



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:

All three locations:

Sunday - Thursday: 7:00am - 6:00pm

Friday - Saturday: 7:00am - 7:00pm

Back Dough HOURS:

Daily: 9:00am - 6:00pm

Store hours subject to change.

2021

breakfast

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

Sourdough French Toast (Temporarily Unavailable) **6**

Otis's Oatmeal **4.5**

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

Granola with Milk **4.5**

Yogurt Parfait **4.5**

Avocado Toast * **7**

Avocado, bruschetta (tomato, cucumber & radish), fresh basil, on a slice of toasted White with Vinaigrette & mixed greens.

Kid's French Toast Bites (12 and under please) **3.5**
(Temporarily Unavailable)

omelets (Made to order, please allow extra time) **8.5**

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

BCT (Temporarily Unavailable)

Bacon, cheddar, tomato.

Mediterranean (Temporarily Unavailable)

Tomato, artichoke hearts, feta.

Breakfast Bruschetta (Temporarily Unavailable)

Tomato, fresh basil, Parmesan.

Old Pueblo (Temporarily Unavailable)

Chicken, green chiles, avocado, provolone.

egg sandwiches **7**

Add roasted potatoes or a side for an additional charge.

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.

roasted turkey

Avi's Avo 🌿

Turkey, avocado, cucumber, sprouts, mayonnaise on Ciabatta.

Bart's Bag 🌿

Turkey, brie, lettuce, tomato, red onion, honey mustard, mayonnaise on a Baguette.

Joel's Jolt 🌿

Turkey, provolone, jalapeños, lettuce, tomato, onion, Russian dressing on Ciabatta.

Paloma's Pavo 🇹🇼

Southwest turkey salad, bacon, lettuce, tomato, avocado on toasted White.

Milton's Melt 🍷

Turkey, bacon, sharp cheddar, tomato, Russian dressing on Rye.

Molly's Crisis

Turkey, hummus, cucumber, sprouts, tomato, mayonnaise on Rustic.

Frida's Flight

Turkey, bacon, sharp cheddar, lettuce, tomato, mayonnaise on toasted Jalapeño Cheddar.

Curt's Club

Turkey, bacon, Swiss, lettuce, tomato, mayonnaise on toasted White. Double Decker.

albacore tuna

Ashlee's Albacore 🐟

Tuna salad, lettuce, tomato on White.

Dab's Delight 🐟 🍷

Tuna salad, melted sharp cheddar, tomato on Wheat.

sandwich sides Choose ONE of the following:

Beyond Bread Kettle Chips.....	Included
Baked Chips	Included
Baby Carrots	Included
Apple	Included
Pasta Salad	extra .75
Fat Free Vinegar Slaw	extra .75
Small Green Salad	extra 1.25
Sm Soup/Lg Soup.....	extra 1.25/4

all natural chicken

10.5	Maddy's Madness	11.5
	Chicken, bacon, provolone, avocado, lettuce, tomato, mayonnaise on toasted Multigrain.	
11.5	Charlie's Chicken 🍷	11
	Chicken, bacon, sharp cheddar, tomato, red onion, barbecue sauce on a Torta roll.	
10.5	Pauly's Pesto 🍷	11.5
	Chicken, provolone, basil sunflower pesto, artichoke hearts, tomato, Italian dressing on Focaccia.	
11	Kalid's Kurry 🇨🇮	8.5
	Curry chicken salad, toasted almonds, lettuce in a Wheat Pita.	
11	Colette's Cordon Bleu 🍷	11
	Chicken, ham, Swiss, honey mustard on White.	
10.5	Rex's Revenge	10
	Chicken, shaved Parmesan, lettuce, tomato, Caesar dressing on Focaccia.	

veggie

14	Salam's Shawarma * 🆕	9.5
	Plant based shawarma, beets, tomato, mixed greens, pickled onion, Cucumber Dill dressing on Wheat Pita.	
	Maya's Market 🌿 🍷	9.5
	Swiss, provolone, basil sunflower pesto, artichoke hearts, tomato, roasted red peppers, red onion on Multigrain.	
9.5	Bailey's Beet 🌿	9.5
	Beets, goat cheese & herb spread, cucumber, mixed greens, Balsamic Vinaigrette on Focaccia.	
10.5	Annie's Addiction *	8.5
	Hummus, cucumber, sprouts, tomato, red onion on Rustic.	
	Avocado Toast *	7
	Avocado, bruschetta (tomato, cucumber & radish), fresh basil, on a slice of toasted White with Vinaigrette & mixed greens.	
	Carmela's Caprese 🌿	8.5
	Fresh mozzarella, tomato, fresh basil, roasted red peppers, Balsamic Vinaigrette dressing on Focaccia.	

Gluten free wraps are available as a bread alternative on any sandwich or salad for an additional charge.

roast beef

Brad's Beef

Roast Beef, provolone, green chiles, red onion, Russian dressing on White.

Gordo's Gorgonzola

Roast Beef, garlic gorgonzola sauce, red onion on Rustic.

