



EAT HERE...DIET AT HOME

256-737-0911

601 4TH Street SW
Cullman, AL 35055
Fax: 256-735-0980



HEATED SANDWICHES

Can sub for White or Wheat Hoagie, Onion Bun, Rye, Flour Wrap, Low Carb
Wheat Wrap or Tomato Basil Wrap at no additional cost.

Gluten Free Bun + \$.99

Although efforts are made to avoid cross-contact of allergens, Rumors Deli does not guarantee that cross-contact with allergens will not occur. Before placing your order, please inform your server if you or anyone in your party has a food allergy.

double meat +\$3.00 add bacon +\$.99 extra cheese +\$.99

BLABBERMOUTH

Pastrami, Swiss cheese & spicy brown mustard on rye
Sandwich & Side \$8.49 Sandwich Only \$7.49

THE GOODS

Salami, ham, bologna, mayo, spicy brown mustard
& provolone cheese on white hoagie

Whole Sandwich & Side \$9.49 Half Sandwich & Side \$6.99
Whole Sandwich Only \$8.49 Half Sandwich Only \$5.99

ALOHA

Honey ham, mustard, mayo, onions, pineapple,
green peppers, provolone & Parmesan cheese with
Aloha sauce on an onion bun

Sandwich & Side \$8.99 Sandwich Only \$7.99

TALK OF THE TOWN - (THE REUBEN)

Corned beef, Swiss cheese, kraut, onions, mayo &
spicy brown mustard on rye.

Sandwich & Side \$9.99 Sandwich Only \$8.99

THE SCOOP

Roast beef, provolone cheese, mayo on white hoagie with au jus

Whole Sandwich & Side \$8.99 Half Sandwich & Side \$6.99
Whole Sandwich Only \$7.99 Half Sandwich Only \$5.99

🔥 LIAR LIAR 🔥 (PANTS ON FIRE)

Grilled chicken, pineapple, roasted red peppers, pepper jack
cheese with mango habanero sauce on ciabatta.

Sandwich & Side \$10.99 Sandwich Only \$9.99

MUFFALETTA

Salami, ham, homemade olive salad, onions, pepper jack &
provolone cheese on ciabatta

Sandwich & Side \$10.99 Sandwich Only \$9.99

THE RUMOR

Ham, Genoa salami, peppers, onions, mayo,
spicy brown mustard, lettuce, tomatoes,
Italian dressing & provolone cheese on white hoagie

Whole Sandwich & Side \$9.49 Half Sandwich & Side \$6.99
Whole Sandwich Only \$8.49 Half Sandwich Only \$5.99

HEARSAY

Honey ham, Swiss cheese, mayo, spicy brown mustard lettuce &
tomato on white hoagie

Whole Sandwich & Side \$8.99 Half Sandwich & Side \$6.99
Whole Sandwich Only \$7.99 Half Sandwich Only \$5.99

THE SNITCH

Italian style meatballs, marinara, provolone &
Parmesan cheese on white hoagie

Sandwich & Side \$8.99 Sandwich Only \$7.99

TATTLETALE

Smoked turkey, cheddar cheese & mayo on white hoagie
add lettuce & tomato +\$.60

Whole Sandwich & Side \$8.99 Half Sandwich & Side \$6.99
Whole Sandwich Only \$7.99 Half Sandwich Only \$5.99

THE LOW DOWN - (BLT)

Bacon, lettuce, tomato & mayo on wheat
hoagie

Sandwich & Side \$8.99 Sandwich Only \$7.99

MOUTH OF THE SOUTH

Ham, turkey, roast beef, onions, peppers, olives, mushrooms,
lettuce, tomatoes, three cheeses, mayo, spicy brown mustard
& our special sauce on white hoagie

Whole Sandwich & Side \$11.99 Half Sandwich & Side \$9.99
Whole Sandwich Only \$10.99 Half Sandwich Only \$8.99

PANINI

THE CHATTERBOX

Homemade pimento cheese & tomato grilled on panini bread

Sandwich & Side \$9.49 Sandwich Only \$8.49
add bacon \$.99

CAPRI

Pesto, fresh mozzarella & tomatoes on panini bread

Sandwich & Side \$9.49 Sandwich Only \$8.49
add chicken \$3.00

CHICKEN JOE BLUE

Grilled chicken, blue cheese, white BBQ sauce, caramelized
onions & spring mix on ciabatta

Sandwich & Side \$9.99 Sandwich Only \$8.99

ULTIMATE GRILLED CHEESE

American, smoked cheddar, provolone, & Swiss cheese on panini

bread Sandwich & Side \$7.99 Sandwich Only \$6.99
add bacon +\$.99

BARBECUED BRISKET

Tender juicy beef brisket, BBQ sauce & cheddar cheese
on grilled white hoagie

Sandwich & Side \$11.49 Sandwich Only \$10.49

THE CUBAN

Ham, pork loin, provolone cheese, dill pickles &
Creole mustard sauce on grilled white hoagie

