

Sandwiches & Salads

BBQ Tri Tip Sandwich – grilled tri tip (*salt, pepper, olive oil* (refined olive pomace oil, extra virgin olive oil)), crispy onions (*onion, flour, salt, pepper, canola oil*), dill pickle (*cucumber, water, salt, vinegar, calcium chloride, sodium benzoate, natural flavoring & spices*), lettuce, BBQ mayo ((*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, sulfites*), kosher salt, white 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*), Worcestershire sauce (*water, high fructose corn syrup, molasses, salt, acetic acid, caramel color, hydrolyzed soy protein, rice flour, natural flavor, guar gum, benzoate of soda*), garlic, salted butter, Tabasco (*distilled vinegar, red pepper, salt*))). Francese bun (*unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract*)
Allergens: garlic/onion, egg, wheat, soy, dairy

Caesar Chicken Wrap - marinated chicken breast (*canola oil, sesame oil, wheat free tamari* (water, soybeans, salt, sugar), *garlic, dry mustard, sugar*), romaine lettuce, shaved parmesan (*pasteurized milk, cheese culture, salt, enzymes*), housemade 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), *pasteurized egg yolks, water, lemon juice, capers, garlic, kosher salt, black pepper, dry mustard, anchovies* (anchovy, olive oil, salt)), flour tortilla (*enriched flour, niacin, iron, thiamine, riboflavin, folic acid, water, may contain 100% partially hydrogenated soybean or cotton oil, baking powder, salt, yeast, dough conditioner, and calcium propionate* (as a preservative))).
Allergens: sesame, soy, garlic, dairy, wheat, egg

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

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Green Goddess Chicken Salad Croissant – chicken, lettuce, celery, red onion, almonds, salt, pepper, green goddess mayo (*parsley, spinach, tarragon, chives, garlic, lemon juice, white wine vinegar, olive oil* (refined olive pomace oil, extra virgin olive oil), *mayo* (pasteurized egg yolks, whole eggs, canola oil, olive oil, white wine vinegar, dijon mustard (*water, mustard seeds, vinegar, salt, sulfites*), salt, white pepper), *salt, pepper*). Croissant: *bread flour, unsalted butter, water, sugar, milk powder, yeast, salt*. Egg Wash (*eggs, milk*).

Allergens: garlic/onion, nuts, egg, 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 (*water, mustard seeds, vinegar, salt, sulfites*), 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, onion, wheat

Heirloom BLT – heirloom tomatoes, bacon (*cured with salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrate*), lettuce, mayo (*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, sulfites*), *kosher salt, white pepper*). Capitola sourdough sandwich (*Organic unbleached wheat flour, organic whole wheat flour, water, sea salt, vitamin C*).

Allergens: egg, 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* (*water, mustard seeds, vinegar, salt, sulfites*), *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, wheat

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Lemon Tuna on Everything Croissant - albacore tuna salad (*mayo* (pasteurized egg yolks, whole eggs, canola oil, olive oil, white wine vinegar, dijon mustard (*water, mustard seeds, vinegar, salt, sulfites*), 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

Turkey & Gouda Ficelle – oven roasted diestel turkey breast, bacon (*cured with salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrate*), gouda cheese (*pasteurized part-skim milk, salt, culture, microbial rennet, annatto*), caramelized onion (*yellow onion, butter, olive oil, salt, pepper*), dijonnaise (*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, sulfites*), *kosher salt, white pepper*). Parisian Ficelle: *all-purpose flour, warm water, yeast, salt*

Allergens: dairy, onion, egg, wheat

Turkey, Avocado & Jack - oven roasted diestel turkey breast, jack cheese, avocado, green leaf lettuce, mayo (*canola oil, olive oil, egg, white wine vinegar, Dijon mustard* (*water, mustard seeds, vinegar, salt, sulfites*), *salt, white pepper*). Muesli (*organic white flour, water, pumpkin seeds, sunflower seeds, sliced almonds, sesame seeds, salt, honey, yeast, malt.*)

Allergens: dairy, egg, nuts, sesame, wheat

Vegan BLT on Joe's Bread – smokey tempeh (*water, cultured organic soybeans* (soybeans, lactic acid from plant sources), *organic tamari sauce* (*water, organic soybeans, salt, organic alcohol*), *organic apple cider vinegar, organic cane sugar, sea salt, organic brown rice, less than 2% of organic beet powder (color), organic onion powder, natural smoke flavor, organic spices, xanthan gum*), heirloom tomatoes, avocado, butter lettuce, veganniase (*canola oil, water, modified food starch* (*potato, corn*), *distilled vinegar, less than 2% of sugar, salt, lemon juice concentrate, sorbic acid and calcium disodium edta* (*used to protect quality*) *natural flavor, paprika extract* (*for color*)).

Joe's bread: *levain* (*organic unbleached wheat flour, organic whole wheat flour, water*), *Wheat Flour, Whole Wheat Flour, Salt.*)

Allergens: soy, alcohol, onion, 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 (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.

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, whole grain mustard (mustard seeds, distilled vinegar, salt, white wine, sugar, citric acid, spices, potassium metabisulfite), Dijon mustard (water, mustard seeds, vinegar, salt, sulfites), 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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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* (water, mustard seeds, vinegar, salt, sulfites), *olive oil* (refined olive pomace oil, extra virgin olive oil), *canola oil, red wine vinegar, kosher salt, black pepper*).

Allergens: egg, onion

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* (water, mustard seeds, vinegar, salt, sulfites), *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, onion

Caesar Pasta Salad – penne rigate pasta (*durum wheat semolina, vitamins* (niacin, thiamine mononitrate, riboflavin, folic acid), *iron* (ferrous lactate)), romaine lettuce, shaved parmesan, 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, salt, paprika, parsley*), Caesar dressing (*olive oil* (refined olive pomace oil, extra virgin olive oil), *pasteurized egg yolks, lemon juice, capers, garlic, salt, pepper, dry mustard, anchovies* (anchovy, olive oil, salt)).

Allergens: wheat, dairy, egg, garlic

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Caprese Salad – dry farmed & heirloom tomatoes, fresh mozzarella, fresh basil, olive oil, white balsamic vinegar, balsamic vinegar, garlic (*roasted in olive oil*), salt, pepper.

Allergens: *dairy, garlic*

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, 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* (water, mustard seeds, vinegar, salt, sulfites), *kosher salt, white pepper*), cider vinegar, sugar, yellow onion, poppy seeds, dried mustard, kosher salt, black pepper

Allergens: *dairy, nuts, egg, onion*

Green Goddess Chicken Salad - chicken, celery, red onion, almonds, salt, pepper, green goddess mayo (*parsley, spinach, tarragon, chives, garlic, lemon juice, vinegar, olive oil* (refined olive pomace oil, extra virgin olive oil), *mayo* (pasteurized egg yolks, whole eggs, canola oil, olive oil, white wine vinegar, dijon mustard (*water, mustard seeds, vinegar, salt, sulfites*), salt, white pepper), *salt, pepper*)

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

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

Allergens: *dairy, garlic/onion*

Provençal Chicken Salad – shredded rotisserie chicken (*salt, paprika, oregano, garlic*), baby yukons, dry farmed tomatoes, green beans, kalamata olives (*kalamata olives, water, salt, caetic acid, olive oil*), green onion, garlic, basil, fresh oregano, 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*), salt, pepper.

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Allergens: garlic/onion, alcohol

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

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 - 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