

Erik's DeliCafe Aptos

102 Rancho Del Mar 95003-3913 · +18316885656 · Updated: Jan 14, 2026

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SALADS 2

Chicken Gorgonzola Salad

\$8.29

Moist grilled chicken breast over fresh greens topped with sharp gorgonzola cheese, craisins, honey maple walnuts with fat-free raspberry walnut vinaigrette. 540 Calories includes 2 oz of dressing.

Chicken Caesar Salad

\$7.99

Erik's famous caesar dressing tossed with tender chicken breast, asiago cheese and crisp fresh romaine lettuce. Served with fresh croutons. 630 calories includes 2 oz of dressing.

CLASSIC SANDWICHES 2

Pilgrim's Progress Sandwich

AVAILABLE OPTIONS

Slices and slices of turkey breast, fresh ripened avocado, hearty 9-grain wheat bread, with Erik's "Secret Goo." 570 Calories.

Half: \$4.79

Whole: \$7.89

Tuna Salad: \$3.69

Meat: \$2.19

Monterey Jack Cheese:

\$1.29

Pepper Jack Cheese: \$1.29

Swiss Cheese: \$1.29

Sweet Liberty Sandwich

AVAILABLE OPTIONS

Turkey breast, swiss cheese, fresh red bell pepper, Erik's own sweet hot mustard, hearty 9-grain bread. 650 Calories.

Half: \$4.79

Whole: \$7.69

Tuna Salad: \$3.69

Meat: \$2.19

Monterey Jack Cheese:

\$1.29

Pepper Jack Cheese: \$1.29

Swiss Cheese: \$1.29

COMBOS WITH CHARACTER 2

Sourdough Soup Bowl Combo

\$8.49

Freshly baked crusty sourdough soup bowl filled with any erik's soup, served with side salad.

Half Sandwich Combo

\$8.49

Pick any 1/2 sandwich to be served with a bowl of soup or house salad or large deli salad.

FROM OUR BAKERY 2

Carrot Cake	\$3.79
Moist and delicious, erik's famous carrot cake is made from Erik's mother's secret family recipe.	
Chocolate Chunk Manifesto Cookie	\$2.19
Giant chunks of sustainable chocolates grown in the peruvian andes and savory pretzel bites are found in every bite. Free of gmos and additives and made with pure cane sugar and cage free eggs.	

BEVERAGES 2

Bottled Water	\$1.69
See individual beverage container for calorie count.	
Perrier Sparkling Water	\$2.29
See individual beverage container for calorie count.	