

											Mustard			
14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	Tree nut	Fish	Shellf ish	Sesame	Celery	(seed or bran)	Sulfites	Molluscs	Lupin
Menu Item														
Sandwiches - Roasted Turkey														
Avi's Avo	~	/	~								✓			
Bart's Bag	~	/	/	~							~			
Joel's Jolt	~	/	/	~						~	~			
Paloma's Pavo	~	/	/	~						~	~			
Milton's Melt - HOT	~	~		✓							✓			
Molly's Crisis	✓	~	✓						~		~			
Frida's Flight	✓	✓	~	✓							✓			
Curt's Club	✓	~	~	~							✓			
Sandwiches - Albacore Tuna														
Ashlee's Albacore	~	~	~				~				~			
Dab's Delight - HOT	~	~	~	~			~				~			
Sandwiches - All Natural Chicken														
Maddy's Madness	~	/	/	~							~			
Charlie's Chicken - HOT	✓			✓						~	✓			
Pauly's Pesto - HOT	~		/	✓								~		
Kalid's Kurry	~	~	/			~				~	~			
Colette's Cordon Blue - HOT	~			~										
Rex's Revenge	✓	✓	✓	✓			See Below				✓			
Sandwiches - Veggie														
Carmela's Caprese	~			~							~			
Maya's Market - HOT	~			~										
Bailey's Beet	~			~							~			



										Mustard			
Wheat	Egg	Soy	Dairy	Peanut	Tree nut	Fish	Shellf ish		Celery	(seed or bran)	Sulfites	Molluscs	Lupin
								✓					
~										~	~		
✓		~						~		~			
~		/		~									
~			~										
~			✓										
~	~	~	~						~	~			
~	~	~	~			See Below				~			
~	~	~	~							✓			
✓	✓	✓	~							✓			
~	~	~	~								~		
~		~	~								~		
~		~	~								~		
~			~							✓			
~			~							~	~		
✓	✓	~								✓			
						Wheat Egg Soy Dairy Peanut nut Whose state of the state	Wheat Egg Soy Dairy Peanut nut Fish Wheat Egg Soy Dairy Peanut nut Fish Dairy Dairy Peanut nut Fish Dairy Dairy Peanut nut Fish Dairy Dairy Dairy Peanut nut Fish Dairy Dair	Wheat Egg Soy Dairy Peanut nut Fish ish Image: Control of the property of th	Wheat Egg Soy Dairy Peanut nut Fish ish Sesame Image: Soy Image: Soy </td <td>Wheat Egg Soy Dairy Peanut nut Fish ish Sesame Celery ✓ □</td> <td>Wheat Egg Soy Dairy Peanut Tree nut Shellf ish Sesame Celery bran) ✓ Image: Control of the control of the</td> <td>Wheat Egg Soy Dairy Peanut Tree nut Shellf ish Sesame Celery bran) Sulfites ✓ Image: Color of the part of t</td> <td>Wheat Egg Soy Dairy Peanut Tree nut Shellf ish Sesame Celery bran) Sulfites Molluscs ✓ Image: Control of the control</td>	Wheat Egg Soy Dairy Peanut nut Fish ish Sesame Celery ✓ □	Wheat Egg Soy Dairy Peanut Tree nut Shellf ish Sesame Celery bran) ✓ Image: Control of the	Wheat Egg Soy Dairy Peanut Tree nut Shellf ish Sesame Celery bran) Sulfites ✓ Image: Color of the part of t	Wheat Egg Soy Dairy Peanut Tree nut Shellf ish Sesame Celery bran) Sulfites Molluscs ✓ Image: Control of the control