Sandwich & Side \$9.29 Sandwich Only \$8.29

RASPBERRY TURKEY

Smoked turkey, provolone cheese, onions, raspberry
Dijon sauce & spring mix on ciabatta

Sandwich & Side \$9.99 Sandwich Only \$8.99

WRAPS

RUMOR WEED

Vegetarian

Onions, green peppers, cucumbers, lettuce, tomato, olives, mushrooms & our own Rumor weed dressing in a flour wrap

Grilled or Cold

Wrap & Side \$8.39 Wrap Only \$7.39

Add chicken \$3.00

LOW CARB ROAST BEEF

Roast beef, provolone, lettuce, tomato, onions, green peppers & horseradish sauce in a low carb wheat wrap

Wrap & Side \$8.99 Wrap Only \$7.99

🔥 HOT TOPIC 🔥

Grilled chicken, lettuce, tomato, pepper jack cheese & Rumors' secret blazing creamy hot sauce in a flour wrap

Wrap & Side \$9.99 Wrap Only \$8.99

WRAP SESSION

Smoked turkey, provolone, lettuce & tomato with either Italian or cranberry honey mustard dressing in a flour wrap

Wrap & Side \$8.49 Wrap Only \$7.49

LOW CARB TURKEY

Smoked turkey, bacon, lettuce, tomato, smoked cheddar & chipotle sauce in a low carb wheat wrap

Wrap & Side \$8.99 Wrap Only \$7.99

CLUB WRAP

Ham, turkey, bacon, lettuce, tomato, provolone, & Creole mustard sauce in a tomato basil wrap

Wrap & Side \$8.99 Wrap Only \$7.99

CHICKEN RANCH WRAP

Grilled chicken, bacon, Swiss cheese, lettuce & tomato with ranch dressing in a tomato basil wrap

Wrap & Side \$8.99 Wrap Only \$7.99

SALADS

Ranch, Thousand Island, Honey Mustard, Italian, Raspberry Vignette, Sesame Ginger & Oil & Vinegar

CHICKEN SALAD

Homemade chicken salad with lettuce & tomatoes Croissant or Plate Only \$7.99

Croissant & Side \$8.99

SPINACH PECAN SALAD

Spinach, grilled chicken, dried cranberries, candied pecans, feta cheese & Mandarin oranges

\$8.99

ITALIAN SALAD

Romaine lettuce, Genoa salami, ham, cucumbers, red onion, pepperoncini peppers, kalamata olives, & feta cheese with Italian dressing

\$8.99

GRILLED CHICKEN SALAD

Spring mix with grilled chicken, bacon, cheddar cheese, tomatoes & purple onions

\$8.99

CHEF SALAD

Spring mix with bacon, turkey, ham, tomatoes, cucumbers, green peppers, onions, olives, mushrooms & cheddar cheese

Whole \$8.79 Half \$5.29

SOUP

& combos

Bowl \$4.49

Cup \$3.49

HALF SANDWICH & CUP OF SOUP

Ham, turkey or roast beef

\$8.99

HALF CHEF SALAD & CUP OF SOUP

Spring mix with bacon, turkey, ham, tomatoes, cucumbers, green peppers, onions, olives, mushrooms & cheddar cheese

\$8.99

GRILLED CHEESE & BOWL OF SOUP

American cheese on panini bread \$9.99

SIDES

your choice \$1.49

POTATO SALAD

Homemade with onions, eggs, mustard, mayo & sweet pickle relish

CRUNCHY SALAD

Made fresh with cabbage, onions, almonds, sesame seeds, Ramen noodles, with oil & vinegar sauce

GREEK PEPPER SALAD

Includes diced tomatoes, cucumbers, green peppers, cheese, onions, pepperoncini pepper, Ramen noodles & Greek pepper sauce

CHIPS

Plain or BBQ Lays / Baked Sour Cream & Cheddar / Baked BBQ, Sun Cheddar / Baked Plain, Miss Vickie's - Jalapeno / Salt & Vinegar

Quiche

ask for Quiche of the day

Quiche by the slice - \$3.99

Whole quiche - \$17.50
(Call ahead to order)

Quiche & Salad - \$8.99

DESSERTS

Homemade Key Lime Pie - \$4.09

Miss Isabel's Secret Chocolate Peanut Butter Pie - \$4.09

Cheesecake - \$4.59 with topping \$4.99
(Blueberry, Strawberry or Cherry)

Conversation Piece Chocolate Chip Blondie - \$1.99

Ralph Cookie - chocolate oatmeal no bake - \$1.99

BEVERAGES

Pepsi Products - \$1.99

Pepsi/Diet Pepsi, Mt Dew/Diet Mt Dew, Dr. Pepper/Diet Dr. Pepper, Root Beer, & Lemonade

Sweet or Unsweet Tea - \$1.99

Bottled Water - \$1.39

Regular or Decaf Coffee - \$1.39

TO GO

DINE IN

CATERING