

cold sandwiches

Sandwiches served after 8:00am

We serve



♣ Vegetarian Sandwiches

All Sandwiches come with a choice of Beyond Bread Kettle Chips, Baked Chips or Baby Carrots. As an alternative, we offer Pasta Salad or Fat Free Vinegar Slaw for an additional \$.50.

Change your mind? Change your bread. All Sandwiches are available on most of our custom baked breads. Ask your server... the hard part is choosing one.

🍴 Please be advised that some of our breads have a hard crust that may be too hard for sensitive or delicate teeth.
Please note: Our olives contain pits, please be careful!

♣ Annie's Addiction \$6.25

Hummus, cucumber, sprouts, tomato, red onion, on Rustic. Half \$4.50

Ashlee's Albacore \$6.99

Tuna salad (Solid white Albacore Tuna, mayonnaise, dijon mustard, fresh parsley, salt and pepper), lettuce, tomato on White. Half \$4.75

🍴 Avi's Avo \$7.50

Turkey, avocado, cucumber, sprouts, mayonnaise on Ciabatta. Half \$4.99

🍴 Bart's Bag \$7.99

Turkey, brie, lettuce, tomato, red onion, honey mustard, mayonnaise on a Baguette. Half \$4.99

🍴 Betty's Brie \$7.99

Certified Angus Beef® Roast Beef, brie, tomato, mayonnaise on a Baguette. Half \$4.99

Bob's BLT \$6.50

Bacon, lettuce, tomato, mayonnaise, on toasted White. Half \$4.50

Cam's Classic \$6.99

Certified Angus Beef® Roast Beef, lettuce, horseradish sauce on a Garlic Italian Roll. Half \$4.75

Curt's Club \$10.25

Turkey, bacon, swiss, lettuce, tomato, mayonnaise on toasted White. A Triple Decker.

Enzo's Ending \$7.75

Pepperoni, ham, provolone, pepperoncini, lettuce, tomato, red onion, Italian dressing on a Torpedo Roll.

♣ Fran's Fromage \$6.99

🍴 Brie, lettuce, tomato on a Baguette. Half \$4.75

Henry's Ham \$6.75

Ham, lettuce, honey mustard on White. Half \$4.75

🍴 Joel's Jolt \$7.25

Turkey, provolone, jalapeño, lettuce, tomato, onion, Russian dressing on Ciabatta. Half \$4.75

Kalid's Kurry \$7.25

Curry chicken salad (chicken, celery, scallion, curry powder, salt, white pepper, mayonnaise, raisins, jicama, lemon juice), toasted almonds, lettuce in a Wheat Pita. Half \$4.75

Maddy's Madness \$8.25

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

🍴 Max's Muffalotta \$8.50

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

Molly's Crisis \$7.25

Turkey, hummus, cucumber, sprouts, tomato, mayonnaise on Rustic. Half \$4.99

♣ Ollie's Original \$6.50

🍴 Feta, olive paste, cucumber, tomato, red onion, vinaigrette on a Baguette. Half \$4.50

Pablo's Pavo \$6.99

Southwest turkey salad (fresh roasted turkey, anaheim chiles, cilantro, celery, red onion, chipotle chiles, mayonnaise and sour cream), lettuce and tomato in a Wheat Pita. Half \$4.75

Rex's Revenge \$7.75

Chicken, shaved parmesan, lettuce, Caesar dressing on Focaccia.

Stan's Stack \$7.50

Turkey, provolone, roasted red peppers, sprouts, Russian dressing on White. Half \$4.99

soups

\$5.25

Signature Soup

Served in a bread bowl or with a side of sliced bread
Chicken Tortilla & Tomato Basil--daily

Monday

Beef Barley

Tuesday

Butternut Squash

Wednesday

Green Chile & Corn Chowder

Thursday

Beef Chili

Friday

Clam Chowder

Saturday

Baked Potato

Sunday

Cream of Chicken & Dumpling

May - September

Gazpacho

hot sandwiches

Brad's Beef \$7.75

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

Chad's Choice \$7.50

Chicken, provolone, green chiles, sprouts, mayonnaise on White.