14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	Tree nut	Fish	Shellf ish	Sesame	Celery	Mustard (seed or bran)	Sulfites	Molluscs	Lupin
Soups														
Tomato Basil				~						✓				
Chicken Tortilla	~			~										
Beef Barley	~		~							~				
Vegetable Lentil										~		✓		
Green Chili Corn Chowder	✓			~						~				
Beef Chili														
Clam Chowder	✓			~						✓			~	
Ribolita				~						~				
Greek Lemon Chicken	~			~						~				
Coconut Curry Vegetable										✓	~			
Cream of Chicken & Dumpling	~	~		~						~				
Gazpacho										✓		~		
Mac & Cheese														
Classic Mac & Cheese	~			~										
Tomato Basil Mac & Cheese	~			~										
Bacon Mac & Cheese	✓			~										
Beyond the Garden (includes dressing listed on menu)														
Say Cheese	~			~							✓	~		
It's Greek To Me	✓			~							✓	~		
Gobble Me Up	~	~	~	~		~					~			
South by Southwest	~	~	~	~						~	~			
Catch of the Sea	~	~	~	~							~			
Larry, Moe & Curry	~	~	~	~		~				~	~			
Et tu, Brute?	~	~	~	~			See Below				~			
Let's Play Chicken	~	~	~								~			
Angus Management	~	~	~	~		~						~		



						_		01 116			Mustard			
14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	Tree	Fish	Shellf ish	Sesame	Celery	(seed or bran)	Sulfites	Molluscs	Lupin
Three's a Crowd	~	_99							✓		✓	✓		
Peace of the Middle East	~		<u></u>						~		~			
Dressings														
Russian		~	~							~	✓			
Ranch		~	~	✓							✓			
Honey Mustard (fat free)											✓			
Italian			~									~		
Balsamic Vinaigrette											~	~		
Mayonnaise		~	~								~			
Cucumber Dill Dressing									~		V			
Daily Specials														
	~			✓							П			
Good Parma - HOT														
Chili Mac														
Off the Hook (salad)			~											
Seward's Salmonwich														
Ernie's Everything Reuben - HOT														
Carol's Cornucopia	~			~		<u> </u>								
Breakfast														
	~	~	П	~		П					П		П	
Santiago's Sonoran	~	~		~										
Italian Balsamic Vinaigrette Mayonnaise Cucumber Dill Dressing Daily Specials Zoe's Zinger - HOT Carmichael Crunch Pete's Pepperoni - HOT Sonny's Chicken - HOT Good Parma - HOT Chili Mac Off the Hook (salad) Seward's Salmonwich Ernie's Everything Reuben - HOT Carol's Cornucopia Breakfast Sourdough French Toast Bernie's Bacon Morgan's Merger							See Below							



											Mustand			
						Tree		Shellf			Mustard (seed or			
14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut		Fish	ish	Sesame	Celery	bran)	Sulfites	Molluscs	Lupin
Ignacio's Italian	~	~		~										
Otis's Oatmeal														
Bacon & Cheddar Quiche	~	~		~										
Swiss & Scallion Quiche	~	~		~										
Granola			~			~								
Yogurt Parfait			~	~		~								
Avocado Toast	✓													
Bread														
Baguette	✓													
Ciabatta	✓													
Cinnamon Raisin	✓													
Canberry Pecan	✓					~								
Fig & Pistachio	~					~								
Focaccia	~		~											
Jalapeño & Cheddar	✓			~										
Multigrain	✓													
Pretzels	~													
Rustic	~								✓					
Rye	✓													
Torta Roll	~													
Wheat	~													
Wheat Pita	~													
White	~													
Parsley & Swiss	~			~										
Semolina & Sesame	~								✓					
Brie, Scallion & Chive	~			~										
Marble Rye	~											✓		
Pumpernickle	~											✓		



					_									
											Mustard			
44 Major Allorgona	Wheat	Egg	Soy	Dairy	Peanut	Tree	Fish	Shellf ish	Sesame	Colomy	(seed or	Sulfites	Molluscs	Lunin
14 Major Allergens		Egg									bran)			_
Ancho, Chipotle & White Cheddar	✓													
Rosemary	✓													
Olive	<u> </u>											<u> </u>		
Parmesan & Herb	✓			<u> </u>										
Walnut	✓					<u> </u>								
Challah - Plain	✓	V												
Challah - Raisin	✓	<u> </u>												
Challah - Seseme seed	~	<u> </u>							<u> </u>					
Challah - Poppy seed	~	~												
Challah - Combo poppyseed/sesame seed	~	~							✓					
Gluten-free wrap			~											
Sides														
Kettle Chips	Chip brand	& ingredier	nts can var	ry. Please ref	er to store for	all accurate	e ingredien	nts.						
Baked Lay's	Chip brand	& ingredier	nts can var	ry. Please ref	er to store for	all accurate	e ingredien	its.						
Baby Carrots														
Apple														
Pasta Salad	✓		~	~								✓		
Fat Free Vinegar Slaw										~		✓		
Pastries														
Lemon Bar	~	~		~										
Raspberry bar	~	~		~		~								
Cheesecake Brownie	~	~	~	~										
Espresso Brownie		~	~	~		~								
Canoli	~	~	~	~		~						~		
Chocolate Chip Cookie	~	~	~	✓										
Oatmeal Raisin Cookie	~	~		~										
Death by Chocolate Cookie		~	~	~		~								



