



**NOW OPEN at  
Tucson International  
AIRPORT!**

**NORTHWEST**

421 W. Ina (at Oracle)  
Tel: 461-1111

**EAST**

Monterey Village  
6260 E. Speedway (at Wilmot)  
Tel: 747-7477

**CENTRAL**

3026 N. Campbell (between Glenn & Ft. Lowell)  
Tel: 322-9965

**HOURS:**

Mon.-Fri. 6:30-8:00

Sat. 7:00-8:00 Sun. 7:00-6:00

Visit us online at [www.beyondbread.com](http://www.beyondbread.com)

2018

**brian's breakfast bash**

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

**Cindy's Raisin Challah French Toast** 6

3 pieces served with powdered sugar & syrup.

**Otis's Oatmeal** **Wheat free** 4

Beyond Bread's unique blend of oats and grains slowly cooked each morning. Served with brown sugar & dried fruit with a side of milk.

**Quinn's Quiche** 4

Changes daily.

**Granola with Milk** **Wheat free** 4.5

**Yogurt Parfait** 4.5

**Avocado Toast** \* **NEW!** **Wheat free** 6.5

Avocado, bruschetta (tomato, cucumber & radish), fresh basil, on a slice of toasted White with Vinaigrette & mixed greens.

**omelets** (Made to order, please allow extra time) 8

Served with choice of White, Wheat, Multigrain or Rustic toast and roasted potatoes. **Please no substitutions.**

**BCT**

Bacon, cheddar, tomato.

**Mediterranean** 🌿

Tomato, artichoke hearts, feta.

**Breakfast Bruschetta** 🌿

Tomato, fresh basil, Parmesan.

**Old Pueblo**

Chicken, green chiles, avocado, provolone.

**egg sandwiches** 7.5

Served with roasted potatoes.

**Please no substitutions.**

**Bernie's Bacon**

Bacon, cheddar, tomato on White.

**Morgan's Merger**

Ham, Swiss, roasted red peppers, red onion on White.

**Ignacio's Italian** 🌿

Tomato, fresh basil, Parmesan on White.

**Santiago's Sonoran**

Ham, provolone, green chiles on White.

**Visit our website to see our  
full pastry line-up for...**

**Scones, Danish, Muffins, Kouign-amann,**  
and many more freshly baked breakfast pastries.

# roasted turkey

## Avi's Avo 🍷

Turkey, avocado, cucumber, sprouts, mayonnaise on Ciabatta.

## Bart's Bag 🍷

Turkey, brie, lettuce, tomato, red onion, honey mustard, mayonnaise on a Baguette.

## Joel's Jolt 🍷

Turkey, provolone, jalapeños, lettuce, tomato, onion, Russian dressing on Ciabatta.

## Paloma's Pavo 🇹

Southwest turkey salad, bacon, lettuce, tomato, avocado on toasted White.

## Milton's Melt 🔥

Turkey, bacon, sharp cheddar, tomato, Russian dressing on Rye.

## Molly's Crisis

Turkey, hummus, cucumber, sprouts, tomato, mayonnaise on Rustic.

## Frida's Flight 🆕

Turkey, bacon, sharp cheddar, lettuce, tomato, mayonnaise on toasted Jalapeño Cheddar.

## Curt's Club

Turkey, bacon, Swiss, lettuce, tomato, mayonnaise on toasted White. Double Decker.

# albacore tuna

## Ashlee's Albacore 🐟

Tuna salad, lettuce, tomato on White.

## Dab's Delight 🐟 🔥

Tuna salad, melted sharp cheddar, tomato on Wheat.

**Gluten free wraps are available as a bread alternative on any sandwich or salad for an additional charge.**

- 🇹 **Curry chicken salad:** chicken, celery, scallion, curry powder, salt, white pepper, mayonnaise, raisins, jicama and lemon juice.
- 🇹 **Southwest turkey salad:** fresh roasted turkey, Anaheim chiles, cilantro, celery, red onion, chipotle chiles, mayonnaise and sour cream.
- 🐟 **Tuna salad:** solid white Albacore Tuna, mayonnaise, dijon mustard, fresh parsley, salt and pepper.
- 🍷 **Tough crust:** indicates bread with a crust that may be difficult to eat if you have sensitive or delicate teeth. Please note that our olives may contain pits. Please be careful!
- 🌿 **Vegetarian** ✨ **Vegan** 🔥 **Served hot**

# all natural chicken

- 9.5 **Maddy's Madness** 10.5  
Chicken, bacon, provolone, avocado, lettuce, tomato, mayonnaise on toasted Multigrain.
- 10.5 **Charlie's Chicken** 🔥 🆕 10  
Chicken, bacon, sharp cheddar, tomato, red onion, barbecue sauce on a Torta roll.
- 9.5 **Pauly's Pesto** 🔥 10.5  
Chicken, provolone, basil sunflower pesto, artichoke hearts, tomato, Italian dressing on Focaccia.
- 10 **Kalid's Kurry** 🇹 8  
Curry chicken salad, toasted almonds, lettuce in a Wheat Pita.
- 10 **Colette's Cordon Bleu** 🔥 10  
Chicken, ham, Swiss, honey mustard on White.
- 9.5 **Rex's Revenge** 9.5  
Chicken, shaved Parmesan, lettuce, tomato, Caesar dressing on Focaccia.
- 10 **veggie**
- 13 **Carmela's Caprese** 🌿 8.5  
Fresh mozzarella, tomato, fresh basil, roasted red peppers, Vinaigrette dressing on Focaccia.
- 9 **Maya's Market** 🌿 🔥 8.5  
Swiss, provolone, basil sunflower pesto, artichoke hearts, roasted red peppers, tomato, red onion on a Multigrain.
- 9 **Ollie's Original** 🌿 🍷 8  
Feta, olive paste, cucumber, tomato, red onion, Vinaigrette on a Baguette.
- 9.5 **Annie's Addiction** ✨ 8  
Hummus, cucumber, sprouts, tomato, red onion on Rustic.
- Avocado Toast** ✨ 🆕 6.5  
Avocado, bruschetta (tomato, cucumber & radish), fresh basil, on a slice of toasted White with Vinaigrette & mixed greens.

