

# Our Story...



We treat our customers like our friends...



We began in 1980 with the desire to create a successful business while raising our small children. It was important to us to create a healthy eating alternative for people living an "on the go" lifestyle. So we set out to create a restaurant that would provide the best and freshest ingredients. A place where homemade food could be served fast...in a warm, inviting atmosphere where customers would feel at home.

Putting a second mortgage on our home and relying on the generosity of our friends, the first restaurant was built. **My Friend's Place** was named in honor of the people who helped open our first location. A niche between the area's fast-food and white-tablecloth restaurants was born.

Three years later, we opened a second location, which was a huge step toward our Company's growth. By 1998, we had six locations throughout the metro Atlanta area.

Even though our menu includes some delicious homemade desserts, we believe that a healthy lifestyle should involve exercising regularly and eating a balanced diet that includes a variety of natural foods.

The menu has slowly changed throughout the years. From our early days of offering **homemade egg, chicken and tuna salad** we have now added deli sandwiches, wraps, and catering. Our menu will continue to evolve to provide our customers with a wider array of healthy food choices.

Thanks to our LOYAL customers, hardWORK, great FOOD, dedicated FRANCHISE OWNERS and our dear FRIENDS, **My Friend's Place** has prospered.

THANK YOU for patronizing My Friend's Place.

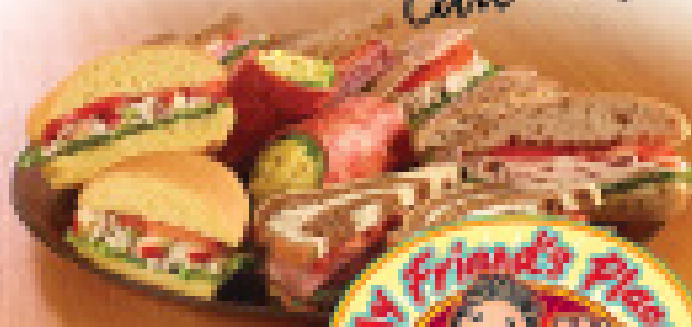
Be sure to visit our website at [www.myfriendsplacedeli.com](http://www.myfriendsplacedeli.com) and take our wellness quiz found under Menu and Nutrition.

## GEORGIA

Alpharetta	1545 McFarland Rd .....678-879-0200
	670 N Main St.....770-667-8414
Atlanta	231 Peachtree St. NE (Main Fl) 404-844-4044
	★ 5952 Roswell Rd NE .....404-252-6280
Duluth	6601 Sugarloaf Pkwy .....770-814-2466
Marietta	1205 Johnson Ferry Rd..... 770-971-0124
Norcross	5450 Peachtree Pkwy..... 770-446-8629
Roswell	690 Holcomb Bridge Rd ..... 770-594-9117

For online ordering, go to:  
[mfpsugarloaf.com](http://mfpsugarloaf.com)

Ask about our Catering!



[www.myfriendsplacedeli.com](http://www.myfriendsplacedeli.com)  
For Franchise Info, Call 800.882.9436



# Dine In • Take Out • Catering

Serving Quality Food  
Since 1980

## Prepared Fresh. Simply Delicious!

770.814.2466  
770.814.2466 Fax  
6601 Sugarloaf Parkway #210  
Duluth, GA. 30097  
[mfpsugarloaf.com](http://mfpsugarloaf.com)

[myfriendsplacedeli.com](http://myfriendsplacedeli.com)

## Specialty Sandwiches

Your choice of bread. These are specialties of the house.

- CHICKEN SALAD** ..... \$6.35  
Chunky white meat chicken made with apples, pecans and a sprinkling of diced celery. Served with lettuce
- TUNA SALAD** ..... \$5.85  
Light tuna made with a sprinkling of diced celery. Served with lettuce
- EGG SALAD** ..... \$4.95  
Freshly boiled eggs. Served with lettuce
- TUNA & EGG SALAD** ..... \$5.75  
Served with lettuce

## Deli and Clubs

Your choice of whole wheat, marble rye, French, white, or pita.

- TURKEY** ..... \$5.95  
Served with lettuce and tomato
- HAM** ..... \$5.95  
Served with lettuce and tomato
- ROAST BEEF** ..... \$6.10  
Served with lettuce and tomato
- BLT** ..... \$4.85  
Bacon, lettuce and tomato
- CLUB MFP** ..... \$6.70  
Turkey, ham, bacon, Swiss and American cheese, lettuce, tomato
- THE CYCLIST** ..... \$6.85  
Turkey, avocado, provolone, lettuce, tomato, 1000 Island
- THE SWIMMER** ..... \$6.85  
Tuna, avocado, provolone, lettuce, tomato, 1000 Island
- THE TRI ATHLETE** ..... \$7.35  
Roast beef, turkey, ham, bacon, cheddar, lettuce, tomato, mayo, mustard
- THE ROAD RUNNER** ..... \$6.25  
Turkey, provolone, lettuce, tomato, creamy Italian

## Wraps

All items in sun dried tomato tortilla.

- VEGGIE** ..... \$4.95  
Romaine, Swiss, cheddar, mushrooms, tomato, cucumber, choice of dressing
- CHICKEN CAESAR** ..... \$5.85  
Grilled chicken, romaine lettuce, Parmesan cheese, croutons, and Caesar dressing
- CALIFORNIAN** ..... \$5.70  
Romaine lettuce, avocado, Swiss, cucumbers, tomato, and 1000 Island dressing
- WEST COAST TUNA SALAD** ..... \$6.50  
Tuna salad, avocado, cucumbers, lettuce, and tomato
- SOUTHWESTERN TURKEY** ..... \$6.85  
Turkey, avocado, Swiss, lettuce, tomato, cucumbers, and ranch dressing
- WEST COAST CHICKEN SALAD** ..... \$6.85  
Chicken salad, avocado, cucumbers, lettuce, and tomato

## Bread Choices

WHITE, WHEAT, MARBLE RYE, SOURDOUGH, PUMPERNICKEL, PITA (WHITE & WHEAT), FRENCH, SUN-DRIED TOMATO WRAP

## Hot Melts

All heated in pita bread.

