

Our Story...



We treat our customers Like Our Friends...



Locally Owned and Operated

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 1990, 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, hard WORK, 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
Atlanta	231 Peachtree St. NE (Main Fl) ..	404-844-404
Atlanta	★ 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 Visit:

[www.mfpsandysprings.com](http://www.mfpsandysprings.com)

Ask about our Catering!



Prepared Fresh. Simply Delicious!

404.252.6280  
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404.252.3044 Fax

Dine In • Take Out • Catering

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



## Specialty Sandwiches

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

<b>CHICKEN SALAD</b> .....	<b>\$6.25</b>
Chunky white meat chicken made with apples, pecans and a sprinkling of diced celery. Served with lettuce	
<b>TUNA SALAD</b> .....	<b>\$6.15</b>
Light tuna made with a sprinkling of diced celery. Served with lettuce	
<b>EGG SALAD</b> .....	<b>\$5.75</b>
Freshly boiled eggs. Served with lettuce	
<b>TUNA &amp; EGG SALAD</b> .....	<b>\$6.00</b>
Served with lettuce	

## Deli and Clubs

Your choice of bread; whole wheat, marble rye, white, sour dough, French roll or pita.

<b>TURKEY</b> .....	<b>\$5.75</b>
Served with lettuce and tomato	
<b>HAM</b> .....	<b>\$5.50</b>
Served with lettuce and tomato	
<b>ROAST BEEF</b> .....	<b>\$6.50</b>
Served with lettuce and tomato	
<b>BLT</b> .....	<b>\$5.75</b>
Bacon, lettuce and tomato and mayonnaise	
<b>CLUB MFP</b> .....	<b>\$7.00</b>
Turkey, ham, bacon, Swiss and American cheese, lettuce, tomato	
<b>CYCLIST</b> .....	<b>\$7.25</b>
Turkey, avocado, provolone, lettuce, tomato, 1000 Island	
<b>SWIMMER</b> .....	<b>\$7.25</b>
Tuna, avocado, provolone, lettuce, tomato, 1000 Island	
<b>THE TRI ATHLETE</b> .....	<b>\$8.00</b>
Roast beef, turkey, ham, bacon, cheddar, lettuce, tomato, mayo, mustard	

## Wraps

Your choice of wrap; spinach, tomato or whole wheat.

<b>VEGGIE</b> .....	<b>\$6.00</b>
Romaine, Swiss, cheddar, mushrooms, tomato, cucumber, choice of dressing	
<b>CHICKEN CAESAR</b> .....	<b>\$6.75</b>
Grilled chicken, romaine lettuce, Parmesan cheese, croutons, and Caesar dressing	
<b>CALIFORNIAN</b> .....	<b>\$6.50</b>
Romaine lettuce, avocado, Swiss, cucumbers, tomato, and 1000 Island dressing	
<b>WEST COAST TUNA SALAD</b> .....	<b>\$7.00</b>
Tuna salad, avocado, cucumbers, lettuce, and tomato	
<b>SOUTHWESTERN TURKEY</b> .....	<b>\$7.25</b>
Turkey, avocado, Swiss, lettuce, tomato, cucumbers, and ranch dressing	
<b>WEST COAST CHICKEN SALAD</b> .....	<b>\$7.00</b>
Chicken salad, avocado, cucumbers, lettuce, and tomato	

## Special Choices

<b>TEX-MEX BLT</b> .....	<b>\$6.75</b>
Lettuce, tomatoes, bacon, turkey, avocado and chili mayo served on choice of bread	
<b>EGG SALAD BLT</b> .....	<b>\$6.75</b>
Lettuce, tomatoes and bacon served on choice of bread	

## Hot Melts

All heated in pita bread.

<b>TUNA MUSHROOM MELT</b> .....	<b>\$6.75</b>
Tuna salad, mushrooms, and Swiss cheese in pita bread	
<b>CHICKEN SALAD MELT</b> .....	<b>\$6.75</b>
Chicken salad, tomatoes, and cheddar cheese in pita bread	
<b>TURKEY BROCCOLI MELT</b> .....	<b>\$6.75</b>
Turkey, broccoli, and Provolone cheese with 1000 Island in pita bread	

