

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. goodonyadeli.com
- Only \$5.00 delivery charge. Maybe more if you are really far away. Call for details.
- We can set up your meal on sandwich trays and serving bowls, or packed individually as bag lunches.
- 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 the store 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.
- See www.goodonyadeli.com/catering for more detailed information.

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!
- Our bread is **organic**, handmade, without preservatives or sugar. It takes two days to rise and bake. Our meat is one of the leanest, most natural meats on the market. Combine that with fresh local, **organic**, produce and you are not just eating a sandwich, but a perfectly balanced meal.

For questions and ordering contact the store and ask for the manager on duty.

Kearny Mesa

9275 Sky Park Ct. 92123
(ph) 858.277.9275 • (fax) 858.277.9200

skypark@goodonyadeli.com

Open Monday–Friday 6:30am–4:00pm
Free wifi

Carmel Valley

3611 Valley Centre Dr 92130
(ph) 858.480.3611 • (fax) 858.480.3612

carmelvalley@goodonyadeli.com

Open Monday–Friday 7:00am–3:00pm
Free wifi



GoodOnYa deli
The GoodOnYa bar



The GoodOnYa bar

GoodOnYaDeli

“where you matter”

Catering Menu

Coffee • Breakfast • Lunch Snacks • Fresh Healthy Food

At GoodOnYa we specialize in Catering
for your breakfast and lunch meetings.

What makes us different?

A dedication to organic, sustainable and local principals.

100% compostable materials. We are a plastic free restaurant.

We can handle almost any last minute order.

*Organic Bread. Natural Meats and Cheese.
Vegetarian and gluten free options.*

We donate a portion of our sales to environmental causes.

Instant 30 day terms with all businesses.

Organic Bread • Natural Meat • Local & Organic Produce
Truly a GOOD experience!

Breakfast

Continental Breakfast \$7.00 pp

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

Bagels & Morning Pastries \$3.00 pp

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

Fruit Bowl \$3.50 pp

An assortment of fresh seasonal fruits.

Coffee Box \$15.00

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

Fresh Squeezed Orange Juice

16 oz. glass \$2.00

1 gallon \$13.00

Fruit and yogurt parfait \$7.00 pp

Home made **organic** granola, natural low fat vanilla yogurt, fresh seasonal fruit.

Hot Breakfast Sandwiches or Burritos

We have a lot of options for you. Please see our Breakfast Wraps section on the website for even more choices. You can choose any combination on our **organic** bread, tortillas or bagels. We can also special order you fresh croissants.

Egg and cheese \$3.50 pp

Egg and cheese with bacon, ham, turkey, or sausage \$4.50 pp

Our Famous Breakfast Burrito \$5.00 pp

Our Famous Breakfast Burrito with your choice of meet \$6.00 pp

Breakfast Wraps (see deli menu) Prices Vary

We use eggs from a local farm that are 3x the cost of conventional eggs. Our chickens run around, breath fresh air, and most importantly are fed their natural diet. No GMO corn or soy is used. We support local chicken farmers that are trying to do the right thing and we go to great lengths to get you fresh, healthy eggs because we know the difference and we know it matters! You matter!

Lunch

Tray Set Up \$8.00 pp

Sandwiches and Wraps are made to order and placed on black compostable trays. You can choose any amount you wish and in any combination.

Compliment your lunch with a side portion of any of our salads \$4.50 pp (see deli menu for options).

And don't forget everyone's favorite, dessert! \$3.00 pp

Choose from incredible, locally baked options and our famous homemade **GoodOnYa** brownies. Arranged on a black compostable tray sprinkled with powdered sugar.

Bag Set Up

Your favorite lunch items individually bagged. We label each bag with names that you provide or the menu item.

Combo Pricing

Below are combo ideas so you can see what each package costs per person. If you don't see a specific combo you want that is not a problem, just let us know and we will get you a price.

Sandwich or Wrap with Side Salad \$12.50 pp

Sandwich or Wrap with Dessert \$11.00 pp

Half Sandwich with side salad \$9.00 pp

Sandwich or Wrap with Salad, Chips, Dessert & Drink \$19.50 pp

Sandwich or Wrap with Chips & Drink \$12.00 pp

Sandwich or Wrap \$8.00 pp

Potato chips \$2.00

Kettle (GMO Free): Sea Salt, BBQ, Salt & Vinegar, Salt & Black Pepper, Jalapeno.

Lays: Baked, Pretzels, Sun Chips. And local **organic** whale tail tortilla chips.

Drinks

We serve a variety of Coca-Cola sodas, **organic** Honest and **organic** Guayaki teas, fresh brewed iced tea, vitamin water, bottled waters and coconut water, **organic** energy drinks, and **organic** Kombucha.

To make it easy just tell us the # of people you want to serve, and what package you choose and we will make you a nice variety that will have something for everyone.

Visit www.goodonyadeli.com/catering to:

- Set up an account.
- Print out a pdf version of this menu
- Print out order forms to fax your order in
- For any questions please contact your local **GoodOnYa** and ask for the manager on duty.

If you don't get the service you expect please call the owner directly.

Kristen 858.344.1605 or email kristen@goodonyadeli.com