



**ONLINE ORDERING  
NOW Available!**

**NORTHWEST**

421 W. Ina (at Oracle)  
Tel: 461-1111

**EAST**

Monterey Village  
6260 E. Speedway (at Wilmot)  
Tel: 747-7477

**CENTRAL**

3026 N. Campbell (between Glenn & Ft. Lowell)  
Tel: 322-9965

**HOURS:**

Mon.-Fri. 6:30-8:00  
Sat. 7:00-8:00 Sun. 7:00-6:00

Visit us online at [www.beyondbread.com](http://www.beyondbread.com)

2017

**brian's breakfast bash**

served 6:30am-10:30am weekdays and 7:00am-11:00am weekends.

**Cindy's Raisin Challah French Toast** **\$5.99**

3 pieces served with powdered sugar & syrup.

**Otis's Oatmeal** **Wheat free** **\$3.75**

Beyond Bread's unique blend of oats and grains slowly cooked each morning. Served with brown sugar & dried fruit with a side of milk.

**Quinn's Quiche** **\$3.95**

Changes daily.

**Granola with Milk** **Wheat free** **\$4.50**

**Yogurt Parfait** **\$4.50**

**omelets** (Made to order, please allow extra time) **\$7.55**

Served with choice of White, Wheat, Multigrain or Rustic toast and roasted potatoes. **Please no substitutions.**

**BCT**

Bacon, cheddar, tomato.

**Mediterranean** 

Tomato, artichoke hearts, feta.

**Breakfast Bruschetta** 

Tomato, fresh basil, Parmesan.

**Old Pueblo**

Chicken, green chiles, avocado, provolone.

**egg sandwiches** **\$6.99**

Served with roasted potatoes.

**Please no substitutions.**

**Bernie's Bacon**

Bacon, cheddar, tomato on White.

**Morgan's Merger**

Ham, Swiss, roasted red peppers, red onion on White.

**Ignacio's Italian** 

Tomato, fresh basil, Parmesan on White.

**Santiago's Sonoran**

Ham, provolone, green chiles on White.

**Visit our website to see our  
full pastry line-up for...**

**Scones, Danish, Muffins, Kouign-amann,**  
and many more freshly baked breakfast pastries.  
Perfect with a drink from our **full espresso bar!**

## roasted turkey

	half	whole
<b>Avi's Avo</b> 🌿	\$5.99	\$9.25
Turkey, avocado, cucumber, sprouts, mayonnaise on Ciabatta.		
<b>Bart's Bag</b> 🌿	\$6.50	\$9.99
Turkey, brie, lettuce, tomato, red onion, honey mustard, mayonnaise on a Baguette.		
<b>Joel's Jolt</b> 🌿	\$5.99	\$8.99
Turkey, provolone, jalapeños, lettuce, tomato, onion, Russian dressing on Ciabatta.		
<b>Paloma's Pavo</b> 🇹	\$5.99	\$9.75
Southwest turkey salad, bacon, lettuce, tomato, avocado on toasted White.		
<b>Milton's Melt</b> 🍷	N/A	\$9.99
Turkey, bacon, sharp cheddar, tomato, Russian dressing on Rye.		
<b>Stan's Stack</b>	\$5.99	\$9.25
Turkey, provolone, roasted red peppers, sprouts, Russian dressing on White.		
<b>Molly's Crisis</b>	\$5.99	\$8.85
Turkey, hummus, cucumber, sprouts, tomato, mayonnaise on Rustic.		
<b>Curt's Club</b>	N/A	\$12.75
Turkey, bacon, Swiss, lettuce, tomato, mayonnaise on toasted White. Double Decker.		

## albacore tuna

<b>Ashlee's Albacore</b> 🐟	\$5.99	\$8.99
Tuna salad, lettuce, tomato on White.		
<b>Dab's Delight</b> 🐟 🍷	N/A	\$9.25
Tuna salad, melted sharp cheddar, tomato on Wheat.		

