| $\star$ PAFAO + STUEFHRS $\star$ |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Cheese Pazzo Bread Fresh baked dough seasoned with garlic, herbs, cheeses with a dipping sauce |  |  | 6.50 \| 1080 cal |  |
| Stuffers <br> Meat, Veggie or Cheese with a dipping sauce |  | Half Dozen Dozen | $\begin{array}{r} 7.50 \text { \| 1040-1280 cal } \\ 12.75 \mid 1990-2400 \mathrm{cal} \end{array}$ |  |
|  |  |  |  |  |
| $\star$ FRESF SATADS $\star$ |  |  |  |  |
| Garden Salad | 7.25 \| 60 cal | Caesar Salad with |  |  |
| Chef Salad | 9.95 \| 300 cal | Grilled Chicken |  | 9.95 \| 510 ca |
| Greek Salad | 9.95 \| 220 cal | Grilled Chicken |  |  |
| Caesar Salad | 7.95 \| 350 cal | Breast Salad |  | 9.95 \| 460 ca |
| Antipasto Salad | 9.95 \| 370 cal | Chicken Salad Plate |  | 9.95 \| 500 ca |
|  |  | Tuna Salad | Plate | 9.95 \| 490 ca |
| * ON MFIP SIDF $\star$ |  |  |  |  |
| Chicken Tenders (Regular or Buffalo) |  |  | 7.50 \| 430 cal |  |
| Hot Wings |  | One DozenTwo Dozen | 13.75 \| 1580 cal |  |
|  |  |  | 26.50 | \| 3170 cal |
| Oven Baked French Fries |  |  | 3.25 | 370 cal |
| Onion Rings |  |  | 4.99 \| 560 cal |  |
|  | * PNTRAS $*$ |  |  |  |
| Meatballs |  | Each | 2.00 | \| 130 cal |
| Italian Sausage |  | Each | 2.20 | 250 cal |
| Sauce |  | Scoop | . 95 | \| 50 cal |

Visit amatos.com for a complete list of Amato's locations in Maine, New Hampshire, Massachusetts and Vermont

## VISIT YOUR LOCAL AMATO'S

Call ahead and we'll have your order ready

## HOLDEN AMATO'S

1024 Main Road
Holden, ME 04429
Phone: 207.843.0888
Conveniently Located Inside
G\&M Family Market

## GREAT FRESH FOOD SINCE 1902

A
Ithough we may be a bit biased, we are extremely convinced that the more you eat our fresh-made, great-tasting food the more you'll love us. It's true.

While there are no scientific studies to back that claim, we do know that we have been pleasing hungry people just like you with great Italian foods since 1902. Back then, when Giovanni Amato started
selling sandwiches to the hungry workers on Portland's waterfront, he
committed himself to using the freshest ingredients he could

> find and serving
his creations at a fair price.
In fact, Giovanni invented the very popular Amato's Italian way back then. Served on fresh bread baked by his family.

Over the years we've added to our menu and now offer pizza
pasta, pazzo bread, wraps... all kinds of tasty treats to help you feed your hungry self and/ or your family and friends. But we remain intensely committed to freshness and flavor.

Welcome to Amato's. How can we feed you today?

## TAKE-OUT <br> MENU



## PIZZA $\star$ PASTA SANDWICHES

Great fresh food since<br>1902

## * ORIGINAL ITALIAN SANDWICHES $\star$

* HOT SANDWICHES $\star$

Classic Italian Cold Cut Genoa salami, capicola, prosciutto, provolone Amato's Original Real Italian Ham, cheese, all veggies Double Real Italian Twice the ham and cheese
Veggie Italian with American Cheese
All Natural Turkey
Roast Beef
Pepperoni
Genoa Salami \& Provolone
Tuna Salad
Chicken Salad
small
8.79|530 cal 11.59 LARGE $6.09|330 \mathrm{cal} \quad 7.39| 550 \mathrm{cal}$ $7.59|440 \mathrm{cal} \quad 10.29| 700 \mathrm{cal}$ $6.09|370 \mathrm{cal} \quad 7.39| 600 \mathrm{ca}$ $8.29 \mid 390$ cal $11.59 \mid 650 \mathrm{cal}$ 8.29 | $400 \mathrm{cal} 11.59 \mid 670 \mathrm{cal}$ $7.29|530 \mathrm{cal} \quad 9.79| 820 \mathrm{cal}$ $7.29 \mid 470$ cal $\quad 9.79 \mid 750 \mathrm{cal}$ $7.79|440 \mathrm{cal} \quad 10.29| 790 \mathrm{cal}$ $7.79|450 \mathrm{cal} \quad 10.29| 800 \mathrm{cal}$

