

CREATIVE SANDWICHES

Chef's Pick

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Seasonal

ASIAN SPRING ROLL SALAD 11.95 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 with peanut satay cilantro-lime vinaigrette | 560 cal
Go Vegan! Substitute our organic marinated, baked tofu in place of the Mary's chicken! | 580 cal

HARISSA TURKEY CLUB 11.95
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 on panini-pressed pretzel roll | 990 cal

"AL PASTOR" CHICKEN TORTA WITH STREET CORN 11.95 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 on panini-pressed soft roll | 980 cal

Classics "Mendo Style"

CHICKEN MBT 9.45 R/GF
(NOT YOUR TYPICAL BASIL AND TOMATO)
shaved, roasted Mary's free range chicken breast, Di Stefano fresh mozzarella, marinated red peppers, basil pesto, tomatoes, balsamic vinegar, Scarborough Farm's greens on ciabatta | 590 cal

THE FARM CLUB 10.45 R/GF
(TURKEY CLUB)
shaved, roasted turkey breast, smashed avocado, nitrate-free Applewood smoked bacon, herb aioli, tomatoes, Scarborough Farm's greens, pickled red onions on Mom's seeded whole wheat | 760 cal

THE HOT ITALIAN 10.45 R/GF
(ITALIAN HOAGIE)
caramelized nitrate-free Creminelli salami and nitrate-free honey ham with provolone, spicy olive-mustard giardiniera, romaine lettuce, herb aioli on panini-pressed ciabatta | 920 cal

A SANDWICH STUDY OF HEAT 10.45 R/GF
(TURKEY AVOCADO)
shaved, roasted turkey breast, smoked gouda, smashed avocado, chili aioli, jalapeno relish, tomatoes, romaine lettuce on panini-pressed rustic white (side of salsa quemada by request) | 720 cal
* Ask your host how to make it completely cool or daringly hot!

MODERN TUNA "ALMOST MELT" 10.25 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 on panini-pressed buckwheat | 1000 cal

CAPRESE 8.65 R/GF
Di Stefano fresh mozzarella, tomatoes, marinated red peppers, basil pesto, Scarborough Farm's greens, balsamic vinegar on ciabatta | 660 cal

Foodie Favorites

"NOT SO FRIED" MARY'S CHICKEN 10.45
shaved, roasted Mary's free range chicken breast topped with Mendo's krispies, herb aioli, mustard pickle slaw, tomatoes, pickled red onions on toasted ciabatta with a side of our chipotle BBQ or mustard pickle remoulade | 970 cal

PERUVIAN STEAK SANDWICH 11.25 R/GF
spicy aji amarillo marinated steak with Oaxacan cheese, herb aioli, red onions, tomatoes, shredded romaine on panini-pressed torta bun | 810 cal (+ avocado \$1 | 80 cal)

CARAMELIZED PORK BELLY BANH MI 10.95 R/GF
our Chef's playful take on the popular Vietnamese sandwich with braised, caramelized pork belly, housemade pickled daikon & carrots, cilantro, cucumbers, jalapenos, chili aioli on panini-pressed ciabatta | 780 cal

PROSCIUTTO & MARY'S CHICKEN 10.95 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 on panini-pressed ciabatta | 780 cal

STEAK BLT ON PRETZEL 11.45 R/GF
carved steak with balsamic glaze drizzle, nitrate-free Applewood smoked bacon, romaine lettuce, roasted tomatoes, herb aioli, red wine onions on toasted pretzel roll | 870 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, Zoe's bread & butter pickles on a plant-based brioche bun | 740 cal

VEGAN BANH MI 9.95 R/GF
organic marinated, baked tofu with veganaise, sweet chili sauce, housemade pickled daikon & carrots, cucumbers, jalapenos, cilantro on panini-pressed ciabatta | 560 cal

ENLIGHTENED FALAFEL WRAP 9.95
vegan hemp seed house vegetable patty, Mendo's classic hummus, vegan tzatziki, chermoula sauce, grape tomatoes, shredded romaine, julienned cucumbers, pickled red onions wrapped in a panini-pressed whole wheat tortilla | 1000 cal

Blue Plate Special

SELECT 1/2 SANDWICH PLUS YOUR CHOICE OF SOUP OR DELI SIDE 10.45

CAPRESE
CHICKEN MBT
MODERN TUNA "ALMOST MELT"

FARM CLUB
VEGAN BANH MI
"NOT SO FRIED" MARY'S CHICKEN
STEAK BLT ON RUSTIC WHITE

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.

SOULFUL SALADS

Entrée Salads

SEASONAL

ASIAN SPRING ROLL SALAD 11.95 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 with peanut satay cilantro-lime vinaigrette | 560 cal
Go Vegan! Substitute our organic marinated, baked tofu in place of the Mary's chicken! | 580 cal

THE IMPOSSIBLE TACO SALAD 10.95
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 with house vegan cashew chipotle ranch | 670 cal

AVOCADO & QUINOA SUPERFOOD ENSALADA 10.45 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 with chipotle vinaigrette | 650 cal (+ shaved, roasted Mary's free range chicken breast \$2 | 110 cal)

THE MODERN CAESAR 2.0 9.95 R/GF
curly kale, butter lettuce & romaine, housemade superfood crunchies, shaved Grana Padano cheese, red onions, grape tomatoes, avocado with classic caesar dressing | 610 cal
(+ shaved, roasted Mary's free range chicken breast \$2 | 110 cal)

SAVE DRAKE FARM'S SALAD 12.45 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 with citrus vinaigrette | 850 cal

MAMA CHEN'S CHINESE CHICKEN SALAD 11.45
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 with miso mustard sesame dressing | 660 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 12.95
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 with mustard vinaigrette | 690 cal

THE SOPHISTICATED CHICKEN & PROSCIUTTO SALAD 12.95 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 with basil pesto-balsamic vinaigrette | 770 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
SHARES EQUIPMENT WITH PRODUCTS THAT CONTAIN GLUTEN

Legend

R/GF Can be Requested
Gluten Free
 Vegan
 Vegetarian

SALAD STYLE +1.00