## all natural chicken

	half	whole
<b>Maddy's Madness</b>	N/A	\$9.99
Chicken, bacon, provolone, avocado, lettuce, tomato, mayonnaise on toasted Multigrain.		
<b>Charlie's Chicken</b> 🍷	N/A	\$9.75
Chicken, bacon, sharp cheddar, tomato, red onion, barbecue sauce on White.		
<b>Pauly's Pesto</b> 🍷	N/A	\$9.99
Chicken, provolone, basil sunflower pesto, artichoke hearts, tomato, Italian dressing on Focaccia.		
<b>Kalid's Kurry</b> 🇨	\$5.75	\$7.99
Curry chicken salad, toasted almonds, lettuce in a Wheat Pita.		
<b>Colette's Cordon Bleu</b> 🍷	N/A	\$9.75
Chicken, ham, Swiss, honey mustard on White.		
<b>Rex's Revenge</b>	N/A	\$8.99
Chicken, shaved Parmesan, lettuce, tomato, Caesar dressing on Focaccia.		

## veggie

	half	whole
<b>Carmela's Caprese</b> 🌿	\$5.75	\$8.25
Fresh mozzarella, tomato, fresh basil, roasted red peppers, Vinaigrette dressing on Focaccia.		
<b>Maya's Market</b> 🌿 🍷	N/A	\$8.25
Swiss, provolone, basil sunflower pesto, artichoke hearts, roasted red peppers, tomato, red onion on Multigrain.		
<b>Ollie's Original</b> 🌿 🌿	\$5.25	\$7.55
Feta, olive paste, cucumber, tomato, red onion, Vinaigrette on a Baguette.		
<b>Annie's Addiction</b> *	\$5.50	\$7.75
Hummus, cucumber, sprouts, tomato, red onion on Rustic.		

🇨 <b>Curry chicken salad:</b> chicken, celery, scallion, curry powder, salt, white pepper, mayonnaise, raisins, jicama and lemon juice.
🇹 <b>Southwest turkey salad:</b> fresh roasted turkey, Anaheim chiles, cilantro, celery, red onion, chipotle chiles, mayonnaise and sour cream.
🐟 <b>Tuna salad:</b> solid white Albacore Tuna, mayonnaise, dijon mustard, fresh parsley, salt and pepper.
🦷 <b>Tough crust:</b> indicates bread with a crust that may be difficult to eat if you have sensitive or delicate teeth. Please note that our olives may contain pits. Please be careful!
🌿 <b>Vegetarian</b> ✨ <b>Vegan</b> 🍷 <b>Served hot</b>

## sandwich sides

Choose **ONE** of the following:

<b>Beyond Bread Kettle Chips</b> .....	<b>Included</b>
<b>Baked Chips</b> .....	<b>Included</b>
<b>Baby Carrots</b> .....	<b>Included</b>
<b>Apple</b> .....	<b>Included</b>
<b>Pasta Salad</b> .....	<b>extra \$0.65</b>
<b>Fat Free Vinegar Slaw</b> .....	<b>extra \$0.65</b>
<b>Small Green Salad</b> .....	<b>extra \$1.00</b>
<b>Small Soup</b> .....	<b>extra \$1.00</b>




## roast beef

	half	whole
<b>Brad's Beef</b> 	N/A	\$9.75
Roast Beef, provolone, green chiles, red onion, Russian dressing on White.		
<b>Gordo's Gorgonzola</b> 	N/A	\$9.50
Roast Beef, garlic gorgonzola sauce, red onion on Rustic.		
<b>Betty's Brie</b> 	\$6.50	\$9.99
Roast Beef, brie, tomato, mayonnaise on a Baguette.		
<b>Roger's Roast</b>	N/A	\$9.75
Roast Beef, lettuce, sharp cheddar, horseradish sauce on a toasted Pretzel bread.		

