

## 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 & black beans

## Dressings

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

## Additions

Add \$2.75

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

### 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, homemade 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, enjoy our weekly live music, or sit and work. We believe in being a gathering place for our community.

### The Black Sheep Deli

Having Fun With Food Since 1986



## Deli Salads

### Mediterranean Pasta Salad

\$7.75/ lb

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

### Pesto Tortellini Salad

\$7.75/ lb

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

### Red Potato Salad

\$4.50/ lb

Red potatoes, onions & celery in herbed mayo dressing

### Vegan Potato Salad

\$4.50/ lb

Golden potatoes, red peppers, scallions in a vinaigrette

### Whitefish Salad

\$16.50/ lb

Made fresh, in-house from smoked whitefish & mayo

### Tarragon Chicken Salad

\$12.95/ lb

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

### Fresh Fruit Salad

\$7.75/ lb

**Three Bean Salad**  
\$7.75 / lb  
Green beans, kidney beans, and cannellini beans tossed in a vinaigrette

### Tuna Macaroni Salad

\$7.75 / lb

Tuna salad and rotini

### Tuna Salad

\$7.50/ lb

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

## 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

### Florentine

Baked omelet, Goat cheese, spinach, roasted red peppers, sun-dried tomato pesto on Focaccia

### Hamlet

Baked Omelet, Black Forest Ham, Swiss Cheese, roasted red peppers, raspberry mustard on a croissant

### Santa Fe

Baked omelet, black beans, pepper jack, guacamole, tomato, red onion, hot sauce in a wrap

### Longhorn

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

# The Black Sheep

## Deli Menu



79 Main St Amherst, MA 01002

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

Delivery Available with 48 hours notice!

## 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

## More Specialty Sandwiches

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

### East Meets West

Roasted tofu, carrots, red onions, roasted garlic sauce & peanut hoisin sauce on a baguette  
**(vegan)**

### 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

### Humongous Fungus

Marinated portabellas, tomatoes, red onions, lettuce & pickles on a knot roll  
**(vegan)**

## 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  
Pastrami  
House-Made Corned Beef  
Roast Beef  
House-Made Whitefish Salad  
Nova Salmon  
Brie

## Breads

Multi Grain  
Sourdough French  
Whole Wheat  
Rye  
Pumpernickel  
Challah  
Buttermilk White  
Baguettes  
French Roll  
Knot Roll

## Veggies

First 4 Free  
Extra .30 each

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

Half \$2.95/ Full \$4.95

Cheese  
BLT  
Hummus  
Veggie  
Portabellas

## Cheeses

Add \$.60:

Cheddar  
Swiss  
Provolone  
American  
Pepper Jack  
Smoked Gouda  
Cream Cheese

Add \$1.50:

Brie  
Feta  
Goat  
Fresh Mozzarella

## Spreads & Extras

Free:

**Mustards:** Dijon, Brown Deli Style, Honeycup, Raspberry & Whole Grain Country Style

**Mayos:** Plain, Garlic & Herb, Horseradish, Spicy

Add .95

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

## Events at The Black Sheep Deli

### Live Music

**Saturdays:** (1st Sat. of Every Month) Masala Jazz  
**11:30am-1:30pm**

**Sundays:** The Gypsy Wranglers  
**11am-1pm**

### Monthly Community Dinners

*Political Climate Change:  
Community Dinners*

On the first Monday of each month, we will host a free community dinner with a featured guest speaker to talk about what can be done about the monstrosities in the White House.

Visit our Facebook page and website for more information on both upcoming events and monthly community dinners!