Charlie's Chicken \$7.99

Chicken, bacon, sharp cheddar, tomato, red onion, barbecue sauce on a Torpedo Roll.

Colette's Cordon Bleu \$7.99

Chicken, ham, swiss, honey mustard on White.

Dab's Delight \$7.50

Tuna salad (Solid white Albacore Tuna, mayonnaise, dijon mustard, fresh parsley, salt and pepper), havarti, tomato on Wheat.

🍴 Gino's Grinder \$7.50

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

Gordy's Gorgonzola \$7.75

Certified Angus Beef® Roast Beef, gorgonzola/roasted garlic blend, red onion on Rustic.

♣ Maya's Market \$7.25

Havarti, basil pesto, artichoke hearts, roasted red peppers, tomato, red onion on Multigrain.

Pauly's Pesto \$8.25

Chicken, provolone, basil pesto, artichoke hearts, tomato, Italian dressing on a Garlic Italian Roll.

Tony's Trio \$6.99

Ham, provolone, honey mustard on White.

other sandwiches

Grilled Cheese (no additions please) \$4.75

Kid's Call (12 and under please) \$2.65

Half a smooth PB & strawberry jam or grilled cheese on White.

Plain Jane's \$6.99

Served cold. **Choice of meat:** Certified Angus Beef® Top Round Roast Beef, Turkey or Ham. **Your choice of:** Provolone or Swiss, Lettuce, Tomato, Red Onion, Mayonnaise, Honey Mustard. Half \$4.75

from the garden

Catch of the Sea \$7.75

Tuna salad (Solid white Albacore Tuna, mayonnaise, dijon mustard, fresh parsley, salt and pepper), cucumber, tomato, red onion, Ranch dressing on mixed greens.

🍴 It's Greek To Me \$7.75

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

Let's Play Chicken \$7.99

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

Lettuce Grace Your Plate \$6.25

Cucumber, tomato, red onion, Ranch dressing on mixed greens.

Three's a Crowd \$7.75

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

All From The Garden Salads Served with Rustic Bread

Dressings:

1000 Island, Ranch, Honey Mustard, Italian or Vinaigrette

beyond the garden

Angus Management \$8.50

Certified Angus Beef® Roast Beef, spiced cinnamon pecans, crumbled gorgonzola, cucumbers, tomato, red onion, Italian dressing on mixed greens.

Cool Down South \$8.50

Chicken, avocado, salsa fresca, cucumber, tomato, red onion Roasted Jalapeno dressing on mixed greens.

Et tu, Brute? \$7.99

Chicken, Caesar dressing, shaved parmesan on romaine.

Gobble Me Up! \$8.50

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

Larry, Moe & Curry \$8.25

Curry chicken salad (chicken, celery, scallion, curry powder, salt, white pepper, mayonnaise, raisins, jicama, lemon juice), toasted almonds, cucumber, tomato, red onion, Vinaigrette dressing on mixed greens.

South by Southwest \$8.25

Southwest turkey salad (fresh roasted turkey, anaheim chiles, cilantro, celery, red onion, chipotle chiles, mayonnaise, sour cream) avocado, cucumber, tomato, red onion, Roasted Jalapeno dressing on mixed greens.

All Beyond the Garden Salads served with Garlic Crostini.

Cracked Wheat: Wheat flour, water, cracked wheat, starter & sea salt.

Cranberry Pecan: Wheat flour, whole wheat, water, dried cranberries, pecans, starter & sea salt.

Feta, Spinach & Onion: Wheat flour, water, feta cheese, spinach, roasted onions, starter & sea salt.

Fig & Pistachio: Wheat flour, water, starter, figs, pistachios, anise & sea salt.

Focaccia: Wheat flour, water, starter, pure olive oil, milk, herbs & spices, yeast & sea salt.

Garlic Italian: Wheat flour, semolina, water, oil, garlic, yeast & sea salt.

Green Chile & Provolone: Wheat flour, water, provolone, green chile, starter & 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, corn syrup, starter & sea salt.

Parisienne: Wheat flour, water, yeast & sea salt.