All above sandwiches served with American cheese, onions,
pickles, tomatoes, green peppers, olives, salt, pepper and oil

Each extra vegetable
Extra Provolone, Swiss or American Extra Pizza Cheese
Extra Meat
.65 | $0-15 \mathrm{cal} .95$ | $0-30 \mathrm{cal}$ $.95|70-110 \mathrm{cal} 1.35| 110-160 \mathrm{cal}$ 1.20| 140 cal 1.50 | 190 cal 1.65 | $35-300 \mathrm{cal} 2.25 \mid 50-300 \mathrm{cal}$

| PARMIGIANA | SMALL | LARGE |
| :--- | :---: | :---: |
| Meatball Parmigiana | $7.59 \mid 680$ cal | $10.29 \mid 1010$ cal |
| Sausage Parmigiana | $8.29 \mid 900$ cal | $10.99 \mid 1340$ cal |
| Chicken Parmigiana | $7.59 \mid 700$ cal | $10.29 \mid 1040$ cal |

ALL PARMIGIANA SANDWICHES ARE OVEN BAKED WITH PROVOLONE \& MOZZARELLA
Ch Grilled Sausage with onions, peppers $\quad 8.29|740 \mathrm{cal} 10.99| 1150 \mathrm{cal}$ $\begin{array}{llll}\text { Grilled Sausage with onions, peppers } & 8.29 \mid 620 \mathrm{cal} & 10.99 \mid & 10.29 \mid 900 \mathrm{cal}\end{array}$ Grilled Pepper Chicken with onions, peppers, mushrooms $\quad 8.79$ | 420 cal 10.99 | 690 cal BLT with bacon, lettuce, tomatoes, mayo $6.99 \mid 510$ cal $9.79 \mid 700$ cal

|  | $\star$ PASTA DINNHRS $*$ |  |  |
| :---: | :---: | :---: | :---: |
|  | original sauce | meatballs | Sausage |
| Pasta | 9.25 \| 650 cal | 11.50 \| 940 cal | 11.95\| 1150cal |
| Baked Pasta | 11.25 \| 940 cal | 13.25 \| 1220 cal | 13.95 \| 1430 cal |

$9.25 \mid 650 \mathrm{cal}$
$11.25 \mid 940 \mathrm{cal}$
1
13.25 | 1220 cal
1.95| 1150cal
3.95 | 1430 cal

## Chicken Parmigiana

Grilled Chicken (with garlic sauce) roasted red peppers, broccoli Luncheon Baked Pasta with chicken, meatballs or sausage

## $\star$ CATZONF $\star$

## All Meat with ham, pepperoni, sausage, hamburger

 Grilled Chicken \& SpinachVeggie with fresh tomatoes, mushrooms, onions, green peppers, olives Pepperoni, Mushroom \& Sausage Sausage, Onion \& Green Pepper Angus Steak with onions, peppers, mushrooms

[^0]Veggie with Am. cheese, onions, pickles, cucumbers, lettuce, tomatoes, mayo $8.59 \mid 580 \mathrm{cal}$ Grilled Chicken Club with lettuce, tomatoes, mayo, bacon Chicken Salad (all white meat) with lettuce, tomatoes
Angus Steak \& Cheese with Am. cheese, lettuce, tomatoes, mayo Grilled Chicken with lettuce, tomatoes
Chicken Bacon Ranch (Regular or Buffalo) with lettuce, tomatoes Turkey Bacon with American cheese, lettuce, tomatoes, mayo Buffalo Chicken with Buffalo sauce, ranch, lettuce, tomatoes Grilled Chicken Caesar with Romaine lettuce, Romano cheese Tuna Salad with lettuce, tomatoes
10.79| 810 cal 8.99| 600 cal 10.79 | 830 cal 10.99| 980 cal 10.99| 760 cal 10.79| 880 cal 10.79| 960 cal 8.99 | 600 cal


[^0]:    Al Calzones contain a blend of provolone and
    mozzarella cheeses, chopped tomatoes, sauce

