



iknowaguyfoodsllc.com

Visit our Deli at
280 Spielman Highway
Burlington, CT
860.404.5286

GRINDERS

Steak and Cheese \$15.00

shaved angus steak, pepper jack cheese, steak sauce, grilled onions & peppers

OTHER

Quesadilla \$10.00

add chicken or steak — \$3.00
served with salsa and sour cream

Hot Dog \$5.00

grilled hot dog served on a toasted bun
Your choice of Ketchup, mustard, relish, grilled or raw onions

*Thoroughly cooking Meat, Poultry, Seafood, Shellfish & Eggs reduces the risk of foodborne illness. We make every attempt to identify ingredients that may cause allergic reactions for those with allergies. However, there is always a risk of contamination as in our kitchen we use such products such as milk, eggs, dairy, gluten, shellfish, lobster, etc., although we have a strict cross contamination policies, we cannot guarantee the absence of these products.

PANINIS

Served on toasted bread

BBQ Chicken \$13.00

grilled chicken, BBQ sauce, grilled onions

Buffalo Chicken \$13.00

grilled chicken, buffalo sauce, blue cheese crumbles

Caprese \$12.00

mozzarella, fresh basil, tomatoes, balsamic glaze

BLT \$13.00

bacon, lettuce, tomatoes

Grilled Cheese \$8.00

American and Cheddar Cheeses

WRAPS

Plain, tomato, or spinach wraps

Grilled Chicken \$13.00

grilled chicken, cheddar, lettuce, tomato, mayo

Grilled Chicken Caesar Wrap \$13.00

grilled chicken, Reggiano cheese, lettuce, croutons

Chicken Bacon Ranch Wrap \$14.00

grilled chicken, bacon, lettuce, tomato, ranch

SIDES (ON ROTATION)

Chips	\$1.00
Cookies	\$3.00
Pasta Salad	\$5.00
Potato Salad	\$5.00
Mac and Cheese	\$5.00
Soup	\$5.00
Chilis and Chowders	\$6.00

please notify staff of any food allergies before ordering
prices subject to change - all prices include tax, we offer a cash discount

SALADS

Cobb Salad \$15.00

grilled chicken, blue cheese crumbles, bacon, hardboiled egg, lettuce, tomatoes, cucumbers

Harvest Salad \$15.00

grilled chicken, dried cranberries, candied walnuts, blue cheese crumbles, apples, lettuce, tomatoes, cucumbers

Buffalo Chicken Salad \$12.00

grilled chicken tosses in buffalo sauce, blue cheese crumbles, lettuce, tomatoes, cucumbers, tortilla strips

Green Salad \$10.00

romaine lettuce, tomatoes, cucumbers, onions

BEVERAGES

Soda — \$2.00

Water—\$2.00

Gatorade — \$3.00

ORDER ONLINE



1. Use your phone to scan the QR code.
2. View the digital menu, order, and pay.
3. Get your food.



@iknowaguyfoodsllc

I Know A Guy
Food Truck



FOOD TRUCK

No cafe on site
Corporate events
Construction sites
Festivals
Sports Tournaments
Employee Appreciation

We will come to you



Breakfast
Sandwiches



Paninis
Grinders



Salads
Wraps



Coffee
Soda
Water
Beer
Wine



Call To Find Us
860-404-5286

For More Information
iknowaguyfoodsllc.com

