

# Sandwiches & Salads

**Almond Tarragon Chicken Salad Croissant** – chicken (*with salt, paprika, garlic, oregano*), celery, green onion, fresh tarragon, almonds, mayo (*pasteurized egg yolks, whole eggs, canola oil, olive oil (refined olive pomace oil, extra virgin olive oil), white wine vinegar, Dijon mustard (distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric), kosher salt, white pepper*), kosher salt, black pepper. Lettuce. Croissant: *bread flour, unsalted butter, water, sugar, milk powder, yeast, salt. On top of all Croissants: Egg Wash (eggs, milk)*

**Allergens: garlic/onion, nuts, alcohol, wheat, dairy, eggs**

**Egg Salad** – egg salad (*hard boiled eggs, mayo (pasteurized egg yolks, whole eggs, canola oil, olive oil (refined olive pomace oil, extra virgin olive oil), white wine vinegar, dijon mustard (distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric), kosher salt, white pepper), scallion, grated carrot, dill pickle juice, celery salt, black pepper*), butter lettuce. Challah (*enriched wheat flour, water, eggs, canola oil, sugar, yeast, salt.*)

**Allergens: egg, alcohol, onion, wheat**

**Green Goddess Veggie Ficelle** – tomato, dill havarti, cheddar cheese, hot house cucumber, lettuce, green goddess dressing (*mayonnaise (pasteurized egg yolks, whole eggs, canola oil, olive oil (refined olive pomace oil, extra virgin olive oil), white wine vinegar, dijon mustard (water, mustard seeds, vinegar, salt, sulfite), salt, white pepper), parsley, spinach, olive oil (refined olive pomace oil, extra virgin olive oil), chives, lemon juice, vinegar, tarragon, garlic, salt, black pepper*). New Parisian Ficelle: *all-purpose flour, warm water, yeast, salt*

**Allergens: dairy, egg, garlic/onions, wheat**

**Ham & Muffaletta** - Corralitos ham (*cured with water, salt, sugar, sodium nitrite*), Muffaletta (*cauliflower, piquillo peppers, celery, capers, garlic, carrot, kalamata olives, spanish green olives, red wine vinegar, olive oil, parsley, basil, oregano, pepperoncini*), mozzarella, tomato, red wine vinaigrette (*olive oil, canola oil, red wine vinegar, salt, white pepper*), arugula, mayo (*pasteurized egg yolks, whole eggs, canola oil, olive oil (refined olive pomace oil, extra virgin olive oil), white wine vinegar, Dijon mustard (distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric), kosher salt, white pepper*). Francese Bun: *enriched wheat flour, all-purpose wheat flour, water, salt, yeast, barley malt extract*

**Allergens: dairy, egg, alcohol, wheat, garlic/onion**

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**Italiano Ficelle** - molinari salami (*pork, nonfat dry milk, salt, sugar, lactic acid starter culture, spices, sodium erythorbate, garlic, natural flavor, sodium nitrite, sodium nitrate*), corralitos ham (*cured with water, salt, sugar, sodium nitrite*), provolone cheese (*cultured pasteurized milk, salt, enzymes, smoke flavor*), pepperoncini (*peppers, water, distilled vinegar, salt, citric acid, benzoate, sodium bisulfite*), mayo (*pasteurized egg yolks, whole eggs, canola oil, olive oil (refined olive pomace oil, extra virgin olive oil), white wine vinegar, Dijon mustard (distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric), salt, white pepper*), basic vinaigrette (*olive oil (refined olive pomace oil, extra virgin olive oil), canola oil, red wine vinegar, salt*). New Parisian Ficelle: *all-purpose flour, warm water, yeast, salt*  
**Allergens: dairy, garlic, egg, alcohol, wheat**

**Lemon Tuna on Everything Croissant** - albacore tuna salad (*mayo (pasteurized egg yolks, whole eggs, canola oil, olive oil, white wine vinegar, dijon mustard, salt, white pepper), red onion, capers, celery, lemon juice, cornichon, salt, pepper*), butter lettuce, paper thin lemon slices. Everything croissant: *croissant dough: bread flour, water, salted butter, sugar, milk powder, yeast, salt. On top of all Croissants: Egg Wash (eggs, milk). Everything mix: white sesame seeds, black sesame seeds, poppy seeds, dried minced garlic, dried minced onion, flaky sea salt.*  
**Allergens: egg, garlic/onion, wheat, dairy, sesame**