- TUNA MUSHROOM MELT** ..... \$6.10  
Tuna salad, mushrooms, and Swiss cheese in pita bread
- CHICKEN SALAD MELT** ..... \$6.60  
Chicken salad, tomatoes, and cheddar cheese in pita bread
- TURKEY BROCCOLI MELT** ..... \$6.35  
Turkey, broccoli, and mozzarella cheese with 1000 Island (on the side) in pita bread

## Hot Deli Sandwiches

- THE ALL AMERICAN** ..... \$6.35  
Ham and Swiss cheese, honey mustard, onions, and tomatoes on French roll
- THE NEW YORKER** ..... \$6.35  
Corned beef, pastrami, onions, Swiss, and spicy mustard on marble rye
- ROAST BEEF & CHEDDAR** ..... \$6.70  
Roast beef, cheddar, onions, mushrooms, and horseradish sauce on French bread
- REALLY HOT ROAST BEEF** ..... \$6.70  
Roast beef, cheddar, jalapeños, sliced pickles and horseradish sauce on French bread
- TURKEY BACON** ..... \$6.85  
Turkey, bacon, provolone, lettuce, tomato, and creamy Italian
- GRILLED CHICKEN** ..... \$6.35  
Grilled chicken, Swiss, lettuce, tomato, and honey mustard on French roll
- GRILLED CHICKEN MUSHROOM MELT** ..... \$6.60  
Grilled chicken, ham, provolone, mushrooms, and honey mustard on French roll
- GRILLED CHEESE** ..... \$2.95  
American cheese on white bread, grilled

## Reubens\*

\*Ask for it Southern Style-substitute cole slaw instead of sauerkraut.

- CORNED BEEF** ..... \$6.45  
Swiss cheese, sauerkraut, our homemade 1000 Island dressing on marble rye
- TURKEY** ..... \$6.45  
Swiss cheese, sauerkraut, our homemade 1000 Island dressing on marble rye
- PASTRAMI** ..... \$6.45  
Swiss cheese, sauerkraut, our homemade 1000 Island dressing on marble rye  
Includes chips and child size drink. Ages 12 and under.

## Kids Menu

- HAM SANDWICH** ..... \$3.90
- TURKEY SANDWICH** ..... \$3.90
- GRILLED CHEESE** ..... \$3.90
- KIDS TUNA SANDWICH** ..... \$3.90
- PEANUT BUTTER & JELLY SANDWICH** ..... \$3.90

Includes chips and child size drink. Ages 12 and under.

## Salads

The house dressing is homemade garlic 1000 Island.  
We also offer Caesar, Balsamic vinaigrette, Italian, ranch, light ranch, bleu cheese, honey mustard and a fat free honey dijon dressing.

- GARDEN SALAD** ..... \$3.95  
Romaine lettuce, tomatoes, cucumber, carrots, broccoli, choice of dressing
- CHEF SALAD** ..... \$6.95  
Romaine lettuce, ham, turkey, swiss, cheddar, tomatoes, carrots, cucumbers, broccoli, 1/2 hard boiled egg, choice of dressing
- GRILLED CHICKEN** ..... \$6.75  
Romaine lettuce, grilled chicken breast, mozzarella cheese, broccoli, tomatoes, choice of dressing
- CHICKEN CAESAR** ..... \$6.75  
Romaine lettuce, grilled chicken breast, Parmesan cheese, croutons, Caesar dressing
- SOUP and SALAD** ..... \$5.95  
Cup of soup with a garden salad
- CHICKEN SALAD** ..... \$6.70  
Romaine lettuce, chicken salad, tomatoes, carrot stick
- TUNA SALAD** ..... \$6.50  
Romaine lettuce, tuna salad, tomatoes, carrot stick
- EGG SALAD** ..... \$5.50  
Romaine lettuce, egg salad, tomatoes, carrot stick
- TUNA & EGG SALAD** ..... \$5.85  
Romaine lettuce, tuna salad, egg salad, tomatoes, carrot stick
- TRIO SALAD** ..... \$6.95  
Romaine lettuce, chicken salad, tuna salad, egg salad, tomatoes, carrot stick
- CHICKEN AVOCADO** ..... \$6.85  
Romaine lettuce, chicken salad, avocado, tomatoes, carrot stick
- TUNA AVOCADO** ..... \$6.60  
Romaine lettuce, tuna salad, avocado, tomatoes, carrot stick

## Soups, Sides and Extras

- CUP/BOWL OF SOUP** ..... \$2.25/\$4.50
- CHEESE** ..... \$1.50  
Swiss, Cheddar, Provolone, Mozzarella & American
- LAYS® POTATO CHIPS** ..... \$1.25
- PASTA SALAD** ..... \$1.25
- POTATO SALAD** ..... \$1.25
- COLE SLAW** ..... \$1.25
- CARROT STICKS** ..... \$1.00
- BACON** ..... \$1.00
- AVOCADO** ..... \$1.00
- BEVERAGES** ..... \$1.39/\$1.89

## Desserts

You'll love our desserts! Made with fresh eggs, real vanilla, and fresh ingredients.  
Our cookies are made throughout the day!

- ASSORTED COOKIES (2 Pack)** ..... \$1.90
- CAKES** ..... \$2.45
- BROWNIES** ..... \$1.95