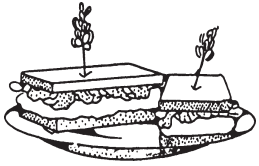
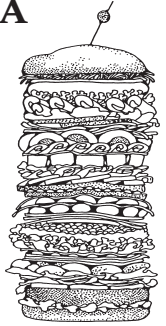




Flagship Store:  
1150 West St. South Amherst, MA  
(413) 253-9528  
www.atkinsfarms.com



# Sandwich Menu

## Regular

**\$8.99**

**Choice of Meat:** Turkey, Honey Turkey, Smoked Turkey, Virginia Ham, Honey Ham, Bologna, Tuna Salad, Egg Salad, Ham Salad, Chicken Salad, Seafood Salad, Liverwurst, Hard Salami, Genoa Salami

**Choice of Bread:**

White, Wheat, Rye, Pumpnickel, Sourdough, 15 Grain, Ciabatta Roll, Grinder Roll, Kaiser Roll, Pretzel Roll, White Wrap, Wheat Wrap, Spinach Wrap, Garlic Herb Wrap

**Choice of Cheese:**

American, Swiss, Cheddar, Cooper Sharp American, Four Cheese Italian Blend, Havarti, Provolone, Pepperjack, Mozzarella, Muenster

**Choice of Veggies:**

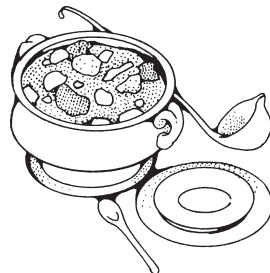
Lettuce, Tomato, Red Onions, Green Peppers, Black Olives, Banana Peppers, Sprouts, Dill Pickle Chips, Baby Spinach, Cole Slaw

**Choice of Condiments:**

Mayonnaise, Yellow Mustard, Deli Mustard, Honey Mustard, Dijon Mustard, Ranch, Blue Cheese, Oil, Vinegar, Roasted Red Pepper Aioli

## SOUP OF THE DAY

Cup            \$3.99  
Bowl          \$4.25



## Premium

**\$9.99**

**Choice of Meat:** Boar's Head EverRoast Chicken Breast, Ovengold Turkey Breast, Chipotle Chicken Breast or Sweet Slice Ham, McKenzie Black Forest Ham or Turkey, Grilled Chicken Breast, Pastrami, Corned Beef, Roast Beef

**Add ons:**

*Gluten Free Bread*..... + \$2.50  
*Double Meat*..... + \$2.99  
*Extra Cheese*..... +75¢  
*Bacon*..... + \$1.00  
*Avocado, Hummus or Pesto*... + \$1.00  
*Make any sandwich a Panini*..... + \$1.00

**BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.**

# Deluxe Sandwiches

## HOT SANDWICHES

Toasted BLT.....\$5.99

### **Meatloaf Sandwich**

*Served hot or cold*.....\$8.49

**Chicken Parmesan Sandwich...\$8.99**

*Breaded, boneless, skinless chicken breast baked with marinara sauce with lettuce and tomato and topped with melted cheese on a fresh roll.*

**Howard's Choice Club.....\$8.99**

*Double Decker Sandwich, including one layer of bacon, lettuce and tomato and your choice of ham or turkey with mayonnaise for the second layer, on toast, with chips, and a pickle spear.*

**Howard's Choice with Roast Beef.....add \$1.00**

## FROM THE GRILL

**Grilled Cheese.....\$5.99**

**Grilled Cheese with ham or bacon..\$6.99**

**Cheese Quesadilla.....\$5.99**

**Chicken Quesadilla.....\$6.99**

*Quesadillas come with salsa & sour cream*

**Tuna Melt.....\$8.99**

**Atkins Orchard Rueben.....\$8.99**

*Lean turkey breast, with sauerkraut, melted Swiss cheese and Thousand Island dressing on grilled rye.*

**Rueben with Corned beef or Pastrami.....\$9.99**

**Philly Cheese Steak Grinder..\$9.99**

*Tender roast beef, sauteed with onions, mushrooms and peppers all topped with melted cheeses in a grilled grinder roll.*

## PANINI SANDWICHES

**The Bare Mountain.....\$9.99**

*Sliced Buffalo Chicken, cheddar cheese, bleu cheese dressing, and red onion on sourdough bread.*

**The Loaded Quarry.....\$9.99**

*Boar's Head Blackened Turkey, cheddar cheese, and avocado on sourdough bread.*

## GRINDERS

**Meatball Grinder.....\$7.99**

*Hot meatballs in Marinara sauce with melted cheese, peppers and onions.*

**The Italian Grinder.....\$8.99**

*Genoa salami, bologna, ham, tomato, lettuce, onion, peppers, Provolone and mozzarella cheese, sprinkled with olive oil and wine vinegar and black olives.*

## VEGETARIAN

**Veggie Burger.....\$6.99**

*Gardenburger® with lettuce, tomato and onions on a bulky roll.*

**Chipotle Black Bean Burger.....\$7.99**

*MorningStar Farms® Chipotle Black Bean Burger on a bulky roll with roasted red pepper aioli, your choice of cheese and veggies on a bed of baby spinach.*

**The Beyond Burger™.....\$8.99**

*Beyond Burger™ patty with lettuce, tomato, onions and your choice of cheese on a bulky roll.*

## SMALLER APPETITES

**Peanut Butter & Jelly.....\$4.50**

*Atkins own fresh ground Peanut Butter and grape jelly on our choice of bread.*

**1/2 Sandwich.....\$5.99**

*Choice of Tuna, Chicken, Ham, Egg or Seafood Salad -or- sliced Turkey, Roast Beef or Ham.*

**Cup of Soup & 1/2 Sandwich...\$8.99**

## SALAD BAR

*A large assortment of fresh fruit and vegetables. Many of our own homemade salads, pasta and rice salads. Selection varies daily.*

**\$8.99 lb.**

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IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.**

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.*

11/2022 PRICES SUBJECT TO CHANGE