## Hot Deli Sandwiches

<b>THE ALL AMERICAN</b> .....	<b>\$6.25</b>
Ham and Swiss cheese, honey mustard, onions, and tomatoes on French roll	
<b>THE NEW YORKER</b> .....	<b>\$6.75</b>
Corned beef, onions, Swiss, and spicy mustard on marble rye	
<b>ROAST BEEF &amp; CHEDDAR</b> .....	<b>\$7.50</b>
Roast beef, cheddar, onions, mushrooms, and horseradish sauce on French bread	
<b>REALLY HOT ROAST BEEF</b> .....	<b>\$7.50</b>
Roast beef, cheddar, jalapeños, sliced pickles and horseradish sauce on French bread	
<b>TURKEY BACON</b> .....	<b>\$7.25</b>
Turkey, bacon, provolone, lettuce, tomato, and creamy Italian	
<b>GRILLED CHICKEN</b> .....	<b>\$7.00</b>
Grilled chicken, Swiss, lettuce, tomato, and honey mustard on French roll	
<b>GRILLED CHICKEN MUSHROOM MELT</b> .....	<b>\$7.50</b>
Grilled chicken, ham, provolone, mushrooms, and honey mustard on French roll	
<b>GRILLED CHEESE</b> .....	<b>\$4.25</b>
American cheese on choice of bread, grilled	

## Reubens\*

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

<b>CORNED BEEF</b> .....	<b>\$7.00</b>
Swiss cheese, sauerkraut, our homemade 1000 Island dressing on marble rye	
<b>TURKEY</b> .....	<b>\$7.00</b>
Swiss cheese, sauerkraut, our homemade 1000 Island dressing on marble rye	

## Kids Menu

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

<b>HAM SANDWICH</b> .....	<b>\$5.50</b>
<b>TURKEY SANDWICH</b> .....	<b>\$5.50</b>
<b>GRILLED CHEESE</b> .....	<b>\$5.50</b>
<b>KIDS TUNA SANDWICH</b> .....	<b>\$5.50</b>
<b>KIDS EGG SALAD SANDWICH</b> .....	<b>\$5.50</b>

## Salads

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

<b>GARDEN SALAD</b> .....	<b>\$5.50</b>
Romaine lettuce, tomatoes, cucumber, carrots, broccoli, choice of dressing	
<b>CHEF'S SALAD</b> .....	<b>\$8.00</b>
Romaine lettuce, ham, turkey, swiss, cheddar, tomatoes, carrots, cucumbers, broccoli, and 1/2 hard boiled egg	
<b>GRILLED CHICKEN</b> .....	<b>\$7.95</b>
Romaine lettuce, grilled chicken breast, Provolone cheese, broccoli, tomatoes	
<b>CHICKEN CAESAR</b> .....	<b>\$7.50</b>
Romaine lettuce, grilled chicken breast, Parmesan cheese, croutons, Caesar dressing	
<b>CHICKEN SALAD</b> .....	<b>\$7.00</b>
Romaine lettuce, chicken salad, tomatoes, carrot stick	
<b>TUNA SALAD</b> .....	<b>\$7.00</b>
Romaine lettuce, tuna salad, tomatoes, carrot stick	
<b>EGG SALAD</b> .....	<b>\$6.25</b>
Romaine lettuce, egg salad, tomatoes, carrot stick	
<b>TUNA &amp; EGG SALAD</b> .....	<b>\$6.50</b>
Romaine lettuce, tuna salad, egg salad, tomatoes, carrot stick	
<b>TRIO SALAD</b> .....	<b>\$8.25</b>
Romaine lettuce, chicken salad, tuna salad, egg salad, tomatoes, carrot stick	
<b>CHICKEN AVOCADO</b> .....	<b>\$7.25</b>
Romaine lettuce, chicken salad, avocado, tomatoes, carrot stick	
<b>TUNA AVOCADO</b> .....	<b>\$7.25</b>
Romaine lettuce, tuna salad, avocado, tomatoes, carrot stick	

## Soups, Sides & Extras

<b>CUP/BOWL OF SOUP</b> .....	<b>\$2.50/\$4.50</b>
<b>CUP/BOWL PREMIUM SOUP</b> .....	<b>\$3.50/\$5.50</b>
<b>CHEESE</b> .....	<b>\$ .60</b>
Swiss, Cheddar, Provolone & American	
<b>LAYS® POTATO CHIPS</b> .....	<b>\$1.35</b>
<b>PASTA SALAD</b> .....	<b>\$1.35</b>
<b>POTATO SALAD</b> .....	<b>\$1.35</b>
<b>COLE SLAW</b> .....	<b>\$1.35</b>
<b>CARROT STICKS</b> .....	<b>\$1.35</b>
<b>BACON</b> .....	<b>\$1.35</b>
<b>AVOCADO</b> .....	<b>\$1.65</b>
<b>BEVERAGES</b> .....	<b>\$1.59/\$1.99</b>

## Desserts

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

<b>ASSORTED COOKIES (2 Pack)</b> .....	<b>\$1.95</b>
<b>CAKES</b> .....	<b>\$2.95</b>
<b>BROWNIES</b> .....	<b>\$2.25</b>