

Sandwiches & Salads

Basil Chicken Salad Croissant – chicken, pesto mayo (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*), pesto (*basil, parsley, garlic, parmesan, olive oil, salt, pepper*)), *celery, walnuts, red onion*, *lemon juice, tabasco (distilled vinegar, red pepper, salt), garlic salt, salt & pepper*. Lettuce, croissant (*bread flour, unsalted butter, water, salted butter, sugar, milk powder, yeast, salt*). *On top of all Croissants: Egg Wash (eggs, milk)*

BBQ Tri Tip Sandwich – *grilled tri tip (salt, pepper, 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 (distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric), 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, wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), garlic, salted butter, Tabasco (distilled vinegar, red pepper, salt)*, *crispy onions (onion, flour, salt, pepper)*. *Dutch Crunch (unbleached wheat flour, water, whole eggs, canola oil, sugar, yeast, salt. Topping: rice flour, water, sugar, yeast, canola oil, salt)*.

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

Green Goddess Veggie Club – *heirloom tomato, dill havarti, cheddar cheese, cucumber, lettuce, sprouts, green goddess dressing (mayonnaise (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), parsley, spinach, olive oil (refined olive pomace oil, extra virgin olive oil), chives, lemon juice, vinegar, tarragon, garlic, salt, black pepper)*. *Muesli: Organic white flour, water, pumpkin seeds, sunflower seeds, sliced almonds, sesame seeds, salt, honey, yeast, malt*

Eggs
Dairy
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soy

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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 (*gluten free tamari*, 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).

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.

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 (distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric), kosher salt, white pepper), 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*, 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), 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. Wholesome wheat bread: *wheat flour, whole wheat flour, rye flour, rye meal*, canola oil, barley malt, bran, *cracked wheat*, yeast, salt, poppy seeds, sunflower seeds, oats.

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Turkey Club on Grilled Sourdough – oven roasted Diestel turkey breast, bacon, cheddar 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*). Sourdough bread: *levain (organic unbleached white flour, organic whole wheat flour, water), water, organic unbleached wheat flour/organic whole wheat flour, Organic Rye Flour, sea salt*.

Turkey Cubano Ficelle – oven roasted diestel turkey breast, **Jarlsberg cheese**, dill pickle (*cucumber, water, salt, vinegar, calcium chloride, sodium benzoate, natural flavoring & spices*), chipotle 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), chipotle in adobo sauce, salt, white pepper*). Ficelle: *unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract*

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*).

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*).

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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*).

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.

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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.

Basil Chicken Salad – chicken, pesto mayo (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*), pesto (basil, parsley, **garlic**, **parmesan**, olive oil, salt, pepper)), celery, **walnuts**, **red onion**, tabasco (*distilled vinegar, red pepper, salt*), salt & pepper.

Beets & Orange Salad – beets, navel oranges, **red onion**, baby spinach. *Dressing*: red wine vinegar, olive oil (*refined olive pomace oil, extra virgin olive oil*), **shallots**, **garlic**, kosher salt, black pepper.

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)*).

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

Fiesta Salad -celery, cherry tomatoes, cilantro, black olives, garbanzo beans, **garlic**, **red onion**, **scallions**, lemon juice, kosher salt, black pepper, olive oil (*refined olive pomace oil, extra virgin olive oil*), canola oil, red wine vinegar.

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.

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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, canola oil, red wine vinegar, *garlic*, salt.

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, dressing (*olive oil (refined olive pomace oil, extra virgin olive oil)*, *canola oil*, *red wine vinegar*, *salt*, *pepper*, *shallots*).

Kale & Lentils – kale, green lentils (cooked in salted water), *toasted almonds*, green olives, *feta cheese*, *green onion*, parsley. *Lemon-Tahini Dressing*: lemon juice, olive oil, *tahini*, *garlic*, maple syrup, cumin, salt & pepper.

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

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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