# 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***

**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*), buttermilk, 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***

**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 nitire)*, 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***

**Open Faced Ham & Brie –** corralitos ham *(cured with water, salt, sugar, sodium nitire)*, brie, red onion, capers *(capers, water, distilled vinegar, salt)*, parsley, herb 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)*, thyme, salt, white pepper).*
Francese Baguette: *unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract.*
***Allergens: dairy, onion, egg, alcohol, wheat***

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**Milano Sandwich -** hardboiled egg (*sprinkled with kosher salt & black pepper)*, spinach, mozzarella cheese, spinach, 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).* Muesli *(organic white flour, water, pumpkin seeds, sunflower seeds, sliced almonds, sesame seeds, salt, honey, yeast, malt.)*
***Allergens: egg, dairy, wheat, almonds, sesame***

**Roasted Tomato Ficelle** – Roasted tomatoes (*tomatoes, olive oil, dried basil, dried oregano, garlic, red pepper flakes, salt, pepper)*, whipped lemon-feta spread (*cream cheese* (pasteurized milk & cream, salt, carob bean gum, cheese culture)*, feta cheese* (pasteurized cow's milk, skim milk, salt, enzymes, and vegetable coagulant, heavy cream, lemon juice & zest)), Sicilian olives, arugula, olive oil *(refined olive pomace oil, extra virgin olive oil).*
Parisian Ficelle: all-purpose flour, warm water, yeast, salt
***Allergens: garlic, dairy, wheat, sesame***

**Tri Tip & Pimento Cheese** – tri tip, 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)*, romaine lettuce, pickled red onion *(red onion, white wine vinegar, salt, sugar, coriander seed, black pepper, bay leaf, garlic*)
Soft Roll*:* all-purpose flour, water, yeast, salt.
***Allergens: dairy, egg, garlic/onion, wheat***

**Tuna & Prosciutto** – albacore tuna salad (*albacore tuna* (tuna, water, vegetable broth (peas & carrots), sliced lemon, 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*), prosciutto, 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)*, capers, lemon. Focaccia: all-purpose flour, poolish (*yeast, high mountain flour)*, salt, olive oil *(refined olive pomace oil, extra virgin olive oil).*
***Allergens: egg, onion, dairy, wheat***

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**Turkey & Cranberry -** Diestel turkey breast (turkey, *butter, salt, pepper)*, carrots, lettuce, cranberry sauce *(cranberry, orange juice, sugar, water)*, herb 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)*, thyme, salt, white pepper).* **Gayle's Mom's Sourdough Stuffing** – sourdough *(levain [sourdough starter (organic unbleached wheat flour, organic whole wheat flour, water)], water, organic unbleached wheat flour/organic whole wheat flour, Organic Rye Flour, sea salt),* English toaster bread *(unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract)*, turkey or chicken stock *(chicken or turkey bones, paprika, salt, pepper, oregano)*, butter, celery, yellow onion, parsley, rosemary, oregano, sage, ginger, marjoram, thyme, salt & pepper. Capitola Sourdough: Organic unbleached wheat flour, organic whole wheat flour, water, sea salt, vitamin C

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

**Turkey & Jarlsberg Ficelle** – diestel turkey, Jarlsberg cheese, dijoinnaise *(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),* dill pickle. Ficelle: *unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract*.

***Allergens: eggs, 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***

**Vegan Veggie Wrap -** hummus (*olive oil, tahini, garbanzo beans, parsley, scallions, olive oil, lemon juice, cayenne, cumin, garlic, salt*), tomato, grated carrot, avocado, kale, red cabbage. Whole Wheat Tortilla *(whole wheat flour, water, canola oil, salt, baking powder* (sodium bicarbonate, calcium carbonate, sodium aluminum sulfate, monocalcium phosphate)*, calcium propionate and potassium sorbate (preservatives), fumaric acid, sodium bicarbonate).*

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

**<u>Seasonal Salads:</u>**

**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* (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***

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**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***

**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***

***Curried Quinoa w/ Kale:*** Quinoa, tomato, feta (pasteurized milk, skim milk, salt, enzymes, vegetable coagulant), kale, parsley, candied ginger.
***dressing:*** olive oil, lemon juice, garlic, sugar, salt, pepper, curry powder
***Allergens: garlic, dairy***

***Italian chopped salad:*** romaine, baby spinach, radicchio, cherry tomato, red onion, garbanzo beans, black olives, Sicilian olives, mozzarella, salami, parsley, basil, capers, parmesan cheese.
***Italian dressing:*** red wine vinegar, olive oil *(refined olive pomace oil, extra virgin olive oil)*, canola oil, garlic, parmesan, oregano, dijon mustard, salt, pepper.
***Allergens: onion/garlic, dairy***

**Moroccan Beet Salad** – beets, red onion, mint, cilantro, orange zest.
*Dressing:* orange juice, olive oil, red wine vinegar, sugar, lemon juice, cumin, salt, pepper.
***Allergens: onion***

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**Sesame Noodle** – Udon noodles (flour, water, salt), toasted sesame seeds, snap peas, scallions, napa cabbage, carrot, cilantro, salt, pepper, tofu (*marinated in wheat free tamari (water, soybeans, salt, sugar), sriracha (chili, sugar, garlic, distilled vinegar, potassium sorbate, sodium bisulfite, xantham gum), maple syrup, orange juice, olive oil*(*refined olive pomace oil, extra virgin olive oil*)*),* sesame dressing (*canola oil, sesame oil, lemon juice, wheat free tamari sauce (water, soybeans, salt, sugar), garlic, dry mustard, sugar)*
***Allergens: wheat, sesame, soy, garlic***

**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***

**Venetian Rice Salad** – White rice, corralitos ham (*cured with water, salt, sugar, sodium nitire*), mozzarella, cornichons *(gherkins, vinegar, water, salt & spices* (diced onion, black pepper, yellow & brown mustard seeds)*)*, capers, spanish olives, peas, parsley. Dressing: Olive oil *(refined olive pomace oil, extra virgin olive oil)*, lemon juice, garlic, white sugar, salt, pepper.
***Allergens: garlic/onion, dairy***