

Extras

EXTRAS FOR YOUR SANDWICH.....	Each \$.40
Mushrooms, Cheddar, American, Swiss or Provolone cheese, broccoli, sprouts, onions or egg.	
LAYS® POTATO CHIPS.....	\$1.30
POTATO SALAD.....	\$1.30
HAM OR TURKEY, 1 oz.....	\$.99
♥ CARROT STICKS with one dressing.....	\$1.30
AVOCADO.....	\$1.50
BACON.....	\$.99

Soups

OUR SOUPS CHANGE DAILY! Some of our favorites include lobster bisque, cream of potato with bacon, vegetable beef, chicken noodle, chicken dumpling, and chicken wild rice.

CUP.....	\$2.25
BOWL.....	\$4.25
1/2 SANDWICH, SOUP & DRINK.....	\$6.85

Beverages

LUZIANNE® ICED TEA.....	\$1.59	\$1.89
MAXWELL HOUSE® COFFEE.....		\$1.09
CRYSTAL LIGHT® LEMONADE.....	\$1.59	\$1.89
APPLE JUICE.....	\$1.29	\$1.99
MILK (1% or Reg.).....	\$1.29	\$1.99



FREE REFILLS..... \$1.59..... \$1.89

♥ As a participant in the Emory HeartWise™ Program, we feature menu items that are lower in fat, cholesterol, and sodium. These selections are consistent with The Emory Heart Center and American Heart Association guidelines.

Desserts

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

CHOCOLATE CHIP COOKIES.....	\$1.75	CARROT CAKE.....	\$1.79
FUDGE BROWNIE.....	\$1.79	SOUR CREAM CAKE.....	\$1.79
CHOCOLATE CAKE.....	\$1.79		

WHOLE CAKES ARE AVAILABLE!

Catering Trays & Delivery Are Available at Each of Our Locations.

Prices on this menu may vary for delivery, where available.

Each store is individually owned. Prices and policies may vary.



**690 Holcomb Bridge Road
Roswell, GA 30075
Phone: (770) 594-9117**

View our menu online: www.mfproswell.com

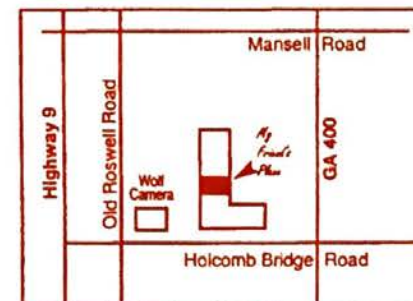
Menu

Try Our
Sandwich Trays

for your Business Meetings, Luncheons, etc.

Also Available:

Dessert Platters, Salads, Fresh Baked Cookies, Drinks



ESTABLISHED 1980

Popular Deli Sandwiches

Your choice of whole wheat, rye, white, wraps, sourdough, pita or croissant.

CHUNKY CHICKEN SALAD	Reg: \$6.65 / Mini: \$5.05
Large chunks of tender white meat chicken, apples, pecans and celery with a touch of mayonnaise. Served with lettuce. A customer favorite!	
EGG SALAD	Reg: \$5.45 / Mini: \$4.35
Freshly made egg salad. Served with lettuce.	
TUNA SALAD	Reg: \$6.35 / Mini: \$4.95
Our tuna is perfectly blended with mayonnaise, chopped celery and pepper. Served with lettuce.	
TUNA & EGG SALAD COMBO	Reg: \$6.05 / Mini: \$4.65
A pleasantly tasteful mix of our own egg and tuna salads served on your choice of bread with lettuce.	
CLUB	\$6.15
Imported ham, oven-roasted turkey breast, American & Swiss cheeses, lettuce and tomato.	
CLUB DELUXE	\$6.65
Same as above plus an order of our crispy bacon.	
TURKEY AVOCADO CLUB	\$6.85
oven-roasted turkey breast with Provolone, avocados, bacon, tomatoes, lettuce.	
BLT	\$4.75
Traditional BLT on toasted white bread with mayonnaise.	
Tex Mex BLT	\$6.25
Traditional BLT on your choice of bread with avocados.	
♥ OVEN-ROASTED TURKEY BREAST & CHEESE	\$5.95
Sliced, natural 98% fat free, low sodium breast of turkey. Served with lettuce, tomatoes, cheese and your choice of mayonnaise, mustard or both. A very light and healthy choice.	
HAM & SWISS CHEESE	\$5.95
A traditional deli choice of ham and imported cheese. Offered with your choice of tomatoes, mayonnaise, mustard or both. Served with lettuce.	
GRILLED CHEESE (add Bacon for only 99¢)	\$2.75
American cheese melted between two slices of white bread, grilled to perfection.	
ROAST BEEF SWISS	\$6.45
On your choice of bread and condiments.	

