

Sandwiches

Caponata & Goat Cheese Ficelle – Laura Chanel goat cheese, housemade caponata (*eggplant, zucchini, yellow onion, pear tomatoes, olive oil* (refined olive pomace oil, extra virgin olive oil), *roasted red bell pepper, currants, capers* (capers, water, distilled vinegar, salt), *garlic, sugar, balsamic vinegar, salt & pepper*), arugula, lettuce. Parisian Ficelle: all-purpose flour, warm water, yeast, salt
Allergens: dairy, onion/garlic, wheat

Chicken Bacon Ranch Sandwich – grilled chicken breast (*wheat free tamari* (water, soybeans, salt, sugar), *lemon juice, canola oil, sesame oil, garlic, dry mustard*), ranch dressing (*sour cream, 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), *butter milk, dried dill, lemon juice, white vinegar, garlic powder, onion powder, salt, chives*), bacon, dill havarti, pickled red onion (*red onion, white wine vinegar, salt, sugar, coriander seed, black pepper, bay leaf, garlic*), green leaf lettuce. Soft Roll: all-purpose flour, water, yeast, salt.
Allergens: sesame, soy, garlic/onion, wheat, dairy, egg

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

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*). Parisian Ficelle: all-purpose flour, warm water, yeast, salt
Allergens: dairy, garlic, egg, wheat

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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, Turmeric, 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* (water, mustard seeds, vinegar, salt, sulfites), *salt, white pepper*), lettuce, kosher salt, black pepper. Croissant: bread flour, unsalted butter, water, sugar, milk powder, yeast, salt. Egg Wash (*eggs, milk*).

Allergens: garlic/onion, egg, wheat, nuts

Mortadella & Mozzarella on Focaccia – mortadella (*pork, water, nonfat dry milk, salt, potassium lactate, sugar, dextrose, spices, sodium diacetate, flavorings, sodium erythorbate, sodium nitrite*), mozzarella, dijonnaise (*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*), capers (*capers, water, distilled vinegar, salt*), lemon, arugula. Focaccia: all-purpose flour, poolish (*yeast, high mountain flour*), salt, olive oil (*refined olive pomace oil, extra virgin olive oil*).

Allergens: egg, wheat, dairy

Tofu Banh Mi – organic firm tofu (*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)), pickled onion (*red onion, white wine vinegar, salt, sugar, coriander seed, black pepper, bay leaf, garlic*), pickled carrot (*carrot, white wine vinegar, salt, sugar, coriander seed, black pepper, bay leaf, garlic*), jalapeño, cilantro, radish, 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)), salt, pepper. Soft Roll: all-purpose flour, water, yeast, salt.

Allergens: soy, garlic/onion, wheat

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Tri Tip & Cheddar – tri tip, poppyseed 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 (*water, mustard seeds, vinegar, salt, sulfites*), 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 sauce* (water, high fructose corn syrup, molasses, salt, acetic acid, caramel color, hydrolyzed soy protein, rice flour, natural flavor, guar gum, benzoate of soda), *salt, white pepper*), white cheddar, pickled red onion (*red onion, white wine vinegar, salt, sugar, coriander seed, black pepper, bay leaf, garlic*), arugula.

Soft Roll: all-purpose flour, water, yeast, salt.

Allergens: dairy, soy, egg, garlic/onion, wheat

Tuna & Cheddar – 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)), *red onion, celery, cornichon* (gherkins, vinegar, water, salt & spices (*diced onion, black pepper, yellow & brown mustard seeds*)), *kosher salt, black pepper*), cheddar cheese, 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*), 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. Capitola Sourdough: Organic unbleached wheat flour, organic whole wheat flour, water, sea salt, vitamin C

Allergens: egg, onion, dairy, wheat

Tuna Salad Lettuce Cup - 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

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Turkey, Avocado & Pepper Jack - oven roasted diestel turkey breast (*water, vinegar, sea salt, organic caramel*), pepperjack cheese (*pasteurized milk, red and green jalapeno peppers, cheese culture, salt, enzymes*), avocado, tomato, lettuce, 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*).

Dutch Crunch: unbleached wheat flour, water, whole eggs, canola oil, sugar, yeast, salt. *Topping*: rice flour, water, sugar, yeast, canola oil, salt.

Also available without turkey.

Allergens: dairy, egg, wheat

Turkey Cubano Ficelle – oven roasted diestel turkey breast (water, vinegar, sea salt, organic caramel), Jarlsberg cheese, dill pickle (*cucumber, water, salt, vinegar, calcium chloride, sodium benzoate, natural flavoring & spices*), chipotle (*water, tomato paste, dried chipotle peppers, distilled vinegar, corn oil, iodized salt (contains potassium iodate), corn starch, onion powder, garlic powder, spices*), mayo (*egg yolks, whole eggs, canola oil, olive oil, white wine vinegar, dijon mustard (water, mustard seeds, vinegar, salt, sulfites)*).

