breakfast
served daily: 7:00am - 11:00am
Sourdough French Toast 7
Kid's French Toast Bites 4.5
(12 and under please)
Otis's Oatmeal 5.5
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 6
Yogurt Parfait 5.5
Bacon & Cheddar Quiche 5.5
Swiss & Scallion Quiche 5.5
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
served daily: 7:00am - 11am
Bernie’s Bacon 8.5
Bacon, cheddar, tomato on White.
Morgan’s Merger 8
Ham, Swiss, roasted red peppers, red onion on White.
Ignacio’s Italian 8
Tomato, fresh basil, Parmesan on White.
Santiago’s Sonoran 8
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.
  - $12.5

- **Joel's Jolt**
  - Turkey, provolone, jalapeños, lettuce, tomato, onion, Russian dressing on Ciabatta.
  - $12.5

- **Paloma's Pavo**
  - Southwest turkey salad, bacon, lettuce, tomato, avocado on toasted White.
  - $13

- **Milton's Melt**
  - Turkey, bacon, sharp cheddar, tomato, Russian dressing on Rye.
  - $13.5

- **Molly's Crisis**
  - Turkey, hummus, cucumber, sprouts, tomato, mayonnaise on Rustic.
  - $12.5

- **Frida's Flight**
  - Turkey, bacon, sharp cheddar, lettuce, tomato, mayonnaise on toasted Jalapeño Cheddar.
  - $13

- **Curt's Club**
  - Turkey, bacon, lettuce, tomato, mayonnaise on toasted White. Double Decker.
  - $16

## All Natural Chicken

- **Rex's Revenge**
  - Chicken, shaved Parmesan, lettuce, tomato, Caesar dressing on Focaccia.
  - $12

- **Maddy's Madness**
  - Chicken, bacon, provolone, avocado, lettuce, tomato, mayonnaise on toasted Multigrain.
  - $13.5

- **Charlie's Chicken**
  - Chicken, bacon, sharp cheddar, tomato, red onion, barbecue sauce on a Torta roll.
  - $13

- **Pauly's Pesto**
  - Chicken, provolone, basil pesto (nut-free), artichoke hearts, tomato, Italian dressing on Focaccia.
  - $13.5

- **Kalid's Kurry**
  - Curry chicken salad, toasted almonds, lettuce in a Wheat Pita.
  - $10.5

- **Colette's Cordon Bleu**
  - Chicken, ham, Swiss, honey mustard on White.
  - $13

## Veggie

- **Salam's Shawarma**
  - Plant based shawarma, beets, tomato, mixed greens, pickled onion, Cucumber Dill dressing on Wheat Pita.
  - $11

- **Maya's Market**
  - Swiss, provolone, basil sunflower pesto, artichoke hearts, tomato, roasted red peppers, red onion on Multigrain.
  - $11.5

- **Bailey's Beet**
  - Beets, goat cheese & herb spread, cucumber, mixed greens, Balsamic Vinaigrette on Multigrain.
  - $11.5

- **UNREAL Reuben**
  - Unreal Deli® Corn'd Beef, Swiss, sauerkraut, Russian dressing on Rye. ~ Vegan Style Available! ♻️
  - $14.5

- **Annie's Addiction**
  - Hummus, cucumber, sprouts, tomato, red onion on Rustic.
  - $10.5

- **Avocado Toast**
  - Avocado, bruschetta (tomato, cucumber, radish & seasoning), fresh basil, on a slice of toasted White with Vinaigrette & mixed greens.
  - $8

- **Carmela's Caprese**
  - Fresh mozzarella, tomato, fresh basil, roasted red peppers, Balsamic Vinaigrette dressing on Focaccia.
  - $10.5

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

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<table>
<thead>
<tr>
<th>Sandwich Sides</th>
<th>Included/Extra</th>
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<tbody>
<tr>
<td>Kettle Chips</td>
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<tr>
<td>Baked Chips</td>
<td>Included</td>
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<tr>
<td>Baby Carrots</td>
<td>Included</td>
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<tr>
<td>Apple</td>
<td>Included</td>
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<tr>
<td>Pasta Salad</td>
<td>Extra $1.00</td>
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<tr>
<td>Fat Free Vinegar Slaw</td>
<td>Extra $1.00</td>
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<tr>
<td>Small Green Salad</td>
<td>Extra $1.75</td>
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<tr>
<td>Sm Soup/Lg Soup</td>
<td>Extra $1.75/4.00</td>
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| Sm Soup/Lg Soup | Extra $1.75/4.00 |
## 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
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
Served with a side of toasted garlic bread.

