

Sandwiches & Salads

Almond Tarragon Chicken Salad Croissant- chicken with seasoning salt (paprika, *garlic*, dried oregano, kosher 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 (water, mustard seeds, salt, sulfite), 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)*)

BBQ Tri Tip - 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 (water, mustard seeds, vinegar, salt, sulfite), 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*). Dutch Crunch (*unbleached wheat flour*, water, *whole eggs*, canola oil, sugar, yeast, salt. Topping: rice flour, water, sugar, yeast, canola oil, salt).

Caprese Ficelle - *sliced fresh mozzarella* (sprinkled with salt & black pepper), dry farmed tomatoes (sprinkled with salt & black pepper), fresh basil, balsamic vinegar, olive oil, kosher salt, pepper. Ficelle bread: *unbleached wheat flour, all-purpose wheat flour*, water, yeast, salt, barley malt extract.

Eggs
Dairy
Nuts

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soy

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Chicken Banh Mi – grilled lemon chicken (*wheat free tamari (water, soybeans, salt, sugar), lemon juice, canola oil, sesame oil, garlic, dry mustard*), sweet and spicy sauce (*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*), 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, sriracha (*chiles, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfite and xanthan gum*), mayo (*pasteurized egg yolks, whole eggs, canola oil, olive oil, white wine vinegar, dijon mustard (water, mustard seeds, salt, sulfite), salt, white pepper*), salt, pepper, francese baguette (*enriched wheat flour, all-purpose wheat flour, water, salt, yeast, barley malt extract*)

Hearty Chickpea Salad on Muesli – 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, alfalfa sprouts, tomato, cheddar cheese, hummus oil (*hummus (garbanzo beans, olive oil (refined olive pomace oil, extra virgin olive oil), lemon juice), extra virgin olive oil*), tahini (*ground sesame seeds*), parsley, scallions, cumin, lemon juice, garlic, salt, black pepper, muesli (*Organic white flour, water, pumpkin seeds, sunflower seeds, sliced almonds, sesame seeds, salt, honey, yeast, malt*)

Heirloom B.L.T. on Grilled Sourdough - bacon, butter lettuce, heirloom tomato, 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, salt, sulfite), salt, white pepper*), capitola sourdough (*organic white flour, water, levain (organic unbleached wheat flour, organic whole wheat flour, water), Organic Rye Flour, organic wheat flour, sea salt*)

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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 (water, mustard seeds, vinegar, salt, sulfite), salt, white pepper), basic vinaigrette (olive oil (refined olive pomace oil, extra virgin olive oil), canola oil, red wine vinegar, salt). Ficelle: *unbleached wheat flour*, *all-purpose wheat flour*, water, yeast, salt, barley malt extract

Lemon Tuna on Everything Croissant - albacore tuna salad (mayo (*pasteurized egg yolks*, *whole eggs*, canola oil, olive oil, white wine vinegar, dijon mustard, salt, white pepper), *red onion*, capers, celery, lemon juice, cornichon, salt, pepper), butter lettuce, paper thin lemon slices. Everything croissant: croissant dough: *bread flour*, *unsalted butter*, 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.

Turkey Crannie - oven roasted diestel turkey breast, *provolone cheese*, avocado, cranberry mustard (*Dijon mustard* (water, mustard seeds, salt, sulfite), grain mustard, cranberries, sugar, orange juice), lettuce, 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), Dutch Crunch (*unbleached wheat flour*, water, *whole eggs*, canola oil, sugar, yeast, salt. Topping: rice flour, water, sugar, yeast, canola oil, 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 (water, mustard seeds, salt, sulfite), chipotle in adobo sauce, salt, white pepper). Ficelle: *unbleached wheat flour*, *all-purpose wheat flour*, water, yeast, salt, barley malt extract

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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*), bitchin sauce (*water, almonds, expeller-pressed grapeseed oil, lemon juice, nutritional yeast, bragg liquid aminos (soy protein), garlic, spices, sea salt*), 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*).