Hot Sandwiches

These are the specialties of the house!

TUNA MUSHROOM MELT	Reg: \$6.75 / Mini: \$5.15
A generous portion of our delicious tuna salad covered with fresh mushrooms and imported Swiss cheese grilled on your choice of bread.	
CHICKEN CHEDDAR MELT	Reg: \$6.85 / Mini: \$5.25
A heaping portion of our chunky chicken salad in pita, covered with fresh, ripe mushrooms and cheddar cheese grilled on your choice of bread.	
TURKEY REUBEN	\$6.45
Our healthier version of the popular grilled sandwich made with imported Swiss cheese, oven-roasted turkey breast, sauerkraut and homemade garlic thousand island dressing on rye.	
GRILLED TURKEY PASTRAMI	\$6.55
Turkey pastrami grilled on rye bread with Swiss cheese and mustard.	
♥ TURKEY BROCCOLI MELT	\$6.45
A delicious low-fat choice. Sliced oven-roasted turkey in a pita with fresh broccoli and Provolone cheese, heated. We suggest mustard as a tasty dressing.	

*** Roast Beef, Turkey, Ham and Swiss can be grilled on request

Wraps

TUNA or CHICKEN AVOCADO WRAP	\$6.85
Tuna or Chicken, fresh avocados, tomatoes and lettuce, wrapped in a tortilla.	
♥ GRILLED CHICKEN WRAP	\$7.05
Tender grilled chicken, bacon, tomatoes, lettuce, cheddar cheese wrapped in a tortilla and served with your choice of dressing.	
TURKEY AVOCADO WRAP	\$6.85
Fresh sliced turkey with avocados, tomatoes, Swiss cheese, lettuce, and sprouts wrapped in a tortilla with your choice of dressing.	
GRILLED TURKEY TORTILLA	\$6.85
Fresh sliced oven-roasted turkey breast Provolone cheese, tomatoes, grilled. Served with a creamy italian dressing.	
VEGGIE WRAP	\$6.65
Avocado, sprouts, tomatoes, salad mix, Provolone cheese wrapped in a tortilla.	
♥ GRILLED CHICKEN BREAST AVOCADO WRAP	\$7.45
Heart friendly choice of tasty grilled chicken breast, sliced avocados, tomatoes, bacon, lettuce and Swiss cheese served in a wrap.	

Salads

Our basic salad mix contains lettuce, carrots, and red cabbage. We offer crackers and any of the following dressings: Homemade Garlic Thousand Island, Creamy Italian, Light Italian, Light Ranch, Honey Mustard, and a fat-free choice. Some of our stores may have additional choices, so be sure to ask!

LUNCHEON SALAD	\$4.35
Our house salad mix with tomatoes, a carrot stick and a half slice of Cheddar cheese.	
SIDE SALAD	\$2.85
Lite size portions of our house salad mix with tomato, broccoli, sprouts and a carrot stick. A great addition with any of our sandwiches.	
CHEF SALAD	\$6.95
Ham, Oven-Roasted Turkey breast, Swiss and Cheddar cheeses, egg, house salad mix, tomatoes and a carrot stick. This is a meal!	
MINI CHEF SALAD	\$5.95
Oven-Roasted Turkey breast, Swiss cheese, 1/2 egg, house salad mix, tomatoes and a carrot stick.	
♥ GRILLED CHICKEN BREAST SALAD	\$6.85
Strips of grilled chicken on top of our house salad mix with Provolone cheese.	
CALIFORNIAN SALAD	\$5.35
Avocados, sprouts, broccoli, tomatoes, on top of house salad mix with Provolone cheese.	

Plates

TUNA SALAD PLATE	\$6.35
Two scoops of our delicious tuna on a crisp bed of lettuce garnished with tomato slices and a crispy carrot stick. Served with your choice of crackers.	
CHUNKY CHICKEN SALAD PLATE	\$6.65
EGG SALAD PLATE	\$5.45
TUNA & EGG SALAD PLATE	\$6.05
TUNA or CHICKEN SALAD AVOCADO PLATE	Tuna: \$6.75 / Chicken: \$6.95
A scoop of tuna salad or chicken salad, freshly sliced California avocado, tomato slices and crackers over our house salad mix.	