

											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	~	/	~	~			See Below			✓	✓			
Paloma's Pavo	~	/	/	/						~	✓			
Milton's Melt - HOT	~	/	✓	/			See Below				✓			
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	~			✓							~			



						_		01 114			Mustard			
14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	Tree nut	Fish	Shellf ish	Sesame	Celery	(seed or bran)	Sulfites	Molluscs	Lupin
Annie's Addiction	~								~					
Avocado Toast	~										~			
Salam's Shawarma	✓		/						~		✓			
Kid's Call														
PB&J	~		/		✓									
Grilled Cheese - HOT	~			~										
Kid's Classic Mac & Cheese	~			✓										
Sandwiches - Roast Beef														
Brad's Beef - HOT	~	~	~	~			See Below			~	✓			
Gordo's Gorgonzola - HOT	~	~	~	~			See Below				✓			
Betty's Brie	~	~	~	~							✓			
Roger's Roast	✓	~	✓	~							~			
Sandwiches - From the Deli														
Rudy's Reuben - HOT	~	~	~	~			See Below					~		
Unreal Corn'd Beef Rudy's Reuben - Hot	~		~	~								~		
Enzo's Ending	~		~	~								~		
Gino's Grinder - HOT	~			~							✓			
Max's Muffalotta	~			~							✓	✓		
Grilled Cheese - HOT	~			~										
Bob's BLT	✓	~	✓								✓			
Soups														



				_										
						Tree		Shellf			Mustard (seed or			
14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut		Fish	ish	Sesame	Celery	bran)	Sulfites	Molluscs	Lupin
Tomato Basil				~						✓				
Chicken Tortilla	✓			~										
Beef Barley	~		~							~				
Green Chili & Corn Chowder	~			~										
Beef Chili														
Clam Chowder	✓			~						~			\checkmark	
Ribolita				~						~				
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	~	~	~	~		~						✓		
Three's a Crowd	~								~		~			
Peace of the Middle East	~		~						~		✓			
Dressings														
Russian		~	~	~			See Below			~	~			



						Tree		Shellf			Mustard (seed or			
14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	nut	Fish	ish	Sesame	Celery	bran)	Sulfites	Molluscs	Lupin
Ranch		✓	V	~							~			
Honey Mustard (fat free)											✓			
Italian			~									✓		
Balsamic Vinaigrette											~			
Mayonnaise		~	~								✓			
Cucumber Dill Dressing									✓		~			
Daily Specials														
Zoe's Zinger - HOT	~			~										
Carmichael Crunch	~	~	~			✓					<u> </u>			
Pete's Pepperoni - HOT	~	~	~								<u> </u>			
Sonny's Chicken - HOT	~	~	~								~			
Good Parma - HOT	~	~	~	~			See Below				~			
Chili Mac	~			~										
Off the Hook (salad)	✓	~	~				~				✓			
Seward's Salmonwich	~	~	~	~			~				✓			
Ernie's Everything Reuben - HOT	~	~	~	~			See Below			~	✓			
Carol's Cornucopia	✓			~		~								
Brian's Breakfast Bash														
Cindy's Raisin Challah French Toast	~	~		~										
Otis's Oatmeal														
Quinn's Quiche	~	~		✓										
Granola			~			~								
Yogurt Parfait			~	~		~								
Avocado Toast	~													
Omelets														
ВСТ	~	~	~	~										



								01 110			Mustard			
14 Major Allergens	Wheat	Eaa	Soy	Dairy	Peanut	Tree	Fish	Shellf ish	Sesame	Celerv	(seed or bran)	Sulfites	Molluscs	Lupin
Mediterranean	~	✓	~	~										
Breakfast Bruschetta	~	~	~	~										
Old Pueblo	~	~	~	~										
Egg Sandwiches														
Bernie's Bacon	~	~	~	~										
Morgan's Merger	~	~	✓	~										
Ignacio's Italian	~	~	~	~										
Santiago's Sonoran	~	~	~	~										
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	~			~										



											Mustard			
						Tree		Shellf			(seed or			
14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	nut	Fish	ish	Sesame	Celery	bran)	Sulfites	Molluscs	Lupin
Marble Rye	~													
Pumpernickle	✓													
Ancho, Chipotle & White Cheddar	~			~										
Rosemary	✓													
Olive	✓											✓		
Parmesan & Herb	~			~										
Walnut	✓					~								
Challah - Plain	~	~												
Challah - Raisin	✓	~												
Challah - Seseme seed	✓	~							✓					
Challah - Poppy seed	✓	~												
Challah - Combo poppyseed/sesame seed	~	~							✓					
Gluten-free wrap			~											
Sides														
Beyond Bread Kettle Chips					✓									
Baked Lay's			~											
Baby Carrots														
Apple														
Pasta Salad	✓		~	~								✓		
Fat Free Vinegar Slaw										~		~		
Pastries														
Lemon Bar	~	~		~										
Raspberry bar	~	~		~		~								
Cheesecake Brownie	~	~	~	~										
Espresso Brownie		~	~	~		~								
Canoli	~	~	~	~		~						~		
Chocolate Chip Cookie	~	~	~	~										



											Mustard			
						Tree	L	Shellf			(seed or			
14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	nut	Fish	ish	Sesame	Celery	bran)	Sulfites	Molluscs	
Oatmeal Raisin Cookie	~	✓		<u> </u>										
Death by Chocolate Cookie		~	~	~										
Peanut Butter Chocolate Chunk Cookie	~	~	~	~	✓									
Gingersnap Cookie	~	~		~							✓			
Russian Tea Cake	~			✓		~								
Magic Bar	~		~	~		~								
Cinnamon Roll	~	~		✓										
Crème Brule		~		~										
Cup O' Coffee Cake	\checkmark	~		✓										
Danish	✓	~		✓										
Éclair	~	~	~	~										
Ham & Cheese Pocket	~	~		~										
Kouign-amann	✓			~										
Lemon Bluberry Muffin	~	~		~										
Cheese Crown	~	~		~										
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	~	~	~	~										
Cheesecake	~	~	~	~										
Carrot Cake	~	~		~		✓								



