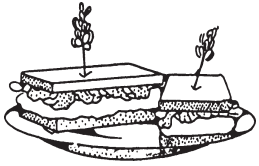




Flagship Store:  
 1150 West St. South Amherst, MA  
 (413) 253-9528  
 www.atkinsfarms.com



# Sandwich Menu

## Regular

Deli Sandwiches.....\$6.99

Upgrade to a Grinder or  
 Wrap.....\$7.49

**Choice of Fresh Store-Baked Bread**– White, Wheat, Rye, Pumpnickel, Sourdough, White or Wheat Bulkie Roll, White or Wheat Grinder Roll.

10 Grain bread is also available, as well as White and Wheat Wraps.

**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 Cheese**– American, Swiss, Cheddar, Provolone, Pepper Jack, Mozzarella, Muenster

**Choice of Veggies**– Lettuce, Tomato, Onion, Pepper, Olives, Banana Peppers, Pickles, Sprouts, Baby Spinach, Cole Slaw

**Choice of Condiments**– Mayonnaise, Yellow Mustard, Spicy 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

Deli Sandwiches.....\$7.99

Upgrade to a Grinder or  
 Wrap.....\$8.49

**Choice of Fresh Store-Baked Bread**– White, Wheat, Rye, Pumpnickel, Sourdough, White or Wheat Bulkie Roll, White or Wheat Grinder Roll.

10 Grain bread is also available, as well as White and Wheat Wraps.

**Choice of Meat**– Boar’s Head or McKenzie products, Grilled Chicken Breast, Pastrami, Corned Beef, or Roast Beef

**Choice of Cheese**– American, Swiss, Cheddar, Provolone, Pepper Jack, Mozzarella, Muenster

**Choice of Veggies**– Lettuce, Tomato, Onion, Pepper, Olives, Banana Peppers, Pickles, Sprouts, Baby Spinach, Cole Slaw

**Choice of Condiments**– Mayonnaise, Yellow Mustard, Spicy Mustard, Honey Mustard, Dijon Mustard, Ranch, Blue Cheese, Pomace Oil, Red Wine Vinegar, Roasted Red Pepper Aioli.

### Add ons:

Gluten Free Bread.....add \$1.00  
 Double Meat.....add \$2.99  
 Extra Cheese.....add \$1.00  
 Bacon.....add \$1.00  
 Avocado or Hummus.....add 50¢  
 Make any sandwich a Panini..... add \$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...\$6.99

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.....\$4.99

Grilled Cheese with ham or bacon..\$5.99

Cheese Quesadilla.....\$5.99

Chicken Quesadilla.....\$6.99

Quesadillas come with salsa & sour cream

Tuna Melt.....\$6.99

Atkins Orchard Rueben.....\$7.99

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

Rueben with Corned beef or Pastrami...add \$1.00

Philly Cheese Steak Grinder..\$8.99

Tender roast beef, sauteed with onions, mushrooms and peppers all topped with melted cheeses in a grilled grinder roll (white or wheat).

## PANINI SANDWICHES

The Bare Mountain.....\$8.99

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

The Loaded Quarry.....\$8.99

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

Before placing your order, please inform your server 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.

## GRINDERS

Meatball Grinder.....\$6.99

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

The Italian Grinder.....\$7.99

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.....\$5.99

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

Chipotle Black Bean Burger.....\$7.49

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.

Upgrade to Grinder Roll or Wrap.....\$8.49

The Beyond Burger™.....\$7.99

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.....\$3.99

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

Cup of Soup & 1/2 Sandwich...\$7.49

## HOT DOGS

Single.....\$1.99

Combo.....\$5.00

2 Hot Dogs, Chips and Atkins Soda.

## SALAD BAR TO GO

Garden Salad \* Caesar Salad \* Fresh Cut Fruit

Selection varies daily.

**\$6.49 lb.**

2/2021 PRICES SUBJECT TO CHANGE

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