**Marinated Chicken Breast Sandwich** – marinated chicken breast (*wheat free tamari (water, soybeans, salt, sugar), lemon juice, canola oil, sesame oil, garlic, dry mustard*), herb mayo (*egg yolks, whole eggs, canola oil, olive oil (refined olive pomace oil, extra virgin olive oil), white wine vinegar, Dijon mustard (water, mustard seeds, vinegar, salt, sulfite), fresh thyme, kosher salt, white pepper*), lemon juice. Capitola sourdough sandwich: *Organic unbleached wheat flour, organic whole wheat flour, water, sea salt, vitamin C*  
**Allergens: sesame, soy, egg, garlic/onion, wheat**

**Steakhouse Sandwich** – marinated tri tip (*Teriyaki marinade: wheat free tamari (water, soybeans, salt, sugar), canola oil, orange juice, brown sugar, ginger, chili paste*), blue cheese dressing (*blue cheese, red wine vinegar, mayonnaise (pasteurized egg yolks, whole eggs, canola oil, olive oil (refined olive pomace oil, extra virgin olive oil), white wine vinegar, dijon mustard (distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric), fresh thyme, salt, white pepper*), *sour cream, lemon juice, garlic, salt, pepper*), pickled red onion (*red onion, white wine vinegar, salt, sugar, coriander seed, black pepper, bay leaf, garlic*), lettuce, tomato. Dutch Crunch: *unbleached wheat flour, water, whole eggs, canola oil, sugar, yeast, salt. Topping: rice flour, water, sugar, yeast, canola oil, salt.*  
**Allergens: soy, dairy, egg, alcohol, garlic/onion, wheat**

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**Turkey Club on Grilled Sourdough** – oven roasted Diestel turkey breast, bacon, cheddar cheese, lettuce, tomato, mayo (*pasteurized egg yolks, whole eggs, canola oil, olive oil (refined olive pomace oil, extra virgin olive oil), white wine vinegar, Dijon mustard (distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric), salt, white pepper*).

Sourdough bread: *levain (organic unbleached white flour, organic whole wheat flour, water), water, organic unbleached wheat flour/organic whole wheat flour, Organic Rye Flour, sea salt*.

**Allergens: egg, wheat, dairy, alcohol**

**Turkey Cubano Ficelle** – oven roasted diestel turkey breast, Jarlsberg cheese, dill pickle (*cucumber, water, salt, vinegar, calcium chloride, sodium benzoate, natural flavoring & spices*), chipotle mayo (*egg yolks, whole eggs, canola oil, olive oil, white wine vinegar, dijon mustard (distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric), chipotle in adobo sauce, salt, white pepper*). Ficelle: *unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract*

**Allergens: dairy, egg, wheat, alcohol**

**Vegan Power Wrap** – Quinoa power salad [*quinoa, spiced garbanzo beans (olive oil (refined olive pomace oil, extra virgin olive oil), turmeric, chili powder, salt), parsley, kale, broccoli, carrots, pickled red onion (red onion, white wine vinegar, salt, sugar, coriander seed, black pepper, bay leaf, garlic), dressing (olive oil (refined olive pomace oil, extra virgin olive oil), lemon juice, rice wine vinegar, garlic salt, garlic, turmeric, salt, pepper)*], tamari roasted almonds (*wheat free tamari (water, soybeans, salt, sugar), maple syrup*), cabbage, avocado, cilantro, lime, red pepper cashew spread (*cashews, roasted red bell pepper (fire roasted peppers, water, salt, citric acid, calcium chloride), olive oil (refined olive pomace oil, extra virgin olive oil), soy sauce (water, soybeans, salt, sugar), cayenne*), housemade bitchin sauce (*water, almonds, lemon juice, olive oil, nutritional yeast, garlic, wheat free tamari (water, soybeans, salt, sugar), onion powder, salt, paprika, chili powder, cumin*), whole wheat tortilla (*whole wheat flour, water, canola oil, salt, baking powder (sodium bicarbonate, calcium carbonate, sodium aluminum sulfate, mono-calcium phosphate), calcium propionate, potassium sorbate, fumaric acid, sodium bicarbonate*).

**Allergens: garlic/onion, nuts, soy, wheat**

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## Composed Salads:

**Bistro Salad** – mixed baby greens, romaine, goat cheese (*cultured pasteurized goat milk, salt, microbial enzyme*), dried cranberries, cherry tomatoes, carrot, scallions, spiced nuts (*almonds, pecans, butter, kosher salt, sugar, cinnamon, cumin, coriander, cayenne, garlic powder, corn syrup, water*), orange balsamic vinaigrette (*olive oil (refined olive pomace oil, extra virgin olive oil), orange juice, parsley, red wine vinegar, balsamic vinegar, sugar, garlic, red onion, red bell pepper, cayenne, salt, pepper*).

