Bowl $6**
  - Load it up & Have it Baked in the Oven ~ Add Cheddar Cheese, Sour Cream $0.50 ea
  - Add Jalapenos, Onions, or Banana Peppers $0.35 ea

- Creamy New England Style Clam Chowder ~ served on FRIDAYS! or on Special ~ **Cup $5** **Bowl $6**

- Soup of the Day ~ Ask Your Server for Price & Selection

**Appetizers**

- Homemade Meatballs ~ (3) jumbo handpacked meatballs smothered in our marinara, & sprinkled with parmesan cheese. **$7**
- The Great Bruschetta ~ Garlicky crunchy cheesy toast, topped with fresh chopped tomatoes, onions, black olives, garlic & parmesan, drizzled in our house balsamic. **$9**
- Baked Stuffed Mushrooms ~ Stuffed with a cheesy filling of spinach & ricotta ~ served piping hot. **$10**
- Calamari ~ Very lightly battered rings & tentacles, fried, sprinkled with parmesan cheese, served with tangy banana peppers & house marinara. The best around. **$10**
- Blasi's Nachos ~ Tortilla chips, homemade chili, house salsa, jalapenos, & sour cream. **$10**
- French Bread Pizza ~ Fresh French bread topped with house marinara & delicious mozzarella cheese. **$7** ~ Add pepperoni ~ **$8**
- Honey Hots! ~ Boneless chicken tender meat tossed in our secret sauce ~ sweet, tangy, & spicy all in one. So good! **$10**
- Garlic Bread with Cheese ~ **$4**
- Scallops Wrapped in Bacon ~ Plump & tender scallops brushed with a delicious maple glaze. **$11**
- BBQ Cafe Wings ~ Bone-in wings, oven baked, then grilled, and brushed with homemade sauce. Yum! **$10**
- Boneless Chicken Tenders ~ Traditional or Buffalo **$10**
- The Rustic Antipasto ~ Generous portion of sliced Italian meats, prosciutto, imported sharp provolone cheese, warm roasted veggies, & marinated mushrooms with balsamic vinaigrette. **$14**

**Grilled Entrees**

- Grilled Steak Tips w/BBQ Sauce ~ **$20**
- Tender Lamb Tips ~ **$18**
- Turkey Tips w/BBQ Sauce ~ **$16**
- Sweet Italian Sausages ~ **$14**
- The COMBO ~ Any two **$18**

- ENTREES SERVED WITH TWO SIDES
- ADD A SIDE SALAD TO ANY ENTREE ~ **$4**
- SUB A SIDE WITH A SALAD ADD $1.5

**Sides**

- Garlic Mashed Potatoes ~ Rice Pilaf ~
- Carrots ~ Sauteed Spinach ~ Steamed Broccoli ~
- French Fries ~ Macaroni Salad ~ Cole Slaw ~ Potato Salad ~

**Pollo Entrees**

- Chicken Broccoli Penne ~ A classic dish done oh so right in a white wine garlicky cream sauce. **$16** ~ Try it Cajun Style! ~
- Chicken Parmigiana ~ A generous entree of crispy fried cutlet, topped with mozzarella, & marinara, baked until piping hot. Served over pasta. **$16**
- Marsala Chicken ~ None Better! ~ Chicken medallions sauteed with mushrooms & hints of pancetta, in an amazing marsala wine sauce. Served over pasta or pick two sides. **$16**
- Pollo Piccata ~ Tender chicken medallions sauteed in the bright flavors of lemon, butter, white wine, & capers. Served over pasta or with your choice of two sides. **$16**
- Chicken Fra Diablo ~ Juicy white chicken in our fiery marinara sauce. Served over pasta or rice pilaf. **$16**
- Pollo Florentine ~ A saute of tender chicken, sweet roasted red peppers, savory mushrooms, and baby spinach in a velvety cream sauce over pasta. **$17**

**Specialty Pastas**

- Tri Colored Tortellini ~ Colorful cheese filled pasta, in a creamy alfredo sauce dressed with sauteed mushrooms & crispy pancetta. **$14** ~ Add chicken **$4** ~
- Homemade Cheese Ravioli ~ Pillows of ricotta stuffed pasta, topped in a delicious buttery garlicky marinara sauce, faced with baby spinach and roasted red tomatoes. **$14** ~ Simple Marinara Sauce ~ **$2.5** ~ Add a Jumbo Meatball or a Sweet Italian Sausage ~ **$2.5** ~
- Eggplant Rollatini ~ None Better! Lightly fried eggplant rolled with ricotta cheese & spinach, topped with red tomato sauce, sauteed mushrooms, parmesan cheese, then oven baked. Served over pasta. **$16**
- Linguini Carbonara ~ Linguini, crispy pancetta & sauteed onions in a velvety alfredo cream sauce. **$13** ~ Add chicken **$4** ~
- Classic Spaghetti & Meatballs ~ Two jumbo homemade meatballs smothered in red sauce atop pasta. **$12**
- Penne Italia ~ Sweet Italian sausages served over pasta in our tomato basil sauce. **$14**

**Pasta Choices:** Penne or Linguini

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