

Sandwiches & Salads

Almond Tarragon Chicken Salad Croissant – chicken (*with seasoning salt*), 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, kosher salt, white pepper*), kosher salt, black pepper. Lettuce. Croissant: *bread flour, unsalted butter, water, salted butter, sugar, milk powder, yeast, salt*. On top of all Croissants: *Egg Wash (eggs, milk)*

Chickpea Sandwich on Joe's Bread – chickpeas, celery, scallions, parmesan, 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*), butter lettuce, clover sprouts, tomato, tahini (*ground sesame seeds*), parsley, scallions, lemon juice, garlic, salt, black pepper. Joe's bread: *levain (organic unbleached wheat flour, organic whole wheat flour, water), Wheat Flour, Whole Wheat Flour, Salt.*

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, provolone cheese, 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*

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*

New York Provolone & Tomato Ficelle – provolone, tomatoes, green leaf lettuce, basil, arugula, parsley, creamy dijon vinaigrette (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, sulfite), salt, white pepper*), red wine vinaigrette (*olive oil (refined olive pomace oil, extra virgin olive oil), canola oil, red wine vinegar, salt*), dijon).

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

Eggs	onion	soy
Dairy	sesame	
Nuts	wheat	

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Open Faced Ham & Brie – ham, **brie**, **red onion**, capers, 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.

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**, **fresh thyme**, salt, white pepper), **dijon mustard**, **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). Dutch crunch: **unbleached wheat flour**, water, **whole eggs**, **canola oil**, sugar, yeast, salt. Topping: rice flour, water, sugar, yeast, **canola oil**, salt

Tuna on Herb Cheese – 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**), lettuce, 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**). Herb Cheese Roll: **unbleached white flour**, water, **cheddar cheese**, **scallions**, yeast, salt, rosemary, oregano, thyme, sage, **garlic**, **parmesan cheese**, olive oil

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onion
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Turkey & Dill Havarti on CSD – 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.
Capitola sourdough sandwich: *Organic unbleached wheat flour, organic whole wheat flour, water, sea salt, vitamin C*

Turkey & Gouda Ficelle – oven roasted diestel turkey breast, bacon, **gouda cheese**, caramelized onion (*yellow onion, butter, olive oil, salt, pepper*), 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).
Seeded Ficelle: *unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract, fennel seeds, sesame seeds, caraway seeds, poppy seeds, flaked sea salt.*

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*).

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Composed Salads:

Bistro Salad – mixed baby greens, romaine, **goat cheese**, 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*).

Caesar Salad – 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, 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*).

Gayle's Favorite Salad – romaine, spring mix, black olives, 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.*

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, Dijon (*distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric*) 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*).

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, poppyseeds, kosher salt, dry mustard*).

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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.

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, kosher salt, white pepper*), kosher salt, black pepper.

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.

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*)

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

Ginger Beets with baby spinach - 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.

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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, fresh basil, 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.

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.

Panzanella Salad – Capitola sourdough (*levain (organic unbleached white flour, organic whole wheat flour, water), water, organic unbleached wheat flour/organic whole wheat flour, Organic Rye Flour, sea salt*), artichoke hearts (*artichoke quarters, water, sunflower oil, distilled cane vinegar, salt, olive oil, garlic, spices, ascorbic acid*), roasted red bell pepper, heirloom tomatoes, garbanzo beans, celery, red onion, scallions, olive oil, red wine vinegar, canola oil, garlic, paprika, fresh parsley, salt, pepper.

Pearl Pasta Salad – Israeli couscous (pearl pasta), peas, arugula, parsley, marinated onion (red onion, fresh lemon, lemon zest, kosher salt), feta, fresh mint. Dressing: olive oil, lemon juice, garlic, za'atar seasoning (*thyme, sumac, roasted sesame, caraway seeds, dill seeds, turmeric, vegetable oil (soya bean)*), salt, cumin.

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

Spring Vegetable Marinade – cauliflower, asparagus, yellow squash, carrots, snap peas, radish, parsley, scallions. Dressing: olive oil, canola oil, red wine vinegar, fresh thyme, dijon mustard, agave, garlic, salt, pepper.

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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, **black sesame seeds**.

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