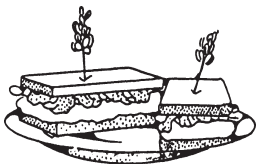




Flagship Store:
1150 West St. South Amherst, MA
(413) 253-9528
www.atkinsfarms.com



Sandwich Menu

Regular

Deli Sandwiches.....\$5.99

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

Choice of Fresh Store-Baked Bread– White, Wheat, Rye, Pumpernickel, 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, Roast Beef, Tuna Salad, Egg Salad, Ham Salad, Chicken Salad, Seafood Salad, Liverwurst

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.....\$7.49

Upgrade to a Grinder or
Wrap.....\$8.99

Choice of Fresh Store-Baked Bread– White, Wheat, Rye, Pumpernickel, 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 products, McKenzie products, Grilled Chicken Breast, Spicy Breaded Chicken Breast, Pastrami, Corned Beef, Meatloaf

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:

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

FROM THE GRILL

Toasted BLT.....\$5.75

Meatloaf Sandwich

Served hot or cold.....\$7.49

Chicken Parmesan Sandwich...\$6.50

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

Grilled Cheese.....\$4.75

Grilled Cheese with ham or bacon..\$5.75

Tuna Melt.....\$6.25

Atkins Orchard Rubeen.....\$7.95

Choice of lean corned beef, pastrami or turkey breast, with sauerkraut, melted Swiss cheese and Thousand Island dressing on grilled rye.

Chicken Panino.....\$8.95

Atkins' individual focaccia bread, topped with sliced, grilled chicken, hard salami, sliced tomato, onion and melted cheese.

Philly Cheese Steak Grinder..\$8.75

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

PANINI SANDWICHES

The Bare Mountain.....\$8.75

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

The Loaded Quarry.....\$8.75

Blackened Turkey, cheddar cheese, and avocado on sourdough bread.

SALAD BAR

Selection varies daily.

\$6.49 lb.

Howard's Choice Club.....\$8.95

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

GRINDERS

Meatball Grinder.....\$6.50

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

The Italian Grinder.....\$7.95

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.....\$8.99

Veggie Panino.....\$7.95

Atkins' focaccia bread topped with grilled tomato, onions, peppers, mushrooms, broccoli, sliced olives, and melted cheese.

SMALLER APPETITES

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

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

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

Choice of Tuna, Chicken, Ham, Egg or Seafood Salad -or- sliced Turkey, Roast Beef or Ham and a cup of soup of the day.

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

Before placing your order, please inform your server if a person in your party has a food allergy.