## half sandwiches

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<td>Bailey's Beet</td>
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**Make it a Delicious Duo and add a small soup or salad for an extra $1.75**

## soups

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

<table>
<thead>
<tr>
<th>Every Day</th>
<th>Wednesday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Chicken Tortilla</td>
<td>Green Chile &amp; Corn Chowder</td>
<td>Rotating Soup</td>
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<tr>
<td>Tomato Basil</td>
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<tr>
<td>Monday</td>
<td>Thursday Beef Chili</td>
<td>Sunday Cream of Chicken &amp; Dumpling</td>
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<td>Beef Barley</td>
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<td>Tuesday</td>
<td>Friday Clam Chowder</td>
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<td>Vegetable Lentil</td>
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<td>Spring-Fall</td>
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### Small Soup/Large Soup
4 Sm/7 Lg

### Small Garden Salad
3.5

### Soup & Salad Combo
7

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 $1.75.

<table>
<thead>
<tr>
<th>Classic Mac &amp; Cheese</th>
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<tr>
<td>Tomato Basil Mac &amp; Cheese</td>
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<tr>
<td>Bacon Mac &amp; Cheese</td>
<td>11</td>
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</tbody>
</table>
**beyond the garden**

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

**Peace of the Middle East** 12.5
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** 12.5
Feta, artichoke hearts, Greek olives, cucumber, tomato, red onion, Vinaigrette dressing on mixed greens.

**Gobble Me Up!** 13.5
Turkey, spiced cinnamon walnuts, dried cranberries, crumbled gorgonzola, cucumber, tomato, red onion, Ranch dressing on mixed greens.

**South by Southwest** 12.5
Southwest turkey salad, avocado, cucumber, tomato, red onion, Ranch dressing on mixed greens.

**Catch of the Sea** 12.5
Tuna salad, cucumber, tomato, red onion, Ranch dressing on mixed greens.

**Larry, Moe & Curry** 12.5
Curry chicken salad, toasted almonds, cucumber, tomato, red onion, Vinaigrette dressing on mixed greens.

**Et tu, Brute?** 12.5
Chicken, shaved Parmesan, house-made croutons and Caesar dressing on romaine.

**Let's Play Chicken** 12
Chicken, cucumber, tomato, red onion, Ranch dressing on mixed greens.

**Angus Management** 13.5
Roast Beef, spiced cinnamon walnuts, crumbled gorgonzola, cucumber, tomato, red onion, Italian dressing on mixed greens.

**Three's a Crowd** 12.5
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)

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**daily specials**

**MONDAY**
**Zoe's Zinger** 13
Chicken, bacon, spicy chipotle cream cheese, lettuce on Pretzel bread.

**TUESDAY**
**Carmichael Crunch** 10.5
Carmichael chicken salad (chicken, apple, and cranberry relish) mixed greens, toasted almonds, buttermilk ranch dressing on Wheat Pita. *Carmichael Training Systems* approved!

**WEDNESDAY**
**Petes Pepperoni** 11
Pepperoni, provolone, roasted red peppers, sun-dried tomato garlic mayonnaise on Pretzel bread.

**Sonny's Chicken** 12.5
Chicken, provolone, roasted red peppers, sun-dried tomato garlic mayonnaise on Pretzel bread.

**THURSDAY**
**Good Parma** 13
Chicken, marinara sauce, provolone, Parmesan, fresh basil, Caesar dressing on Parmesan Herb.

**Chili Mac** 13
Cellentani 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)** 14
Baked salmon (seasoned with lemon pepper), tomato, cucumber, red onion, Italian dressing on mixed greens.

**Seward's Salmonwich** 14
Baked salmon (seasoned with lemon pepper), tomato, mixed greens on focaccia. Served with a side of cilantro lime aioli.

**SATURDAY**
**Ernie's Everything Reuben** 13.5
Corned Beef, Swiss, vinegar slaw, Russian dressing on Everything Pretzel bread

**SUNDAY**
**Carol's Cornucopia** 13
Turkey, cranberry sauce, gorgonzola, romaine lettuce on Cranberry Pecan.

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**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.

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**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 (Italian)
- Chocolate Babka (Italian)
- 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 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.
- Marble Rye: Wheat flour, rye flour, pumpernickle 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.

pastry offerings

Cookies, Bars & Brownies
Breakfast Pastries
Assorted Sweets & Tarts
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
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