Available Wednesday & Thursday In Store Only

Prosciutto & Burrata – schiacciata (*flour, water, yeast, salt, olive oil*), burrata, arugula, prosciutto, pesto (*basil, garlic, parmesan, parsley, pine nuts, olive oil*), extra virgin olive oil.

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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, mayo (egg yolks, whole eggs, canola oil, olive oil (refined olive pomace oil, extra virgin olive oil), 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*).

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, **hard boiled egg**, red potato, Nicoise olives (*olives, water, salt, lactic acid*), radicchio, **red onions**, capers (*capers, water, distilled vinegar, salt*), oregano, parsley, Dijon red wine vinaigrette (*Dijon mustard (water, mustard seeds, salt, sulfite), olive oil (refined olive pomace oil, extra virgin olive oil), canola oil, red wine vinegar, kosher salt, black pepper*).

Cobb Salad - romaine lettuce, spring mix, grilled chicken (*canola oil, sesame oil, wheat free tamari (water, soybeans, salt, sugar), garlic, dry mustard, sugar*), bacon, **hard boiled egg**, sweet 100 tomatoes, **blue cheese**, cucumber. Cobb Salad Dressing (*red wine vinegar, lemon juice, 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), dijon mustard (water, mustard seeds, salt, sulfite), sugar, olive oil (refined olive pomace oil, extra virgin olive oil), salt & pepper*).

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Power Quinoa & Hummus Salad – mixed baby greens, Power Quinoa 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), 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 salt, garlic, turmeric, 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), carrot, cucumber, cherry tomato, kalamata olives. red wine vinaigrette: olive oil (refined olive pomace oil, extra virgin olive oil), canola oil, red wine vinegar, fresh thyme, dijon mustard (water, mustard seeds, salt, sulfite), shallots, salt, white pepper*

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, salt, sulfite), 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.*

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.*

Caprese Salad - dry farmed & heirloom tomatoes, *fresh mozzarella*, fresh basil, olive oil, extra virgin olive oil, white balsamic, balsamic, *garlic*, salt, pepper.

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Caesar Pasta Salad - *penne rigate pasta*, romaine lettuce, *shaved parmesan*, 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, 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)*)).

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.

Grilled Chicken Capellini - *capellini pasta*, 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.

Kale with Creamy Lemon Dressing - kale, *shaved parmesan, parmesan crisp*. Creamy lemon dressing: Dijon mustard (*water, mustard seeds, salt, sulfite*), *garlic*, Worcestershire sauce (*water, organic vinegar, organic gluten free tamari (water, organic soy beans, salt), organic sugar, salt, organic garlic powder, organic onion powder, organic spices*), 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*)

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Memphis Style Coleslaw – green cabbage, purple cabbage, carrot, [scallions](#), parsley, 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, salt, sulfite), kosher salt, white pepper), plain Greek yogurt ([pasteurized organic whole milk](#), [organic sweet cream buttermilk](#), [living yogurt cultures](#): *l. Acidophilus*, *l. Bulgaricus*, *s. Thermophilus*, *bifidobacterium lactis*), apple cider vinegar, honey, Dijon mustard, dill pickle, pickle juice, [yellow onion](#), Sir Kensington's sauce (sunflower oil, water, [organic certified humane free range egg yolks](#), cucumbers, distilled vinegar, tomato paste, organic lemon juice, fair trade organic cane sugar, salt, mustard flour, mustard seed, citric acid, smoked paprika, [dried garlic](#), [garlic](#), jalapeno peppers, xanthan gum, dill weed, black pepper, calcium chloride), salt, pepper.

Power Quinoa 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](#)), 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

Rainbow Broccoli Salad – broccoli, carrots, celery, dried cranberries, [cheddar cheese](#), [scallions](#), lemon zest, [toasted cashews](#), tangy dressing: mango, cider vinegar, honey, [garlic salt](#), salt, pepper, dried mustard, lemon juice

Red Bean & Corn Salad – corn, red beans, [red onion](#), green bell pepper, tomato, [scallions](#), jalapeno, cilantro, parsley, lime juice, bay leaves, vinaigrette ([red wine vinegar](#), [garlic](#), 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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