Baak Dough Pies													
Major Allorgens													
Major Allergens							Troo		Shallf				
Banana Bread	14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut		Fish		Celery	Sulfites	Molluscs	Lupin
German Chocolate German Chocolate Gov Cream Lemon Gov Cream Cheese Gov Cheese Gov Cream Cheese Gov Cheese Gov Cream Cheese Gov Cheese G	Banana Bread			V									
German Chocolate German Chocolate Gov Cream Lemon Gov Cream Cheese Gov Cheese Gov Cream Cheese Gov Cheese Gov Cream Cheese Gov Cheese G	Back Dough Pies												
Kahlua Cream Cheese Cream Cheese Cream Cheese Cream Chery Banana Key Lime Coconut Coco	German Chocolate	~	~	~	~		~						
Cream Cheese	Sour Cream Lemon	✓	~		~								
Sour Cream Cherry Banana Very Lime Lemon Meringue Very Lime Very Lime Very Lime Lemon Meringue Very Lime Very Lime Lemon Meringue Lemon Meringue Very Lime Lemon Meringue Lemon Meringue Lemon Meringue Very Lime Lemon Meringue Lemon	Kahlua Cream Cheese	✓	~	~	~								
Banana Image: Coconut or C	Cream Cheese	✓	~	~	~								
Key Lime Image: Coconut of the control of	Sour Cream Cherry	~	~		~								
Coconut	Banana	~	~		~		~						
Peanut Butter Chocolate	Key Lime	~	~		~								
Lemon Meringue	Coconut	~	~		~								
Boston Cream	Peanut Butter Chocolate	~	~	~	~	~							
Chocolate	Lemon Meringue	~	~		~								
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 Mixed Berry Blueberry Mixed Berry Blueberry Mixed Berry Mixed	Boston Cream	~	~		~								
Lemon Cream Cheese	Chocolate	~	~	~	~								
Sour Cream Apple V V Image: Control of the control o	Sour Cream Blueberry	~	~		~								
Peanut Butter V V V U <	Lemon Cream Cheese	~	~	~	~								
Carrot Cake Image: Carrot Cake of the content of the con	Sour Cream Apple	~	~		~								
Black Forest Image: strawberry Margarita Image: strawb	Peanut Butter	✓	~	~	~	~							
Strawberry Margarita Image: Control of the property of	Carrot Cake	~	~		~		~						
Pumpkin Image: Cherry for the property of the property	Black Forest	~	~	~	~								
Apple Image: square of the content of the	Strawberry Margarita	~	~		~								
Cherry Image: Cherry of the control of th	Pumpkin	~	~		~								
Mixed Berry Image: Control of the property Image: Control of the prop	Apple	~			~								
French Apple Image: Control of the property Image: Control of the pro	Cherry	~			~								
Blueberry	Mixed Berry	~			~								
·	French Apple	~			~								
Strawberry Rhubarb	Blueberry	~			~								
	Strawberry Rhubarb	~			~								



										Mustard			
					Tree		Shellf			(seed or			
14 Major Allergens	Wheat	Egg	Soy	Dairy	nut	Fish	ish	Sesame	_	bran)	Sulfites	Molluscs	Lupin
Cranberry Apple	✓			✓									
Fresh Strawberry	~			~									
Sugar Free Apple	~			~									
Sugar Free Strawberry	~			~									
Chocolate Pecan	✓	~	~	~	~								
Pecan	~	~		~	~								
Pumpkin Cream Cheese	✓	~		~									
Chicken Pot Pie	~			~					~				
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	~	~		~									



					<u> </u>	UC			Lau					
						Tree		Shellf			Mustard (seed or			
14 Major Allergens	Wheat		Soy	Dairy	Peanut		Fish	ish	Sesame		bran)		Molluscs	
Pumpkin Cranberry Bread	~	✓												
Chocolate Cherry Panettone	~	✓	✓	✓										
Puddle Cookies	✓	~	~	✓		✓								
Seasonal Sandwiches														
Shrimp Po'Boy Sandwich	~	~	~	~				~		✓	✓			
Shrimp Creole Salad	~	~	~	✓				~		~	✓			
Tito's Torta	~	~	~	~							~			
Carlito's Cuban	~		~	~										
Carlita's Cuban	~		~	~										
NYC Pastrami Special	~	~	~	~			See Below			~	~			
Creamy Coleslaw		~	~							~	~	~		
Brat Special	~		~											
German Potato Salad			~	~							✓	~		
Meatball Special	V	✓	~	✓										
*Beyond Bread is a full scratch bal	kery and	flour is	everyw	here in o	ur stores.	Therefo	ore, if yo	u have	Celiac Dise	ase or are	extremely	intolerant to	any kind of	f flour,
please know we cannot separate you	ır food fro	m every	bit of g	luten.										
* Our Russian dressing contains W	/orcester	shire sa	uce, wl	nich also	contains a	anchovi	es							
PLEASE be aware that we cannot g	guarantee	the ab	sence c	of cross o	ontaminat	ion. Ho	wever, v	ve are ha	appy to ma	ke any sa	ndwich on l	ettuce or su	bstitute our	
bread for a gluten free wrap!														
Flourless items on our menu inclu	de: Gazpa	acho, m	ost sala	ads (excl	uding the	bread),	Chocola	ite Espre	esso Browr	nies and [Death by Cho	ocolate Coo	kies.	



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.