

## CREATIVE SANDWICHES

### Chef's Pick

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### Seasonal

**ASIAN SPRING ROLL SALAD 12.45 R/GF**  
shaved, roasted Mary's free range chicken breast, carrot and zucchini noodles, red cabbage, red onions, mint, toasted cashews, spicy Fresno chilis, Scarborough Farm's arugula, butter lettuce & romaine, fried shallots (360 cal) with peanut satay cilantro-lime vinaigrette (200 cal)  
**Go Vegan!** 🌱 Substitute our organic marinated, baked tofu in place of the Mary's chicken! (580 cal)

**HARISSA TURKEY CLUB 12.45**  
shaved, roasted turkey breast, nitrate-free Applewood smoked bacon, spicy harissa vinaigrette, almond romesco spread, smoked gouda, braised spring onions, chili aioli, Scarborough Farm's arugula (650 cal) on panini-pressed pretzel roll (340 cal)

**"AL PASTOR" CHICKEN TORTA WITH STREET CORN 12.45 R/GF**  
Mary's free range "al pastor" marinated chicken, grilled street corn spread, avocado, grilled poblanos and onions, candied Fresno chilis, pickled red onions, shredded romaine, cilantro (640 cal) on panini-pressed soft roll (340 cal)

### Classics "Mendo Style"

**CHICKEN MBT (NOT YOUR TYPICAL BASIL AND TOMATO) 10.45 R/GF**  
shaved, roasted Mary's free range chicken breast, Di Stefano fresh mozzarella, marinated red peppers, basil pesto, tomatoes, balsamic vinegar, Scarborough Farm's greens (330 cal) on ciabatta (260 cal)

**THE FARM CLUB (TURKEY CLUB) 11.45 R/GF**  
shaved, roasted turkey breast, smashed avocado, nitrate-free Applewood smoked bacon, herb aioli, tomatoes, Scarborough Farm's greens, pickled red onions (440 cal) on Mom's seeded whole wheat (320 cal)

**THE HOT ITALIAN (ITALIAN HOAGIE) 10.95 R/GF**  
caramelized nitrate-free Creminelli salami and nitrate-free honey ham with provolone, spicy olive-mustard giardiniera, romaine lettuce, herb aioli (660 cal) on panini-pressed ciabatta (260 cal)

**A SANDWICH STUDY OF HEAT (TURKEY AVOCADO) 11.25 R/GF**  
shaved, roasted turkey breast, smoked gouda, smashed avocado, chili aioli, jalapeno relish, tomatoes, romaine lettuce (400 cal) on panini-pressed rustic white (320 cal) *side of salsa quemada by request*  
\* Ask your host how to make it completely cool or daringly hot!

**MODERN TUNA "ALMOST MELT" 10.95 R/GF**  
wild, line-caught all white albacore tuna with fresh herbs, celery, farmhouse cheddar, veganaise, bread & butter pickles, red onions, tomatoes, Scarborough Farm's greens (680 cal) on panini-pressed buckwheat (320 cal)

**CAPRESE 9.45 R/GF 🌱**  
Di Stefano fresh mozzarella, tomatoes, marinated red peppers, basil pesto, Scarborough Farm's greens, balsamic vinegar (400 cal) on ciabatta (260 cal)

### Foodie Favorites

**"NOT SO FRIED" MARY'S CHICKEN 11.45**  
shaved, roasted Mary's free range chicken breast topped with Mendo's krispies, herb aioli, mustard pickle slaw, tomatoes, pickled red onions (710 cal) on toasted ciabatta (260 cal) with a side of our chipotle BBQ or mustard pickle remoulade

**PERUVIAN STEAK SANDWICH 12.45 R/GF**  
spicy aji amarillo marinated steak with Oaxacan cheese, herb aioli, red onions, tomatoes, shredded romaine (500 cal) on pressed torta bun (310 cal) + avocado \$2 (80 cal)

**KUROBUTA PORK BELLY BANH MI 11.45 R/GF**  
our Chef's playful take on the popular Vietnamese sandwich with braised, caramelized Kurobuta pork belly, housemade pickled daikon & carrots, cilantro, cucumbers, jalapenos, chili aioli (520 cal) on pressed ciabatta (260 cal)

**PROSCIUTTO & MARY'S CHICKEN 11.65 R/GF**  
Creminelli prosciutto & roasted Mary's free range chicken breast with Di Stefano fresh mozzarella, crushed honey roasted almonds, basil pesto, balsamic vinegar, tomatoes (520 cal) on pressed ciabatta (260 cal)

**STEAK BLT ON PRETZEL 12.45 R/GF**  
carved steak with balsamic glaze drizzle, nitrate-free Applewood smoked bacon, romaine lettuce, roasted tomatoes, herb aioli, red wine onions (530 cal) on toasted pretzel roll (340 cal)

### Vegan For All!

**SUPERFOOD HEMP BURGER 11.95 R/GF 🌱**  
vegan hemp seed house vegetable patty, spicy Chao tofu cheese, beet 1000 island, Scarborough Farm's butter lettuce, tomatoes, red onions, bread & butter pickles (530 cal) on a plant-based brioche bun (210 cal)

**VEGAN BANH MI 10.65 R/GF 🌱**  
organic marinated, baked tofu with veganaise, sweet chili sauce, housemade pickled daikon & carrots, cucumbers, jalapenos, cilantro (300 cal) on panini-pressed ciabatta (260 cal)

