

Sandwiches & Salads

Albacore Tuna Ficelle – 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 (*water, mustard seeds, vinegar, salt, sulfite*), kosher salt, white pepper), *red onion, celery, cornichon* (gherkins, vinegar, water, salt & spices (*diced onion, black pepper, yellow & brown mustard seeds*)), *parsley, kosher salt, black pepper*), cheddar cheese, housemade pickles (*hot house cucumbers, brown sugar, apple cider vinegar, kosher salt, mustard seed, turmeric, whole cloves, allspice berries, crushed red pepper, yellow onion*), lettuce. New Parisian Ficelle (*all-purpose flour, warm water, yeast, salt*)

Allergens: eggs, onion, dairy, wheat

Caprese Ficelle - sliced fresh mozzarella (*pasteurized milk, skim milk, cheese cultures, salt, and enzymes*), dry farmed tomatoes (*sprinkled with salt & black pepper*), fresh basil, parsley, balsamic vinegar, olive oil, kosher salt, pepper. Ficelle bread: *unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract.*

Allergens: dairy, wheat

Ham & Pimento Cheese - corralitos ham (*cured with water, salt, sugar, sodium nitrite*), pimento cheese spread (*cream cheese, extra sharp cheddar, 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), *pimento, yellow onion, onion powder, cayenne, kosher salt*), 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: dairy, egg, alcohol, onion, wheat

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*)

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Allergens: dairy, garlic, egg, alcohol, wheat

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

Masala Chicken Salad Sandwich - chicken, celery, red onion, scallions, garam masala (*cumin, coriander, black pepper, cardamom, cinnamon, red pepper, nutmeg, allspice*), curry powder (*spices, including Cumin and Pepper, Tumeric, sea salt, garlic*), currants, 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), *salt, white pepper*), lettuce, kosher salt, black pepper. Muesli (*organic white flour, water, pumpkin seeds, sunflower seeds, sliced almonds, sesame seeds, salt, honey, yeast, malt.*)

Allergens: garlic/onion, egg, alcohol, wheat, nuts, sesame

Milano Sandwich - hardboiled egg (*sprinkled with kosher salt & black pepper*), spinach, mozzarella 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*). Francese bun (*unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract*)

Allergens: egg, dairy, wheat.

Southwest Vegan Wrap – grilled corn, avocado, grated carrots, black beans, cabbage, romaine lettuce, lemon juice, cilantro, chipotle hummus (*garbanzo beans, olive oil* (refined olive pomace oil, extra virgin olive oil), *lemon juice, tahini* (ground sesame seeds), *parsley, scallions, garlic, cumin, salt, black pepper, chipotle*). 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: sesame, garlic/onion, wheat, almonds

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Texas BBQ Chicken - grilled chicken (*gluten free tamari* (water, soybeans, salt, sugar), lemon juice, canola oil, sesame oil, sugar, garlic, dry mustard, salt, pepper), BBQ sauce (*red wine vinegar, brown sugar, ketchup* (tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, salt, spice, onion powder, natural flavoring), *Tabasco* (distilled vinegar, red pepper, salt), *Worcestershire sauce* (water, molasses, salt, high fructose corn syrup, corn syrup, acetic acid, caramel color, hydrolyzed soy protein, gluten free flour (millet flour, potato starch, tapioca starch, rice flour whole grain sorghum, xanthan gum), natural flavor, guar gum, sodium benzoate), garlic, salted butter), mayo (egg yolks, whole eggs, canola oil, olive oil, white wine vinegar, Dijon mustard (water, mustard seeds, salt, sulfite), kosher salt, white pepper), shredded cabbage. Sesame challah roll (*enriched wheat flour, water, eggs, canola oil, sugar, yeast, salt, sesame seeds*)
Allergens: soy, wheat, eggs, sesame

Tri Tip Sandwich – grilled tri tip (*salt, pepper, olive oil*), lettuce, tomato, poppy seed horseradish sauce (*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), *onion, horseradish* (grated horseradish root, water, white distilled vinegar, soybean oil, salt, artificial flavors, eggs, sugar, sodium metabisulfite, cellulose gum, xanthan gum, citric acid, sodium benzoate, spices, high fructose corn syrup, lemon juice, calcium disodium edta), *poppy seeds, Worcestershire, salt, white pepper*). Poppy challah roll (*enriched wheat flour, water, eggs, canola oil, sugar, yeast, salt, poppy seeds*)
Allergens: egg, alcohol, soy, wheat

Turkey Club on Croissant – oven roasted Diestel turkey breast, bacon, , 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*). Croissant: *bread flour, unsalted butter, water, sugar, milk powder, yeast, salt*. On top of all Croissants: *Egg Wash* (eggs, milk)
Allergens: egg, alcohol, wheat, dairy

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Turkey & Dill Havarti – oven roasted diestel turkey breast, dill havarti cheese, spring mix, dill pickle. **Thousand Island Dressing:** 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*), ketchup (*tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, salt, spice, onion powder, natural flavoring*), cider vinegar, yellow onion, house made pickles (*hot house cucumbers, brown sugar, apple cider vinegar, kosher salt, mustard seed, turmeric, whole cloves, allspice berries, crushed red pepper, yellow onion*), dijon mustard (*distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric*), chives, kosher salt, black pepper. Jewish Rye (*sponge* (unbleached wheat flour, water, rye flour, yeast), *water, unbleached wheat flour, rye flour, caraway seeds, salt, barley malt, eggs*)
Allergens: dairy, wheat, eggs, alcohol

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(not high fructose), 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.