## from the deli

	half	whole
<b>Rudy's Reuben</b> 	N/A	\$9.99
Corned Beef, Swiss, sauerkraut, Russian dressing on Rye.		
<b>Enzo's Ending</b> 	N/A	\$8.99
Pepperoni, ham, provolone, pepperoncini, lettuce, tomato, red onion, Italian dressing on a Parisienne.		
<b>Gino's Grinder</b>  	N/A	\$8.99
Capicola, pepperoni, provolone, roasted red peppers, red onion, Vinaigrette on a Baguette.		
<b>Max's Muffalotta</b> 	N/A	\$10.25
Capicola, ham, pepperoni, provolone, artichoke hearts, roasted red peppers, olive paste, tomato, red onion, Vinaigrette on Ciabatta.		
<b>Grilled Cheese</b> (no additions please)  	N/A	\$5.50
Your choice of provolone, sharp cheddar or Swiss cheese on White.		
<b>Bob's BLT</b>	\$5.25	\$7.50
Bacon, lettuce, tomato, mayonnaise on toasted White.		

## kid's call (12 & under please)

<b>PB &amp; J</b> 	\$3.25
Half sandwich of smooth peanut butter & strawberry jam on White.	
<b>Grilled Cheese</b> 	\$3.25
Half sandwich with your choice of provolone, sharp cheddar or Swiss cheese on White.	
<b>Kid's Classic Mac &amp; Cheese</b> (no additions please) 	\$4.25
Served with a side of toasted garlic bread.	

## delicious duos

Your choice of a small soup or small garden salad with one of the following half sandwiches:

**\$6.75**

**Carmela's Caprese**      **Kalid's Kurry**

**\$6.99**

**Avi's Avo**    **Joel's Jolt**    **Stan's Stack**  
**Ashlee's Albacore**      **Molly's Crisis**

**\$7.50**


**Bart's Bag**      **Betty's Brie**

## soups \$5.75

Served in a bread bowl or with a side of sliced bread.

**Every Day**

Chicken Tortilla

Tomato Basil 

**Monday**

Beef Barley

**Tuesday**

Butternut Squash

**Wednesday**

Green Chile & Corn Chowder 

**Thursday**

Beef Chili

**Friday**

Clam Chowder

**Saturday**

Baked Potato & Bacon

**Sunday**

Cream of Chicken & Dumpling

**Spring-Fall**

Gazpacho \*

**Small Soup**      **\$3.25**

**Small Garden Salad**      **\$2.99**

**Soup & Salad Combo**      **\$5.99**

Small soup & green salad with your choice of sliced bread.

## mac & cheese

Made to order orecchiette pasta with a white cheddar and Parmesan sauce, and house-made Italian bread crumbs with toasted garlic bread.  
 Add small green salad for \$1.50.

**Classic Mac & Cheese**       **\$7.99**

**Tomato Basil Mac & Cheese**       **\$8.50**

**Bacon Mac & Cheese**      **\$8.25**

## beyond the garden

All salads are served with Rustic bread and dressing on the side.

### Say Cheese! 🧀

Fresh mozzarella, sliced tomato, fresh basil, roasted red peppers, cucumber, Vinaigrette dressing on mixed greens.

**\$9.45**

### It's Greek To Me 🇬🇷 🥗

Feta, artichoke hearts, Greek olives, cucumber, tomato, red onion, Vinaigrette dressing on mixed greens.

**\$9.45**

### Gobble Me Up! <sup>Updated</sup>

Turkey, spiced cinnamon walnuts, dried cranberries, crumbled gorgonzola, cucumber, tomato, red onion, Ranch dressing on mixed greens.

**\$10.50**

### South by Southwest 🇺🇸

Southwest turkey salad, avocado, cucumber, tomato, red onion, Ranch dressing on mixed greens.

**\$9.65**

### Catch of the Sea 🐟

Tuna salad, cucumber, tomato, red onion, Ranch dressing on mixed greens.

**\$9.65**

### Larry, Moe & Curry 🍛

Curry chicken salad, toasted almonds, cucumber, tomato, red onion, Vinaigrette dressing on mixed greens.