Betty's Brie

Roast Beef, brie, tomato, mayonnaise on a Baguette.

Roger's Roast

Roast Beef, lettuce, sharp cheddar, horseradish sauce on toasted Pretzel bread.

from the deli

Rudy's Reuben

Corned Beef, Swiss, sauerkraut, Russian dressing on Rye.

Enzo's Ending

Pepperoni, ham, provolone, sliced pickles, lettuce, tomato, red onion, Italian dressing on a Torta roll.

Gino's Grinder

Capicola, pepperoni, provolone, roasted red peppers, red onion, Vinaigrette on a Baguette.

Max's Muffalotta

Capicola, ham, pepperoni, provolone, artichoke hearts, roasted red peppers, olive paste, tomato, red onion, Vinaigrette on Ciabatta.

Grilled Cheese (no additions please)

Your choice of provolone, sharp cheddar or Swiss cheese on White.

Bob's BLT

Bacon, lettuce, tomato, mayonnaise on toasted White.

kid's call (12 & under please)

PB & J

Half sandwich of smooth peanut butter & house strawberry apple jam on White.

Grilled Cheese

Half sandwich with your choice of provolone, sharp cheddar or Swiss cheese on White.

Kid's Classic Mac & Cheese (no additions please)

Served with a side of toasted garlic bread.

11

11

11.5

11

11

10

10.5

11.5

6.5

8.5

4

4

4.5

half sandwiches

6.5

Bob's BLT

Kalid's Kurry

Annie's
Addiction

Carmela's
Caprese

Bailey's Beet

7

Avi's Avo

Joel's Jolt

Molly's Crisis

Paloma's Pavo

Ashlee's
Albacore

7.5

Bart's Bag

Betty's Brie

*Make it a
Delicious Duo
and add a small
soup or salad
for \$1.25!*

soups

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

Every Day

Chicken Tortilla
Tomato Basil 

Monday

Beef Barley

Tuesday

Rotating

Wednesday

Green Chile &
Corn Chowder 

Thursday

Beef Chili

Friday

Clam Chowder

Saturday

Ribollita
(Italian Stew)

Sunday

Cream of Chicken
& Dumpling

Spring-Fall

Gazpacho 

Small Soup/Large Soup **3.5/6.5**

Small Garden Salad **3**

Soup & Salad Combo **6.5**

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  **9**

Tomato Basil Mac & Cheese  **9**

Bacon Mac & Cheese **9.5**

beyond the garden

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

Peace of the Middle East * 10.5

Plant based shawarma, beets, pickled onion, cucumbers, tomato, Cucumber Dill dressing on mixed greens with a side of Wheat Pita.

It's Greek To Me 10.5

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

Gobble Me Up! 12

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

South by Southwest 10.5

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

Catch of the Sea 10.5

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

Larry, Moe & Curry 10.5

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

Et tu, Brute? 10.5

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

Let's Play Chicken 10

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

Angus Management 12




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

Three's a Crowd * 10.5

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

Dressings:

Russian, Ranch, Italian, Balsamic Vinaigrette, Honey Mustard or Cucumber Dill (dairy & egg free)

-  **Curry chicken salad:** chicken, celery, scallion, curry powder, salt, white pepper, mayonnaise, raisins, jicama and lemon juice.
-  **Southwest turkey salad:** fresh roasted turkey, Anaheim chiles, cilantro, celery, red onion, chipotle chiles, mayonnaise and sour cream.
-  **Tuna salad:** solid white Albacore Tuna, mayonnaise, dijon mustard, fresh parsley, salt and pepper.

daily specials

MONDAY

Zoe's Zinger 11

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

TUESDAY

Carmichael Crunch 9

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

WEDNESDAY

Pete's Pepperoni 9

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

Sonny's Chicken 10.5

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

THURSDAY

Good Parma 11

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

Chili Mac 10.5

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

FRIDAY

Off the Hook (salad) 12

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

Seward's Salmonwich 12

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

SATURDAY

Ernie's Everything Reuben 11.5

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

SUNDAY

Carol's Cornucopia 11

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



Tough crust: 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!



Served Hot



Vegetarian



Dairy & Egg Free

bread line-up

Daily

🌾 Baguette
 🌾 Ciabatta
 Cinnamon Raisin
 Focaccia
 Jalapeño & Cheddar
 Multigrain
 Pretzels
 Rustic
 Rye
 Torta Roll
 Wheat
 Wheat Pita
 White

Monday

Parsley & Swiss
Semolina & Sesame

Tuesday

Brie, Scallion & Chive
Marble Rye
Pumpnickel

Wednesday

Ancho, Chipotle & White Cheddar
Rosemary

Thursday

Olive
Parmesan & Herb
Walnut

Friday

Challah ^(11am)
Chocolate Babka ^(11am)
Cranberry Pecan
Parmesan & Herb

Saturday

Ancho, Chipotle & White Cheddar
Fig & Pistachio
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

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.

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.

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, olive oil, starter, sesame seeds & sea salt.

Torta Roll: Wheat flour, water, yeast & 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.