

Green Salads

\$8.50 unless noted

Garden Salad

sm \$4.25/ lg \$7.25

Lettuce, tomato, red onion, cucumber, carrot, black olives & alfalfa sprouts

Mediterranean

Lettuce, tomato, red onion, cucumber, kalamata olives, feta, hummus & multigrain flatbread

Antipasto

Lettuce, tomato, red onion, hot salami, provolone, sun-dried tomatoes, kalamata olives & portabella mushroom

Caesar Salad

sm \$4.25/ lg \$7.25

Romaine lettuce, croutons, parmesan, dressing, anchovies optional

Spinach

Baby spinach, carrots, red onions, slivered almonds, dried cranberries & goat cheese

Tex-Mex

Lettuce, tomato, red onion, black olives, roasted red peppers, guacamole

Dressings

Balsamic Vinaigrette, Asiago Ranch, Caesar, Honey Ginger, Italian, Apple Cider Vinaigrette

Additions

Tuna Salad, Chicken Salad, Roasted Chicken Breast, Roasted Tofu

\$2.50

Fresh Baked Roll

\$1.35

About us...

Since 1986 The Black Sheep has been serving the Pioneer Valley with an uncompromising commitment to quality food. We are a delicatessen, all-butter scratch bakery, and café. We make our award-winning sandwiches using the finest quality meats and cheeses, fresh vegetables, and our own freshly baked breads. Our bakers are in every night making delicious croissants, danish, muffins, scones, rolls, and breads. Our pastry chefs work daily to create beautiful cookies, cupcakes, pastries & cakes. Our café serves freshly roasted Dean's Beans organic, fair trade coffees, a large assortment of fine teas, chai, cider, and hot chocolate. Our catering department offers desserts, appetizers, breakfasts, luncheons and dinners for pick up or delivery. We believe that good food, good coffee and good company go hand in hand. The Black Sheep is a great place to meet friends for coffee or lunch, eat dessert after a movie, or sit and work. We believe in being a gathering place for our community, and our live music, open mic, bluegrass jam and special events provide opportunities to come together and have some fun.

Deli Salads

Mediterranean Pasta Salad

\$7.95/ lb

Pasta with red onion, bell peppers, olives, feta, vinaigrette & fresh herbs

Pesto Tortellini Salad

\$7.95/ lb

Cheese tortellini, caramelized onion, roasted red peppers, spinach, and pesto

Red Potato Salad

\$4.75/ lb

Red potatoes, onions & celery in herbed mayo dressing

Vegan Potato Salad

\$4.75/ lb

Golden potatoes, red peppers, scallions in a vinaigrette

Whitefish Salad

\$16.95/ lb

Made fresh, in-house from smoked whitefish & mayo

Tuna Salad

\$7.95/ lb

Traditional tuna salad made with celery, red onion, & mayo

Breakfast Sandwiches

All Sandwiches are \$5.95 (unless noted)

The Basic

\$4.50

Baked 2 egg omelet on your choice of roll, bagel or croissant

The Classic

Baked Omelet, bacon, cheddar on a buttered bagel

Longhorn

Baked omelet, roast beef, American cheese, red onion, herb & garlic mayo on a croissant

Tarragon Chicken Salad

\$12.95/ lb

Roasted chicken breast, celery, tarragon, walnuts in a creamy dressing

Chickpea Salad

\$7.95/ lb

Chickpea, red onion, cucumber, roasted red peppers, olive oil & red wine vinegar

Thai Peanut Noodle Salad

\$7.95/ lb

Lo Mein noodles, carrots, scallions, bell peppers, basil, lime, spicy peanut sauce

Fresh Fruit Salad

\$7.95/ lb

Hummus

\$7.95/ lb

Smooth Egyptian style hummus with notes of lemon, sesame, garlic & olive oil

The Black Sheep

Deli Menu



79 Main St Amherst, MA 01002

(413) 253-3442 blacksheepdeli.com blacksheepdeli@gmail.com

Specialty Sandwiches

Half \$4.50 / Full \$8.50

The Californian

Roasted turkey, sun-dried tomato pesto, red onion & spinach on whole wheat bread

The Club

Roasted turkey, bacon, cheddar, lettuce, tomatoes, red onion & mayo on whole wheat bread

The European

Black forest ham, brie, tomatoes, lettuce & red onion on pumpernickel or rye

Green Monster

Roasted chicken, basil pesto, lettuce, tomatoes & roasted red peppers on a baguette

Nick's Pick

Hot, house-made corned beef, Swiss, Russian dressing & coleslaw on rye

Carnivore

Overstuffed with 1/3 lb of roast beef, horseradish mayo & red onions on pumpernickel

The Combo

Genoa salami, Black forest ham, provolone, roasted red peppers, black olives, tomatoes, red onions, lettuce, olive oil & balsamic vinegar on a baguette

Fowl Play

Roasted chicken, bacon, cheddar, lettuce, tomatoes, herb & garlic mayo on a knot roll

Chicken Caesar Wrap

Roasted chicken, romaine, Caesar dressing, parmesan, roasted red peppers & red onions in a white or wheat wrap

Second Avenue

1/3 lb Hot pastrami, Swiss & country mustard on rye

The New Yorker

Nova salmon, red onions, tomatoes & cream cheese on rye or a bagel

Valley Girl

Smoked turkey, brie, tomatoes, lettuce & honeycup mustard on a baguette

Specialty Sandwiches Cont.