						Tree		Shellf			Mustard (seed or			
14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	nut	Fish	ish	Sesame	Celery	bran)	Sulfites	Molluscs	Lupin
Peanut Butter Chocolate Chunk Cookie	✓	~	~	~	✓									
Gingersnap Cookie	~	~		~							✓			
Russian Tea Cake	~			~		~								
Magic Bar	✓		~	~		~								
Cinnamon Roll	~	~		~										
Crème Brule		~		~										
Cup O' Coffee Cake	~	~		~		~								
Danish	~	~		~										
Éclair	~	~	~	~										
Ham & Cheese Pocket	~	~		~								✓		
Kouign-amann	~	~		~										
Lemon Bluberry Muffin	~	~		~										
Cheese Crown	~	~		~										
Apricot Almond Scone Slice	~	~		~		~								
Lemon Scone Slice	~	~		~										
Orange Raisin Scone Slice	~	~		~										
Maple Scone	~	~		~										
Cranberry White Chocolate Scone	~	~	~	~										
Vanilla Fruit Tart	~	~		~										
Hazelnut Tart	~		~	~		~								
Key Lime Tart	~	~	~	~										
Nutella Spiral	~	~	~	~		~								
Caramel Nut Swirl	~	~		~		~								
Sticky Bun	~	~		~		~								
Tiramisu	~	~		~								✓		
Chocolate Torte	~	~	~	~										
Vanilla Bean Cheesecake	~	~	~	~										
New York Cheesecake	~	~	~	~										



											Mustavd			
						Tree		Shellf			Mustard (seed or			
14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	nut	Fish	ish	Sesame	Celery	bran)	Sulfites	Molluscs	Lupin
Cookies & Cream Cheesecake	~	~	~	~										
Mixed Berry Cheesecake	~	~	~	~										
Salted Caramel Cheesecake	~	~	~	~										
Magic Bar Cheesecake	~	~	~	~		~								
Strawberry Vanilla Cheesecake	~		~	~										
White Chocolate Raspberry Cheesecake	~	~	~	~										
Chocolate Vanilla Swirl Cheesecake	~	~	~	~										
Cheesecake Brownie Cheesecake	~	~	~	~										
Cherry Cheesecake	~	~	~	~										
Chocolate Mocha Cheesecake	~	~	~	~										
Lemon Raspberry Cheesecake	~	~	~	~										
Blueberry Cheesecake	~	~	~	~										
Peanut Butter Chocolate Cheesecake	~	~	~	~		~								
Pumpkin Pie Cheesecake	~	~	~	~							✓			
Caramel Pecan Cheesecake	~	~	~	~		~								
Carrot Cake	~	~		~		~								
Banana Bread	~	~	~	~										
Peppermint White Chocolate Chip Cookie	✓	~	~	~										
Dook Downh Biog														
Back Dough Pies German Chocolate														
Sour Cream Lemon	✓ ✓	✓	<u> </u>	✓		V								
Kahlua Cream Cheese	✓	V	V	V										
Cream Cheese	✓	V		V										
Sour Cream Cherry	~	~		~										



