

Meats/Cheeses/Salads
Per Pound

Roast Beef	\$11.59
Corned Beef	\$10.49
Maple turkey	\$ 9.89
Salami	\$ 9.69
Sausalito	\$ 9.49
OR Turkey	\$ 8.99
BBQ Chicken	\$ 8.39
Maple Ham	\$ 8.49
Deluxe Ham	\$ 8.49
Bologna	\$ 5.69
Liverwurst	\$ 5.69
Baby Swiss	\$ 9.39
Swiss	\$ 9.39
Cheddar	\$ 9.19
Provolone	\$ 7.89
Pepperjack	\$ 7.79
Pepperoni	\$ 7.39
American	\$ 6.39
Tuna/Mac Salad	\$ 6.79
Tortellini Salad	\$ 8.49
Potato Salad	\$ 5.49
Tuna Salad	\$ 6.29
Chicken Salad	\$ 6.49
Egg Salad	\$ 4.89
Macaroni & cheese	\$ 9.99
Mac & cheese w/ham	\$10.69

Breakfast Served
6:30am – 10:30am Mon-Fri
6:30am-11:00am Sat & Sun

Breakfast Sandwich: choice ham, sausage, bacon, cheese, bagel, toast, English muffin or croissant \$4.29
No meat \$3.49

Carolhammy: Scrambled egg, Honey ham, Swiss, grilled to perfection on sourdough bread w/home fries \$6.99

Basic: 2 eggs, toast, sausage or bacon & home fries \$6.79

Hearty Man's: 3 eggs, toast hash & home fries \$6.89

Flap Jacks: 2 cakes, bacon or sausage \$5.49

French Toast: 2 slices of sourdough bread w/choice of bacon or sausage \$5.49

Omelet: 3 eggs, cheese, diced ham, peppers & onions, choice of bacon or sausage, home fries & toast \$7.49

Oatmeal: Organic oats, apple slices, raisins & pecans \$4.29

Sides:	Home fries	\$1.89	Hash	\$1.99
	Sausage, bacon or ham			\$2.19
	Extra egg			\$.60
	Toast			\$.80

CHILDREN'S MENU – UNDER 12 PLEASE

One egg, bacon & toast	\$2.99
One pancake w/bacon	\$3.29
One French Toast w/bacon	\$3.29

Specialty Sandwiches

Ham Zinger Wrap: Honey ham, pepper jack, spiced pineapple sauce, lettuce, tomato, onion on a wheat wrap. \$8.39

Buccaneer: Seasoned chicken, cheddar cheese, bacon, lettuce, tomato, onion w/Ranch dressing \$8.89

J. Appleseed: Honey ham, cheddar, Apple Butter, honey mustard, onion & lettuce on a toast roll \$8.79

Gobbler: Oven roasted turkey, stuffing, cranberry sauce, mayo on hearty white bread \$7.99

Times Square: Honey turkey, bacon, melted Swiss, lettuce & onion on hearty white \$8.79

Captain Ahab: Homemade tuna salad w/Swiss & provolone grilled choice of bread \$6.99

Super Freak: Roast beef, American, lettuce, tomato, onion, pepperoni w/horseradish sauce on sourdough \$8.89

Classic Reuben: Corned beef, Swiss, sauerkraut & Thousand Island dressing on rye \$8.59

Shepherd's Pie: Angus beef, onion, corn, potatoes & cheddar cheese. \$6.89

Carolyn's Goulash: Angus beef, onion, tomatoes, salt & pepper, macaroni \$5.99

Meatloaf Sandwich: Angus beef, choice of bread & cheese (contains egg) \$7.99

Turkey Club: Oven roasted turkey, bacon, cheese, lettuce, tomato piled high \$8.69

Chef Salad w/Chicken: Seasoned chicken, mixed greens, tomato, cheddar, cucumber & egg \$6.99

BLT: Bacon, Lettuce & tomato \$5.99

Grilled Cheese: choice of cheese & bread \$3.99

Vegetarian: Lettuce, tomato, red onion, black olives, Swiss, mayo & balsamic vinaigrette. Choice of wrap or bread %5.99

Egg Salad: Egg, parsley, Dijon mustard, mayo, lettuce, salt & pepper choice of bread \$5.49

Tuna or Chicken Plate: Tuna salad or chicken salad served on a bed of lettuce, egg, cucumber and tomato \$5.99

Tuna Salad Sandwich: Tuna salad, lettuce, mayo w/choice of bread \$6.29

Chicken Salad Sandwich: Chicken salad, lettuce, mayo w/choice of bread \$6.29

Italian Wrap: Seasoned Chicken, lettuce, tomato, provolone \$6.29

Italian Grinder: Honey ham, salami, bologna, lettuce, tomato, onion, oregano & oil on a 6" grinder roll \$7.99

Daily Homemade (from scratch) Soup \$4.99

½ Deli Sandwich \$3.79

Please inform your server if someone in your party has a food allergy

Papa's Panini Specials

ALL AMERICAN

Roast Beef, Oven roasted turkey,
Swiss cheese & deli mustard

BBQ CHICKEN

BBQ chicken, cheddar & BBQ sauce

CAJUN TURKEY & BACON

Maple Turkey, bacon, cheddar,
onions Cajun-seasoned mayonnaise

CHICKEN PARMESAN

Seasoned chicken, marinara sauce &
provolone

SOUTHWEST SIZZLER

Sausalito turkey, pepper jack, roasted
red peppers, salsa and ranch dressing

TUSCAN CHICKEN

Seasoned Chicken, roasted red
peppers, provolone & basil pesto

All Panini's are served and grilled on
Focaccia bread
Included chips & a pickle
\$8.89

www.papashealthyfoodandfuel.com



2000 East Otis Road
East Otis, MA 01029
413-269-7779

413-269-7782

Sunday 6am – 9pm
Mon – Thurs 5:30am – 9pm
Friday 5:30am – 10pm
Saturday 6am – 9pm

Deli Hours

Monday – Friday 6:30am – 3pm
Saturday & Sunday 6:30am- 4pm

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