

Green Salads

\$11.50 unless noted

Garden Salad

sm \$5.95/ lg \$9.95
Lettuce, tomato, red onion,
cucumber, carrot, black olives

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 &
portobello mushroom

Caesar Salad

sm \$5.95/ lg \$9.95
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, Parmesan Peppercorn Ranch, Caesar, Italian,
Honey Mustard

Additions

Add \$2.95

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 and pastries. 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

\$8.95 /lb
Pasta with red onion, bell
peppers, olives, feta,
vinaigrette & fresh herbs

Pesto Tortellini Salad

\$8.95 /lb
Cheese tortellini, caramelized
onion, roasted red peppers,
spinach, and pesto

Red Potato Salad

\$5.95/lb
Red potatoes, onions & celery in
herbed mayo dressing

Vegan Potato Salad

\$5.95/lb
Red potatoes, red peppers,
capers, scallions in a mustard
vinaigrette

Tarragon Chicken Salad

\$13.95 /lb
Roasted chicken breast, celery,
tarragon, walnuts, sour cream,
mayo

Fresh Fruit Salad

Watermelon, cantaloupe,
honeydew, pineapple and grapes
\$8.95/lb

Tuna Salad

\$8.95/lb
Traditional tuna salad made
with celery, red onion, & mayo
dressing

Ask about our seasonal salads

Breakfast Sandwiches

All Sandwiches are \$7.95 (unless noted)

The Basic

\$5.95
Baked egg square on your choice
of roll, bagel or croissant

The Classic

Baked egg square, bacon,
cheddar on a buttered bagel

Florentine

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

The All American

Baked egg square, American
cheese, sausage patty on a
buttermilk biscuit

Hamlet

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

Santa Fe

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

Longhorn

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

Gouda Morning

Baked egg square, smoked
gouda, spinach, tomato,
basil pesto on sour dough

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 \$6.50 / Full \$12.75

The Californian

Roasted turkey, sun-dried
tomato pesto, red onion &
spinach on sour dough French

Triple Bypass

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

The European

Black forest ham, brie,
tomatoes, lettuce & red onion
on sour dough French

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 sour dough
French

Parma Express

Prosciutto, parmesan & olive
oil on a baguette

That's Italian

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

TNT

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

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 \$6.50 Full \$12.75

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

The Combo

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

The Club

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

Fowl Play

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

Breads are baked fresh daily and subject to availability

Vegetarian Specialty Sandwiches

Half \$6.25 Full \$12.45

The Black Sheep Baguette

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

Jaime's Vegetarian

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

Herbivore

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

Smokey Joe's

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

Half \$6.25 Full \$11.95

East Meets West

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

The Great Garlic

Goat cheese, lettuce, kalamata olives, portobellos, roasted red peppers & caramelized garlic on a baguette

Holy Guacamole

Guacamole, cheddar, lettuce, tomatoes, red onions, carrots, cukes, portobellos in a wrap

C'est La Brie

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

Humongous Fungus

Hummus, marinated portobellos, tomatoes, red onions, lettuce & pickles on baguette **(vegan)**

Pal's Pick

R. Tofu, Basil Pesto, Herb & Garlic mayo, cukes, fresh mozzarella, carrots, lettuce, onion on Baguette

Build Your Own Sandwich

Half \$4.95/ Full \$9.50

Roasted Chicken
Buffalo Chicken
Chicken Salad
Roasted Turkey
Smoked Turkey
Black Forest Ham
Prosciutto
Hot Capicola Salami
Genoa Salami
Pastrami
House-Made Corned Beef
Roast Beef
Whitefish Salad
Nova Salmon
Cheese
Applewood Smoked Bacon
Tuna
Tofu

Half \$3.75/ Full \$7.25

Veggies Only
Half \$2.50/ Full \$4.50

Peanut Butter and Jelly

Veggies

\$0.80 each

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

Add Ons

Add \$.95:

Cheddar
Swiss
Provolone
American
Pepper Jack
Smoked Gouda
Cream Cheese
Parmesan
Kalamata Olives
Peanut Hoisin

Free:

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

Mayos: Plain, Garlic & Herb,
Horseradish, Spicy

Add \$1.95

Brie
Feta
Goat
Fresh Mozzarella
Guacamole
Basil Pesto
Sun-dried Tomato Pesto
Caramelized Garlic
Black Olive Tapenade
Hummus
Marinated Portobello

Add \$1.99

Bacon

Events at The Black Sheep Deli

Live Music

Every Saturday:

Masala Jazz / Other
11:30am-1:30pm

Sundays:

The Catalytics
11am-1pm

Visit our Facebook page and website for more information on upcoming events !



Need a place for your party, meeting or event? You can rent our dining room!

Call us to learn more.

