



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:

Daily: 7:00am - 7:00pm

Back Dough HOURS:

Daily: 9:00am - 6:00pm

2022

breakfast

served daily: 7:00am - 11:00am

Sourdough French Toast

6.5

Kid's French Toast Bites

4

(12 and under please)

Otis's Oatmeal

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

5.5

Yogurt Parfait

5

Bacon & Cheddar Quiche

5

Swiss & Scallion Quiche

5

Toast

1.5

Served with your choice of any fresh-baked artisan bread and a side of butter or jam.

Avocado Toast ✱

8

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

egg sandwiches

8

served daily: 7:00am - 10:30am

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.

Please no substitutions on egg sandwiches.

Visit our website to see our full pastry line-up for...
Scones, Danish, Muffins, Kouign-amann,
 and many more freshly baked breakfast pastries.
 Online ordering available while supplies last!

roasted turkey

Avi's Avo 🌿

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

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.

Bart's Bag 🌿

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

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:

Kettle Chips.....	Included
Baked Chips	Included
Baby Carrots	Included
Apple	Included
Pasta Salad	extra 1 ⁰⁰
Fat Free Vinegar Slaw	extra 1 ⁰⁰
Small Green Salad	extra 1 ⁵⁰
Sm Soup/Lg Soup.....	extra 1 ⁵⁰ /4 ⁰⁰

all natural chicken

12 **Rex's Revenge** 11.5

Chicken, shaved Parmesan, lettuce, tomato, Caesar dressing on Focaccia.

12 **Maddy's Madness** 13

Chicken, bacon, provolone, avocado, lettuce, tomato, mayonnaise on toasted Multigrain.

12.5 **Charlie's Chicken** 🍷 12.5

Chicken, bacon, sharp cheddar, tomato, red onion, barbecue sauce on a Torta roll.

12.5 **Pauly's Pesto** 🍷 13

Chicken, provolone, basil pesto (nut-free), artichoke hearts, tomato, Italian dressing on Focaccia.

13 **Kalid's Kurry** 🇨🇰 10

Curry chicken salad, toasted almonds, lettuce in a Wheat Pita.

12 **Colette's Cordon Bleu** 🍷 12.5

Chicken, ham, Swiss, honey mustard on White.

veggie

12.5 **Salam's Shawarma** ✨ 10.5

Plant based shawarma, beets, tomato, mixed greens, pickled onion, Cucumber Dill dressing on Wheat Pita.

Maya's Market 🌿 🍷 11

Swiss, provolone, basil sunflower pesto, artichoke hearts, tomato, roasted red peppers, red onion on Multigrain.

10.5 **Bailey's Beet** 🌿 11

Beets, goat cheese & herb spread, cucumber, mixed greens, Balsamic Vinaigrette on Focaccia.

12 **UNREAL Reuben** 🌿 🍷 14

Unreal Deli® Corn'd Beef, Swiss, sauerkraut, Russian dressing on Rye. ~ Vegan Style Available! ✨

Annie's Addiction ✨ 10

Hummus, cucumber, sprouts, tomato, red onion on Rustic.

Avocado Toast ✨ 8

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

Carmela's Caprese 🌿 10

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 & 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.

12.5

12.5

13

12.5

12.5

11

12

13

7.5

10

4.5

5

5

half sandwiches

7

Bob's BLT

Kalid's Kurry

Annie's
Addiction

Carmela's
Caprese

Bailey's Beet

7.5

Avi's Avo

Joel's Jolt

Molly's Crisis

Paloma's Pavo

Ashlee's
Albacore

8

Bart's Bag

Betty's Brie

*Make it a
Delicious Duo
and add a small
soup or salad
for an extra \$1.50*

soups

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

Every Day

Chicken Tortilla
Tomato Basil 

Monday

Beef Barley

Tuesday

Vegetable Lentil 

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 3.75/6.75

Small Garden Salad 3.25

Soup & Salad Combo 6.75

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

mac & cheese

Made to order cellentani 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  10

Tomato Basil Mac & Cheese  10

Bacon Mac & Cheese 10.5

beyond the garden

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

Peace of the Middle East ✨

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 🌿 🥚

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

Gobble Me Up!

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

South by Southwest 🇹🇼

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

Catch of the Sea 🐟

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

Larry, Moe & Curry 🍛

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

Et tu, Brute?

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

Let's Play Chicken

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

Angus Management

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

Three's a Crowd ✨

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

- 12 **Zoe's Zinger** 🍷
Chicken, bacon, spicy chipotle cream cheese, lettuce on Pretzel bread. **12.5**

TUESDAY

- 12 **Carmichael Crunch** **10**
Carmichael chicken salad (chicken, apple, and cranberry relish) mixed greens, toasted almonds, buttermilk ranch dressing on Wheat Pita. *Carmichael Training Systems® approved!*
- 13

WEDNESDAY

- 12 **Pete's Pepperoni** 🍷
Pepperoni, provolone, roasted red peppers, sun-dried tomato garlic mayonnaise on Pretzel bread. **10.5**
- 12 **Sonny's Chicken** 🍷
Chicken, provolone, roasted red peppers, sun-dried tomato garlic mayonnaise on Pretzel bread. **12**

THURSDAY

- 12 **Good Parma** 🍷
Chicken, marinara sauce, provolone, Parmesan, fresh basil, Caesar dressing on Parmesan Herb. **12.5**
- 12 **Chili Mac** **12.5**
Cellentani pasta mixed with white cheddar, topped with chili, yellow sharp cheddar and scallions. Served with a side of toasted garlic bread.

FRIDAY

- 11.5 **Off the Hook (salad)** **13.5**
Baked salmon (seasoned with lemon pepper), tomato, cucumber, red onion, Italian dressing on mixed greens.
- 13 **Seward's Salmonwich** **13.5**
Baked salmon (seasoned with lemon pepper), tomato, mixed greens on Focaccia. Served with a side of cilantro lime aioli.

SATURDAY

- 12 **Ernie's Everything Reuben** 🍷  **13**
Corned Beef, Swiss, vinegar slaw, Russian dressing on Everything Pretzel bread

SUNDAY

- Carol's Cornucopia** **12.5**
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
 Pumpernickel

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
 Pumpernickel

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, and
 pot pies!**

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

Back Dough HOURS

Daily: 9:00am - 6:00pm

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, pumpernickel 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.
- **Pumpernickel:** Wheat flour, rye flour, pumpernickel 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.