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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 (*refined olive pomace oil, extra virgin 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

Quinoa & Hummus Salad – mixed baby greens, miss spoon's quinoa salad (*quinoa, feta cheese, celery, dried cranberries, scallions, parsley, olive oil (refined olive pomace oil, extra virgin olive oil), rice wine vinegar, garlic salt, pepper*), hummus (*garbanzo beans, olive oil (refined olive pomace oil, extra virgin olive oil), lemon juice, tahini (ground sesame seeds, parsley, scallions, garlic, cumin, salt, black pepper), parsley, scallions, garlic, cumin, salt, black pepper*), carrot, cucumber, cherry tomato, kalamata olives. *red wine vinaigrette:* olive oil (*refined olive pomace oil, extra virgin olive oil*), canola oil, red wine vinegar, salt, white pepper

Allergens: garlic/onion, dairy, sesame

Salmon Nicoise – grilled salmon (*olive oil (refined olive pomace oil, extra virgin olive oil), kosher salt, black pepper*), romaine, spring mix, green beans, grape cherry tomatoes, hardboiled egg, red potato, Nicoise olives (*olives, water, salt, lactic acid*), radicchio, red onions, capers (*capers, water, distilled vinegar, salt*), oregano, parsley, red wine vinaigrette (*Dijon mustard (distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric), olive oil (refined olive pomace oil, extra virgin olive oil), canola oil, red wine vinegar, kosher salt, black pepper*).

Allergens: egg, onion, alcohol

Seasonal Salads:

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

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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

Broccoli & Kale Salad – broccoli, kale ribbons, red onion, fresh dill, scallions, lemon zest, smashed chickpeas (*chickpeas, cashews, olive oil, parmesan, paprika, garlic powder, salt, pepper*), dressing (*tahini* (ground sesame seeds), *dates, olive oil* (refined olive pomace oil, extra virgin olive oil), *lemon juice, balsamic vinegar, dried oregano, salt*)

Allergens: garlic/onion, nuts, dairy

Cucumber Tomato Salad – hot house cucumber, tomato, red onion, kalamata olives, feta cheese, scallions, parsley, salt, pepper, dressing (*olive oil* (refined olive pomace oil, extra virgin olive oil), *canola oil, red wine vinegar, salt, pepper, shallots*).

Allergens: garlic/onion, dairy

Insalata Milanese – shredded chicken, jack cheese, carrots, celery, spanish olives, pepperoncini, arugula, cornichon (*gherkins, vinegar, water, salt & spices* (diced onions, black pepper, yellow & brown mustard seed)), parsley, fennel seed, shallots, dressing (*olive oil* (refined olive pomace oil, extra virgin olive oil), *canola oil, red wine vinegar, salt, pepper, shallots*).

Allergens: dairy, garlic/onion

Ligurian Pasta Salad - gemelli pasta, russet potatoes (*olive oil* (refined olive pomace oil, extra virgin olive oil), *salt, pepper*), french green beans, parmesan, salt, pepper, basil pesto dressing (*basil, parmesan, pine nuts, garlic, olive oil* (refined olive pomace oil, extra virgin olive oil), *white wine vinegar, salt, pepper*).

Allergens: wheat, dairy, nuts, garlic

Masala Chicken Salad- chicken, celery, red onion, scallions, garam masala (*cumin, coriander, black pepper, cardamom, cinnamon, red pepper, nutmeg, allspice*), curry powder (spices, including Cumin and Pepper, Tumeric, sea salt, garlic), currants, 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), *salt, white pepper*), lettuce, kosher salt, black pepper.

Allergens: garlic/onion, nuts, alcohol, egg

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Miss Spoon's Quinoa - quinoa, feta cheese, celery, dried cranberries, scallions, parsley, olive oil, rice wine vinegar, garlic salt, pepper

Allergens: *dairy, garlic/onion*

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*

Roasted Beet & Carrot Salad – roasted beets, roasted carrots, red onion, pistachios, parsley, olive oil (*refined olive pomace oil, extra virgin olive oil*), salt, pepper, dressing (*white balsamic, regular balsamic, olive oil* (refined olive pomace oil, extra virgin olive oil), *lemon juice, garlic, shallot, dried oregano, dried basil, kosher salt, pepper*)

Allergens: *garlic/onion, nuts*

Street Corn Pasta Salad – pasta shells (*durum wheat semolina, niacin, iron* (*ferrous sulfate*), *thiamin mononitrate, riboflavin, folic acid*), grilled corn, queso fresco, jalapenos, cilantro, salt, pepper, dressing (*salsa verde* (tomatillo, jalapeno, onion, garlic, cilantro, salt, pepper), *olive oil* (refined olive pomace oil, extra virgin olive oil), *lime juice, lemon juice, chili powder, smoked paprika, honey, salt, pepper.*)

Allergens: *wheat, dairy, garlic/onion*

Sweet and Spicy Tofu - 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*