**Allergens: dairy, onion/garlic, nuts**

**Caesar Salad** – romaine lettuce, shaved parmesan (*pasteurized milk, cheese culture, salt, enzymes*), house made croutons (*English toaster bread (unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract), butter, olive oil (refined olive pomace oil, extra virgin olive oil), garlic, kosher salt, paprika, parsley*)), Caesar dressing (*olive oil (refined olive pomace oil, extra virgin olive oil), egg yolks, water, lemon juice, capers, garlic, kosher salt, black pepper, dry mustard, anchovies (anchovy, olive oil, salt)*). Available with marinated chicken breast (*canola oil, sesame oil, wheat free tamari (water, soybeans, salt, sugar), garlic, dry mustard, sugar*).

**Allergens: dairy, wheat, eggs, garlic. Chicken contains: sesame, soy, garlic.**

**Gayle's Favorite Salad** – romaine, spring mix, black olives (*olives, water, sea salt*), carrots, pickled beets (*beets, white wine vinegar, salt, sugar, coriander seed, black pepper, bay leaf, garlic*), garbanzo beans, cucumbers, green onions, toasted sunflower seeds. **Dressing:** olive oil, pasteurized whole eggs, apple cider vinegar, onion, grain mustard, Dijon mustard (*distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric*), sugar, kosher salt, garlic, black pepper.

**Allergens: garlic/onion, eggs, alcohol**

**Grilled Chicken Capellini** - capellini pasta (*durum wheat semolina, vitamins (niacin, thiamine mononitrate, riboflavin, folic acid), iron (ferrous lactate)*), grilled marinated chicken breast (*gluten free tamari (water, soybeans, salt, sugar), lemon juice, canola oil, sesame oil, sugar, garlic, dry mustard, kosher salt, black pepper*), cherry tomatoes, mozzarella (*pasteurized milk, skim milk, cheese cultures, salt, and enzymes*), scallions, parsley. Dressing: olive oil (*refined olive pomace oil, extra virgin olive oil*), canola oil, red wine vinegar, tomato puree, garlic, red pepper flakes, sugar, kosher salt, black pepper.

**Allergens: wheat, soy, sesame, garlic/onion, dairy**

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**Sesame Chicken Salad** – romaine lettuce, napa cabbage, spinach, oranges, toasted almonds, cucumber, scallions, radish, cilantro, marinated chicken breast (*canola oil, lemon juice, sesame oil, wheat free tamari* (water, soybeans, salt, sugar), *garlic, dry mustard, sugar*), poppyseed dressing (*canola oil, apple cider vinegar, sugar, yellow onion, poppy seeds, kosher salt, dry mustard*).

**Allergens:** *onion/garlic, nuts, sesame, soy*

## Seasonal Salads:

**Abby's Pasta Salad** - bowtie pasta (*durum wheat semolina, vitamins* (niacin, thiamine mononitrate, riboflavin, folic acid), *iron (ferrous lactate)*), gorgonzola cheese, arugula, toasted walnuts, lemon juice, olive oil (*refined olive pomace oil, extra virgin olive oil*), white wine vinegar, sugar, fresh thyme, kosher salt, pepper.

**Allergens:** *wheat, dairy, nuts*

**Albacore Tuna Salad** - albacore tuna (*tuna, water, vegetable broth (peas & carrots), salt, sodium acid pyrophosphate*), mayo (*egg yolks, whole eggs, canola oil, olive oil* (refined olive pomace oil, extra virgin olive oil), *white wine vinegar, Dijon mustard* (distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric), *kosher salt, white pepper*), lemon juice, red onion, celery, cornichon (*gherkins, vinegar, water, salt & spices* (diced onion, black pepper, yellow & brown mustard seeds)), parsley, kosher salt, black pepper.

**Allergens:** *eggs, alcohol, onion*

**Almond Tarragon Chicken Salad** - chicken with seasoning salt (*paprika, garlic, dried oregano, kosher salt*), celery, green onion, fresh tarragon, almonds, mayo (*egg yolks, whole eggs, canola oil, olive oil* (refined olive pomace oil, extra virgin olive oil), *white wine vinegar, Dijon mustard* (distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric), *kosher salt, white pepper*), kosher salt, black pepper.