**ENLIGHTENED FALAFEL WRAP 10.65 🌱**  
vegan hemp seed house vegetable patty, Mendo's classic hummus, vegan tzatziki, chermoula sauce, grape tomatoes, shredded romaine, julienned cucumbers, pickled red onions (780 cal) wrapped in a panini-pressed whole wheat tortilla (220 cal)

### Blue Plate Special

**SELECT 1/2 SANDWICH PLUS YOUR CHOICE OF SEASONAL SOUP OR DELI SIDE**

MODERN TUNA "ALMOST MELT" (500 cal) 10.45

"NOT SO FRIED" MARY'S CHICKEN (485 cal) 10.95

STEAK BLT ON RUSTIC WHITE (425 cal) 10.95

CAPRESE (330 cal) 10.45

CHICKEN MBT (295 cal) 10.45

FARM CLUB (380 cal) 10.95

VEGAN BANH MI (280 cal) 10.95

## SOULFUL SALADS

### Entrée Salads\*

**SEASONAL**

**ASIAN SPRING ROLL SALAD 12.45 R/GF**  
shaved, roasted Mary's free range chicken breast, carrot and zucchini noodles, red cabbage, red onions, mint, toasted cashews, spicy Fresno chilis, Scarborough Farm's arugula, butter lettuce & romaine, fried shallots (360 cal) with peanut satay cilantro-lime vinaigrette (200 cal)  
**Go Vegan!** 🌱  
Substitute our organic marinated, baked tofu in place of the Mary's chicken! (580 cal)

**THE IMPOSSIBLE TACO SALAD 11.95 🌱**  
plant-based chorizo-spiced Impossible Burger meat, housemade superfood crunchies, butter lettuce & romaine, curly kale, black bean, roasted corn & jicama succotash, red onions, cilantro, grape tomatoes, avocado (420 cal) with house vegan cashew chipotle ranch (250 cal)

**AVOCADO & QUINOA SUPERFOOD ENSALADA 10.95 R/GF 🌱**  
butter lettuce & romaine, curly kale, quinoa & millet, housemade superfood crunchies, black bean, roasted corn & jicama succotash, red onions, cilantro, cotija cheese, grape tomatoes, avocado (400 cal) with chipotle vinaigrette (250 cal)  
+ shaved, roasted Mary's free range chicken breast \$3 (110 cal)

**THE MODERN CAESAR 2.0 10.25 R/GF**  
curly kale, butter lettuce & romaine, housemade superfood crunchies, shaved Grana Padano cheese, red onions, grape tomatoes, avocado (320 cal) with classic Caesar dressing (290 cal)  
+ shaved, roasted Mary's free range chicken breast \$3 (110 cal)

**SAVE DRAKE FARM'S SALAD 13.45 R/GF**  
shaved, roasted Mary's free range chicken breast, Herbes de Provence marinated Drake Family Farm's goat cheese, pink lady beets, green apples, dried cranberries, honey roasted almonds, red onions, Scarborough Farm's greens, butter lettuce & romaine (620 cal) with citrus vinaigrette (230 cal)

**MAMA CHEN'S CHINESE CHICKEN SALAD 12.45**  
shaved, roasted Mary's free range chicken breast, napa cabbage & kale slaw with carrots & bean sprouts, butter lettuce & romaine, scallions, cilantro, toasted cashews, crispy wontons (420 cal) with mustard sesame dressing (240 cal)

**The Vegetarian Chinese Salad 🌱** Try it with organic marinated, baked tofu instead! (680 cal)  
Or ask how to make it vegan!

**MARY'S CHICKEN COBB SALAD 13.45**  
shaved, roasted Mary's free range chicken breast with balsamic glaze drizzle, butter lettuce & romaine, nitrate-free Applewood smoked bacon, crumbled blue cheese, avocado, grape tomatoes, red onions, hard boiled egg (500 cal) with mustard vinaigrette (190 cal)

**THE SOPHISTICATED CHICKEN & PROSCIUTTO SALAD 13.45 R/GF**  
Creminelli prosciutto & shaved, roasted Mary's free range chicken breast, roasted vegetables, Di Stefano fresh mozzarella, crushed honey roasted almonds, marinated red peppers, red onions, grape tomatoes, Scarborough Farm's greens, butter lettuce & romaine (550 cal) with basil pesto balsamic vinaigrette (220 cal)

\*Salads come with 1/2 Whole Wheat Tortilla (110 cal)

### LOCAL ARTISANAL BREAD

🌱 Rustic White Torta Bun 🌱 Whole Wheat Tortilla 🌱 Pretzel Roll 🌱 Ciabatta  
🌱 Soft Roll 🌱 Buckwheat 🌱 Mom's Seeded Whole Wheat 🌱 Plant-Based Brioche Bun

**GLUTEN FREE**

GLUTEN FREE BREAD ADD 1.50 (220 cal)  
SHARES EQUIPMENT WITH PRODUCTS THAT CONTAIN GLUTEN

### Legend

R/GF Can be Requested  
Gluten Free  
🌱 Vegan  
🌱 Vegetarian

Allergy Warning: Although efforts are made to avoid cross contact of allergens, we cannot guarantee that food items will not inadvertently come in contact with one another during preparation. Ingredients are subject to availability, a suitable substitution may be made if necessary.