Half \$4.50 Full \$8.50

Southern Comfort

Buffalo chicken, bacon, pepper jack cheese, spicy mayo, lettuce, tomatoes & red onions on a baguette

Southwest Chicken

Roasted chicken, hot sauce, cheddar, lettuce, tomato, red onion & guacamole on a baguette

That's Italian

Sweet sopressata, hot coppa, provolone, sun-dried tomatoes, lettuce, olive oil & balsamic vinegar on a baguette

Triple Bypass

Overstuffed with 1/3 lb of roast beef, Swiss & Russian dressing on rye

TNT

Roasted turkey, portabellas, roasted red peppers, olive tapenade, spinach & red onions on a baguette

Parma Express

Parma prosciutto, parmesan & olive oil on a baguette

Vegetarian Specialty Sandwiches

Jaime's Vegetarian

Hummus, herb & garlic cream cheese, carrots, cucumbers, red onions, tomatoes, lettuce & sprouts in a wrap

The Black Sheep Baguette

Fresh mozzarella, sun-dried tomatoes, pesto & balsamic vinegar on a baguette

Herbivore

Feta, black olives, roasted red peppers, red onions, lettuce, tomatoes & sprouts in a wrap

Purple People Eater

Fresh mozzarella, roasted red peppers, roasted eggplant, olive oil & balsamic vinegar on a baguette

Smokey Joe's

Smoked gouda, tomatoes, spinach, roasted red peppers, olive oil & balsamic vinegar on a baguette

The Great Garlic

Goat cheese, lettuce, eggplant, portabellas, roasted red peppers & caramelized garlic on a baguette

Holy Guacamole

Guacamole, cheddar, lettuce, tomatoes, red onions, carrots, cucumbers, portabellas & sprouts in a wrap

C'est La Brie

Brie, roasted red peppers, spinach & raspberry mustard on a baguette

Vegan Specialty Sandwiches

East Meets West

Roasted tofu, carrots, red onions, roasted garlic sauce & peanut hoisin sauce on a baguette

Humongous Fungus

Marinated portabellas, tomatoes, red onions, lettuce & pickles on a knot roll

Build Your Own Sandwich

Half \$4.25/ Full \$7.25

Roasted Chicken
Buffalo Chicken
Chicken Salad
Roasted Turkey
Smoked Turkey
Black Forest Ham
Prosciutto
Hot Capicola Salami
Genoa Salami
Sweet Sopressata

Half \$2.00/ Full \$3.50

PB & J

Pastrami
House-Made Corned Beef
Roast Beef
House-Made Whitefish Salad
Nova Salmon
Brie
Fresh Mozzarella
Tuna
Roasted Tofu

Half \$2.95/ Full \$4.95

Cheese
BLT
Hummus
Veggie
Portabellas
Eggplant

Our Daily Breads

Multi Grain
Sourdough French
Whole Wheat
Rye

Pumpnickel
Challah
Buttermilk White

Specialty Breads

Add .60

French Baguettes
Wraps: Plain or Whole Wheat
Fresh Rolls: French, Knot, or daily specials

Add \$1.00

Gluten Free Bagels
Gluten Free Bread

Cheeses

Add .60

Cheddar
Swiss
Provolone
American
Pepper Jack
Smoked Gouda
Cream Cheese

Add \$1.50

Brie
Feta
Goat
Fresh Mozzarella

Vegetables

First 4 Free Extra .30 each

Lettuce, Tomatoes, Olives, Red Onions, Sprouts, Carrots, Cucumbers, Roasted Red Peppers, Capers, Spinach, Hot Peppers, Pickles

Mustards

Dijon, Brown Deli Style, Honeycup, Raspberry & Whole Grain Country Style

Mayonnaise

Plain, Garlic & Herb, Horseradish, Spicy

Spreads & Extras

Add .95

Basil Pesto, Sun-dried Tomato Pesto, Caramelized Garlic, Olive Tapenade, Kalamata Olives, Apple Slices, Mango Chutney, Hummus, Bacon, Guacamole, Portabellas, Eggplant