											Mustard			
						Tree		Shellf			(seed or			
14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	nut	Fish	ish	Sesame	Celery	bran)	Sulfites	Molluscs	Lupin
Banana	~	~		~		~								
Key Lime	✓	~		~										
Coconut	✓	~		~										
Peanut Butter Chocolate	~	~	~	~	~									
Lemon Meringue	~	~		~										
Boston Cream	~	~		~										
Chocolate	~	~	~	~										
Sour Cream Blueberry	~	~		~										
Lemon Cream Cheese	~	~	~	~										
Sour Cream Apple	~	~		~										
Peanut Butter	~	~	~	~	~									
Carrot Cake	~	~		~		~								
Black Forest	~	~	~	~										
Strawberry Margarita	~	~		~										
Pumpkin	~	~		✓										
Apple	~	~		~										
Cherry	~	~		~										
Mixed Berry	~	~		~										
French Apple	✓			✓										
Blueberry Apple	~	~		~										
Strawberry Rhubarb	✓	✓		~										
Cranberry Apple	✓	~		~										
Fresh Strawberry	✓			✓										
Sugar Free Apple	✓	~		~										
Sugar Free Strawberry	✓	~		~										
Chocolate Pecan	~	~	~	~		~								
Pecan	✓	~		~		~								
Pumpkin Cream Cheese	✓	~		~										
Chicken Pot Pie	~	~		~						~				



											Mustard			
						Tree		Shellf			(seed or			
14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	nut	Fish	ish	Sesame	Celery	bran)	Sulfites	Molluscs	Lupin
Turkey Pot Pie	✓	~		✓						✓				
Beef Pot Pie	✓	~	~	✓						✓				
Ham & Cheese Quiche	✓	~		~								✓		
Veggie Quiche	✓	~		✓								✓		
Shrimp Quiche	✓	✓		✓				✓				~		
Specialty and Seasonal Items														
Banana Bread	✓	~	~	~										
Chocolate Babka	✓	~	~	~		~								
Cinnamon Babka	✓	~	~	~		~								
Granola			~			~								
King Cake	✓	~		✓										
Irish Soda Bread	~	~		✓										
Honey Cake	~	~	~											
Macaroons (Plain)	✓	~				~								
Macaroons (Chocolate)		~	~	~		~								
Rugelach (Plain & Raspberry)	~		~	~		~								
Matzah Crunch	✓		~	~		~								
Pan de Muerto	~	~		~										
Focaccia Stuffing	~													
Holiday Sugar Cookies	~	~		~										
Pumpkin Cranberry Bread	✓	~												
Chocolate Cherry Panettone	✓	~	~	~										
Puddle Cookies	✓	~	~	✓		~								
Seasonal Sandwiches														
Shrimp Po'Boy Sandwich	~	~	~	~				~		~	~			
Shrimp Creole Salad	~	~	~	~				~		~	~			
Tito's Torta	~	~	~	~							~			
Carlito's Cuban	~		~	~										



14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	Tree nut	Fish	Shellf ish	Sesame	Celery	Mustard (seed or bran)	Sulfites	Molluscs	Lupin
Carlita's Cuban	~		~	~										
Pastrami Special	~	~	~	~						~	✓			
Creamy Coleslaw		~	~							✓	~	~		
Brat Special	~		~											
German Potato Salad			~	~							✓	~		
Meatball Special	✓	~	~	~										
* Our Cansar drossing is made	with worcost	torchiro	Salico	which co	ntaine and	hovine								

^{*} Our Caesar dressing is made with worcestershire sauce which contains anchovies.

Beyond Bread is a full scratch bakery and flour is everywhere in our stores. Therefore, if you have Celiac Disease or are extremely intolerant to any kind of flour, please know we cannot separate your food from every bit of gluten.

PLEASE be aware that we cannot guarantee the absence of cross contamination. However, we are happy to make any sandwich on lettuce or substitute our bread for a gluten free wrap!

Flourless items on our menu include: Gazpacho, most salads (excluding the bread), Chocolate Espresso Brownies and Death by Chocolate Cookies.

Beyond Bread is a bakery that has wheat, eggs, soy, dairy, peanuts, tree nuts, fish, shellfish, sesame, celery, mustard, lupin, molluscs and sulfites in products in our facility. Even though a menu item may not have an allergen listed, we cannot guarantee the absence of cross contamination.

When we cook our HOT sandwiches, the pans we use are coated with a non-stick spray that contains canola oil and possibly soybean oil.

Beyond Bread uses cheeses that contain enzymes and adds milk/dairy to egg patties for breakfast sandwiches.