**Allergens:** *garlic/onion, nuts, egg, alcohol*

**Balsamic Marinated Mushrooms** - cremini mushrooms, balsamic vinegar, olive oil (*refined olive pomace oil, extra virgin olive oil*), lemon juice, rosemary, garlic, white pepper, kosher salt, parsley.

**Allergens:** *garlic*

**Beets & Orange Salad** – beets, navel oranges, red onion, baby spinach.  
*Dressing:* red wine vinegar, olive oil (*refined olive pomace oil, extra virgin olive oil*), shallots, garlic, kosher salt, black pepper.

**Allergens:** *garlic/onion*

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**Creamy Kale Salad** - kale, shaved parmesan, parmesan crisp. Creamy lemon dressing: Dijon mustard (*water, mustard seeds, salt, sulfite*), garlic, Worcestershire sauce (*water, high fructose corn syrup, molasses, salt, acetic acid, caramel color, hydrolyzed soy protein, wheat flour* (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), *natural flavor, guar gum, benzoate of soda*), lemon juice, vinegar, kosher salt, black pepper, olive oil (*refined olive pomace oil, extra virgin olive oil*), parmesan cheese, mayo (*egg yolks, whole eggs, canola oil, olive oil* (refined olive pomace oil, extra virgin olive oil), *white wine vinegar, Dijon mustard* (water, mustard seeds, salt, sulfite), *kosher salt, white pepper*)

**Allergens: garlic, soy, wheat, egg, dairy**

**Crunchy Broccoli & Pecan Salad** - broccoli, fuji apple, gruyere, pecans, lemon juice. Dressing: mayo (*egg yolks, whole eggs, canola oil, olive oil* (refined olive pomace oil, extra virgin olive oil), *white wine vinegar, Dijon mustard* (distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric), *kosher salt, white pepper*), cider vinegar, sugar, yellow onion, poppy seeds, dried mustard, kosher salt, black pepper

**Allergens: dairy, nuts, egg, onion, alcohol**

**Old Fashioned Potato Salad** – red potatoes, hard boiled eggs, black olives, celery, dill pickle (*cucumber, water, salt, vinegar, calcium chloride, sodium benzoate, natural flavoring & spices*), parsley, scallions, yellow onion.

Dressing: Mayo (*Egg Yolks, Whole Eggs, Canola Oil, olive oil* (refined olive pomace oil, extra virgin olive oil), *White Wine Vinegar, Dijon Mustard, Salt, White Pepper*), sour cream, whole grain mustard, white wine vinegar, kosher salt, pepper.

**Allergens: egg, dairy, garlic/onion**

**Power Quinoa** – quinoa, spiced garbanzo beans (*olive oil* (refined olive pomace oil, extra virgin olive oil), *turmeric, chili powder, salt*), parsley, kale, broccoli, carrots, pickled red onion (*red onion, white wine vinegar, salt, sugar, coriander seed, black pepper, bay leaf, garlic*), tamari roasted almonds (*almonds, wheat free tamari* (water, soybeans, salt, sugar), *maple syrup*).

Dressing: olive oil (*refined olive pomace oil, extra virgin olive oil*), lemon juice, rice wine vinegar, garlic, turmeric, salt, pepper

**Allergens: garlic/onion, soy, nuts**

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**Shrimp & Artichoke Salad** – shrimp, cherry tomatoes, celery, artichokes (*artichoke quarters, water, sunflower oil, distilled cane vinegar, salt, olive oil, garlic, spices, ascorbic acid*), scallions, capers, garlic, parsley, olive oil (*refined olive pomace oil, extra virgin olive oil*), kosher salt, black pepper), lemon juice, salt, pepper

**Allergens:** *garlic/onion*

**Sweet and Spicy Tofu** - organic firm tofu, Marinade: wheat free tamari (*water, soybeans, salt, sugar*), orange juice, maple syrup, sriracha (*chiles, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfite and xanthan gum*), olive oil (*refined olive pomace oil, extra virgin olive oil*), black sesame seeds.

**Allergens:** *garlic/onion, soy, sesame*

**Tuscan White Bean Salad** – Cannellini beans, kalamata olives (*kalamata olives, water, salt, caetic acid, olive oil*), mozzarella (*pasteurized milk, skim milk, cheese cultures, salt, and enzymes*), baby spinach, tomatoes, basil, red wine vinaigrette (*olive oil (refined olive pomace oil, extra virgin olive oil), canola oil, red wine vinegar, kosher salt, black pepper*), salt, pepper.

**Allergens:** *dairy*