New Parisian Ficelle: all-purpose flour, warm water, yeast, salt

Allergens: dairy, egg, wheat, garlic/onion

Sandwiches

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 (capers, water, distilled vinegar, salt), 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 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

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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

Salmon Nicoise – grilled salmon (*olive oil (refined olive pomace oil, extra virgin olive oil), kosher salt, black pepper*), romaine, spring mix, green beans, 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)*), kosher salt, black pepper.
Allergens: eggs, onion

Cashew-Miso Broccoli: broccoli, carrots, radish, red bell pepper, yellow bell pepper, edamame, cashews, scallions. *Miso dressing:* rice wine vinegar, white miso, garlic, honey, ginger, wheat-free tamari (*water, soybeans, salt, sugar*), lemon juice, olive oil (*refined olive pomace oil, extra virgin olive oil*)
Allergens: nuts, garlic/onion, soy

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Farro & Apple Salad – farro, vegetable stock (*onion, celery, carrots, water, kosher salt, black pepper*), kosher salt, bay leaf, shallots, arugula, granny smith apples, parmesan, basil, toasted almonds, parsley. Dressing: olive oil (*refined olive pomace oil, extra virgin olive oil*), apple cider vinegar, Dijon mustard (*water, mustard seeds, vinegar, salt, sulfites*), honey, black pepper, kosher salt.
Allergens: onion, nuts, dairy

Ginger Beet Salad- beets, baby spinach, red onion, candied ginger.
Dressing: rice wine vinegar, olive oil (*refined olive pomace oil, extra virgin olive oil*), wheat free tamari (*water, soybeans, salt, sugar*), peeled fresh ginger, kosher salt, pepper.
Allergens: onion, soy

Green Bean & Artichoke Salad - green beans, marinated artichoke hearts (*artichoke quarters, water, sunflower oil, distilled cane vinegar, salt, olive oil, garlic, spices, ascorbic acid*), red onion, hazelnuts, basil. Dressing: olive oil (*refined olive pomace oil, extra virgin olive oil*), lemon juice, garlic, sugar, kosher salt, black pepper
Allergens: garlic/onion, nuts

Grilled Polenta Salad – grilled polenta (*polenta (cornmeal), garlic, olive oil, white wine, parmesan cheese, fresh oregano*), cherry tomatoes, fresh mozzarella, kalamata olives, baby spinach, parmesan cheese, basil, parsley, scallions, salt, pepper.
Dressing: olive oil (*refined olive pomace oil, extra virgin olive oil*), canola oil, red wine vinegar, garlic, salt.
Allergens: garlic/onion, dairy, alcohol

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, turmeric, 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* (*water, mustard seeds, vinegar, salt, sulfites*), *salt, white pepper*), lettuce, kosher salt, black pepper.
Allergens: garlic/onion, nuts, egg

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Red, Green & Gold Kale Salad – kale, roasted beets, roasted butternut squash, garbanzo beans, toasted pumpkin seeds, roasted tomatoes (*olive oil* (refined olive pomace oil, extra virgin olive oil), *garlic, dried basil, dried oregano, kosher salt, black pepper*). *dressing*: white balsamic vinegar, balsamic vinegar, olive oil (*refined olive pomace oil, extra virgin olive oil*), garlic, shallots, dried oregano, dried basil, kosher salt, black pepper, lemon juice

Allergens: *garlic/onion*

Southwest Quinoa – quinoa, black beans, grilled corn, cherry tomatoes, cilantro, pumpkin seeds, chili powder, cumin, garlic powder, onion powder, salt, pepper. *dressing*: greek yogurt, 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*), olive oil (*refined olive pomace oil, extra virgin olive oil*), chipotle in adobo, lime juice, honey, garlic powder, salt, pepper

Allergens: *garlic/onion, dairy, egg*

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*

Tuscan Pasta Salad – penne rigate pasta (*durum wheat semolina, vitamins* (niacin, thiamine mononitrate, riboflavin, folic acid), *iron (ferrous lactate)*), cannellini beans, spanish olives (queen olives, water, minced pimiento (*pimiento, paprika, sodium alginate, guar gum, calcium chloride*), salt, lactic acid, potassium sorbate), pine nuts, capers (*capers, water, distilled vinegar, salt*), parsley, oregano, currants, salt, pepper.

dressing: basic vinaigrette (*olive oil* (refined olive pomace oil, extra virgin olive oil), *canola oil, red wine vinegar, salt*), 6 in 1 tomatoes (*vine-ripened unpeeled fresh ground tomatoes, extra heavy tomato puree, salt*), sugar, salt, pepper

Allergens: *wheat, nuts*