Parmesan & Herb: Wheat flour, water, parmesan, thyme, oregano, starter & sea salt.

Parsley & Swiss: Wheat flour, water, Swiss cheese, 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.

Sun Dried Tomato & Basil: Wheat flour, water, sun dried tomatoes, basil, starter & sea salt.

Semolina: Semolina, Durham flour, wheat flour, pure olive oil, starter, sesame seeds & sea salt.

Walnut: Wheat flour, stone ground whole wheat, water, walnuts, starter & sea salt.

White: Wheat flour, water, starter & sea salt.

Wheat: Stone ground whole wheat, wheat flour, water, starter & sea salt.

brian's breakfast bash

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

Cindy's Cinnamon Raisin French Toast \$4.50
3 pieces served with butter, powdered sugar & syrup

Quiche \$3.95
Individual serving. Flavors change daily.

Oatmeal \$3.50
Beyond Bread's unique blend of oats and grains slowly cooked each morning. Served with brown sugar & dried fruit with a side of skim or whole milk.

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| Edie's Egg Sandwich \$4.50 with choice of potatoes | Oscar's Omelet \$5.25 with choice of potatoes |
| Choose From | |
| One Bread White, Wheat, Rustic | One Cheese and Veggies Swiss, Provolone, Sharp Cheddar Onion, Tomato, Jalapeño |
| Add the Following | |
| for \$1.50 Ham or Bacon | |

breakfast extras

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

Granola with skim or whole milk \$3.95

Potato Pancakes side (2) \$1.50

Roasted Red Potatoes \$1.50

Bacon side (4) \$1.50

Toast with jam and butter \$1.25

Egg Beaters available for omelet only .50¢

full espresso bar available

latte, cappuccino, mocha

Substitute Soy Milk for 50¢



Bakery/Cafe



EAST

Monterey Village

6260 E. Speedway (at Wilmot)

Tel: 747-7477 • Fax: 747-5337

(IF FAXING AN ORDER YOU MUST CALL TO CONFIRM)



CENTRAL

3026 N. Campbell (between Glenn & Ft. Lowell)

Tel: 322-9965 • Fax: 322-9938

(IF FAXING AN ORDER YOU MUST CALL TO CONFIRM)

Treat yourself & friends to some scrumptious pastries!

HOURS:

Mon.–Fri. 6:30–8:00

Sat. 7:00–8:00 Sun. 7:00–6:00

Visit us online at:
www.beyondbread.com

bread line-up

Daily
Baguette
Ciabatta (9:00am)
Cinnamon Raisin
Focaccia (9:00am)
Garlic Italian (9:00am)
Multigrain
Parisienne (9:00am)
Rustic
Rye
Wheat
White

Monday
Green Chile & Provolone
Parsley & Swiss
Pretzels (9:00am)
Semolina & Sesame
Sun Dried Tomato & Basil

Tuesday
Feta, Spinach & Onion
Jalapeño & Cheddar
Marble Rye
Pretzels (9:00am)
Pumpnickel

Wednesday
Ancho, Chipotle & White Cheddar
Brie, Scallion & Chive
Cracked Wheat
Pretzels (9:00am)
Rosemary

Please be advised that some of our breads have a hard crust that may be too hard for sensitive or delicate teeth.

Thursday
Jalapeño & Cheddar
Olive
Parmesan & Herb
Sun Dried Tomato & Basil

Friday
Challah (12:00pm)
Chocolate Babka (12:00pm)
Cranberry Pecan
Feta, Spinach & Onion
Green Chile & Provolone

Saturday
Ancho, Chipotle & White Cheddar
Fig & Pistachio
Parmesan & Herb
Parsley & Swiss
Rosemary

Sunday
Cranberry Pecan
Marble Rye
Parmesan & Herb
Pumpnickel
Walnut

Special Orders
require a 96-hour notice

ingredient list

Most Breads are Naturally Leavened

Most breads have no added sugar! We use only unbleached, unbromated, hard wheat flours.

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, oil, yeast & sea salt.

Chocolate Babka: Wheat flour, eggs, butter, sugar, 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.