**\$9.65**

### Et tu, Brute?

Chicken, shaved Parmesan, house-made croutons and Caesar dressing on romaine.

**\$9.25**

### Let's Play Chicken

Chicken, cucumber, tomato, red onion, Ranch dressing on mixed greens.

**\$9.25**

### Angus Management <sup>Updated</sup>

Roast Beef, spiced cinnamon walnuts, crumbled gorgonzola, cucumber, tomato, red onion, Italian dressing on mixed greens.

**\$10.50**

### Three's a Crowd \*

Hummus, artichoke hearts, roasted red peppers, cucumber, tomato, red onion, Vinaigrette dressing on mixed greens.

**\$8.99**

## Dressings:

Russian, Ranch, Honey Mustard (fat free), Italian or Vinaigrette

## daily specials

### MONDAY

#### Zoe's Zinger <sup>SS</sup> 🍷

Chicken, bacon, spicy chipotle cream cheese, lettuce on Pretzel bread.

**\$9.75**

### TUESDAY

#### Carmichael Crunch

Carmichael chicken salad (chicken, apple, and cranberry relish) mixed greens, toasted almonds, buttermilk ranch dressing on Wheat Pita. *Carmichael Training Systems® approved!*

**\$7.99**

### WEDNESDAY

#### Pete's Pepperoni <sup>SS</sup> 🍷

Pepperoni, provolone, roasted red peppers, sun-dried tomato garlic mayonnaise on Pretzel bread.

**\$7.75**

#### Sonny's Chicken <sup>SS</sup> 🍷

Chicken, provolone, roasted red peppers, sun-dried tomato garlic mayonnaise on Pretzel bread.

**\$8.99**

### THURSDAY

#### Good Parma <sup>SS</sup> 🍷

Chicken, marinara sauce, provolone, Parmesan, fresh basil, Caesar dressing on Parmesan Herb.

**\$9.50**

#### Chili Mac

Orecchiette pasta mixed with white cheddar, topped with chili, yellow sharp cheddar and scallions. Served with a side of toasted garlic bread.

**\$8.99**

### FRIDAY

#### Off the Hook (salad)

Baked salmon (seasoned with lemon pepper), tomato, cucumber, red onion, Italian dressing on mixed greens.

**\$10.50**

#### Seward's Salmonwich

Baked salmon (seasoned with lemon pepper), tomato, mixed greens on Focaccia. Served with a side of cilantro lime aioli.

**\$10.25**

### SATURDAY

#### Ernie's Everything Reuben <sup>SS</sup> 🍷

Corned Beef, Swiss, vinegar slaw, Russian dressing on Everything Pretzel bread



**\$9.99**

### SUNDAY

#### Carol's Cornucopia

Turkey, cranberry sauce, gorgonzola, romaine lettuce on Cranberry Pecan.

**\$9.75**

## bread line-up

### Daily

🌾 Baguette  
🌾 Ciabatta  
Cinnamon Raisin  
Focaccia  
Multigrain  
Parisienne  
Pretzels  
Rustic  
Rye  
Wheat  
White  
Wheat Pita

### Monday

Green Chile & Provolone  
Parsley & Swiss  
Semolina & Sesame

### Tuesday

Jalapeño & Cheddar  
Marble Rye  
Pumpnickel

### Wednesday

Ancho, Chipotle & White Cheddar  
Brie, Scallion & Chive  
Rosemary

### Thursday

Jalapeño & Cheddar  
Olive  
Parmesan & Herb  
Walnut

### Friday

Challah (11:00am)  
Chocolate Babka (11:00am)  
Cranberry Pecan  
Green Chile & Provolone

### Saturday

Ancho, Chipotle & White Cheddar  
Fig & Pistachio  
Parmesan & Herb  
Rosemary

### Sunday

Cranberry Pecan  
Marble Rye  
Parmesan & Herb  
Pumpnickel

### Special Orders

require a 96-hour notice

🌾 Bread that may be difficult to eat if you have sensitive teeth

## pastry offerings

**Cookies, Bars & Brownies**  
**Assorted Sweets & Tarts**

**Breakfast Pastries**  
**Cakes & Cheesecakes**

# Back Dough by beyond bread

made-from-scratch specialties:  
**fruit pies cream pies pot pies**  
**seasonal pies and much more!**

Monterey Village

6260 E. Speedway (at Wilmot) Tel: 629-4111

For a list of all pies and information about the Back Dough visit [www.backdough.com](http://www.backdough.com)

## bread ingredients

Most breads are naturally leavened with no added sugar! We use only unbleached, unbromated, hard wheat flours.

🌾 Bread that may be difficult to eat if you have sensitive teeth 🐄 Bread that contains dairy

**Ancho, Chipotle & White Cheddar:** Wheat flour, water, white cheddar, ancho and chipotle chile, starter & sea salt. 🐄

**Baguette:** Wheat flour, water, starter & sea salt. 🌾

**Brie, Scallion & Chive:** Wheat flour, water, starter, brie, scallions, chives & sea salt.

**Challah:** Wheat flour, water, eggs, sugar, vegetable oil, yeast & sea salt. 🐄

**Chocolate Babka:** Wheat flour, eggs, butter, sugar, vegetable oil, chocolate, almonds, rum, vanilla, yeast, lemon zest, brown sugar, pecans, cinnamon & sea salt. 🐄

**Ciabatta:** Wheat flour, water, yeast & sea salt. 🌾

**Cinnamon Raisin:** Wheat flour, whole wheat, water, raisins, starter, cinnamon & sea salt.

**Cranberry Pecan:** Wheat flour, whole wheat, water, dried cranberries, pecans, starter & sea salt.

**Fig & Pistachio:** Wheat flour, water, starter, figs, pistachios, anise & sea salt.

**Focaccia:** Wheat flour, water, starter, olive oil, vegetable oil, herbs & spices, yeast & sea salt.

**Green Chile & Provolone:** Wheat flour, water, provolone, green chile, starter & sea salt. 🐄

**Jalapeño & Cheddar:** Wheat flour, water, jalapeños, Wisconsin cheddar, starter & sea salt. 🐄

**Kalamata Olive:** Wheat flour, water, kalamata olives, starter & sea salt.

**Marble Rye:** Wheat flour, rye flour, pumpnickel meal, water, molasses, caramel extract, caraway, starter & sea salt.

**Multigrain:** Stone ground whole wheat flour, water, oats, wheat flour, sunflower seeds, cracked wheat, millet, flax seeds, honey, starter & sea salt.

**Parisienne:** Wheat flour, water, yeast & sea salt.

**Parmesan & Herb:** Wheat flour, water, Parmesan, thyme, oregano, starter & sea salt.

**Parsley & Swiss:** Wheat flour, water, Swiss, parsley, starter & sea salt. 🐄 🐄

**Pretzel:** Wheat flour, water, starter, yeast & sea salt.

**Pumpnickel:** Wheat flour, rye flour, pumpnickel meal, water, molasses, caramel extract, caraway, starter & sea salt.

**Rosemary:** Wheat flour, water, rosemary, starter & sea salt.

**Rustic:** Wheat flour, semolina, whole wheat, water, starter, toasted white and black sesame seeds & sea salt.

**Rye:** Wheat flour, rye flour, water, starter, caraway & sea salt.

**Semolina:** Semolina, Durham flour, wheat flour, pure olive oil, starter, sesame seeds & sea salt.

**Wheat Pita:** Stone ground whole wheat flour, wheat flour, bran, water, starter & sea salt.

**Walnut:** Wheat flour, stone ground whole wheat, water, walnuts, starter & sea salt.

**Wheat:** Stone ground whole wheat, wheat flour, water, starter & sea salt.

**White:** Wheat flour, water, starter & sea salt.