## sandwich sides Choose ONE of the following:

- Beyond Bread Kettle Chips**..... Included
- Baked Chips** ..... Included
- Baby Carrots** ..... Included
- Apple** ..... Included
- Pasta Salad** ..... extra .65
- Fat Free Vinegar Slaw** ..... extra .65
- Small Green Salad** ..... extra 1.00
- Sm Soup/Lg Soup**..... extra 1.00/3.5

## roast beef

### Brad's Beef

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

### Gordo's Gorgonzola

Roast Beef, garlic gorgonzola sauce, red onion on Rustic.

### Betty's Brie

Roast Beef, brie, tomato, mayonnaise on a Baguette.

### Roger's Roast

Roast Beef, lettuce, sharp cheddar, horseradish sauce on toasted Pretzel bread.

## from the deli

### Rudy's Reuben

Corned Beef, Swiss, sauerkraut, Russian dressing on Rye.

### Enzo's Ending

Pepperoni, ham, provolone, sliced pickles, lettuce, tomato, red onion, Italian dressing on a Torta roll.

### Gino's Grinder

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

### Max's Muffalotta

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

### Grilled Cheese (no additions please)

Your choice of provolone, sharp cheddar or Swiss cheese on White.

### Bob's BLT

Bacon, lettuce, tomato, mayonnaise on toasted White.

## kid's call (12 & under please)

### PB & J

Half sandwich of smooth peanut butter & strawberry jam on White.

### Grilled Cheese

Half sandwich with your choice of provolone, sharp cheddar or Swiss cheese on White.

### Kid's Classic Mac & Cheese (no additions please)

Served with a side of toasted garlic bread.

10

10

10.5

10

10

9.5

9.5

10.5

6

8

3.5

3.5

3.5

## half sandwiches

6

6.5

7

Bob's BLT

Avi's Avo

Bart's Bag

Kalid's Kurry

Joel's Jolt

Betty's Brie

Ollie's Original

Molly's Crisis

Annie's  
Addiction

Paloma's Pavo

Carmela's  
Caprese

Ashlee's  
Albacore

*Make it a  
Delicious Duo  
and add a small  
soup or salad for  
only a dollar!*

## soups

Served in a bread bowl or with a side of sliced bread.

### Every Day

Chicken Tortilla  
Tomato Basil 

### Wednesday

Green Chile &  
Corn Chowder 

### Saturday

Baked Potato  
& Bacon

### Monday

Beef Barley

### Thursday

Beef Chili

### Sunday

Cream of Chicken  
& Dumpling

### Tuesday

Butternut Squash

### Friday

Clam Chowder

### Spring-Fall

Gazpacho 

**Small Soup/Large Soup** **3.5/6**

**Small Garden Salad** **3**

**Soup & Salad Combo** **6**

Small soup & green salad with your choice of sliced bread.

## mac & cheese

Made to order orecchiette pasta with a white cheddar and Parmesan sauce, and house-made Italian bread crumbs with toasted garlic bread.  
Add small green salad for \$1.50.

**Classic Mac & Cheese  8.5**

**Tomato Basil Mac & Cheese  9**

**Bacon Mac & Cheese 9**

## beyond the garden

All salads are served with Rustic bread and dressing on the side.

### Say Cheese! 🧀

Fresh mozzarella, sliced tomato, fresh basil, roasted red peppers, cucumber, Vinaigrette dressing on mixed greens.

### It's Greek To Me 🇬🇷 🥗

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

### Gobble Me Up!

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

### South by Southwest 🇺🇸

Southwest turkey salad, avocado, cucumber, tomato, red onion, Ranch dressing on mixed greens.

### Catch of the Sea 🐟

Tuna salad, cucumber, tomato, red onion, Ranch dressing on mixed greens.

### Larry, Moe & Curry 🍛

Curry chicken salad, toasted almonds, cucumber, tomato, red onion, Vinaigrette dressing on mixed greens.

### Et tu, Brute?

Chicken, shaved Parmesan, house-made croutons and Caesar dressing on romaine.

### Let's Play Chicken

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

### Angus Management

Roast Beef, spiced cinnamon walnuts, crumbled gorgonzola, cucumber, tomato, red onion, Italian dressing on mixed greens.

### Three's a Crowd \*

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

## Dressings:

Russian, Ranch, Honey Mustard (fat free), Italian or Vinaigrette

## daily specials

### MONDAY

**9.5** **Zoe's Zinger** 🍷  
Chicken, bacon, spicy chipotle cream cheese, lettuce on Pretzel bread. **10**

### TUESDAY

**9.5** **Carmichael Crunch** **8**  
Carmichael chicken salad (chicken, apple, and cranberry relish) mixed greens, toasted almonds, buttermilk ranch dressing on Wheat Pita. *Carmichael Training Systems® approved!*

**11**

### WEDNESDAY

**10** **Pete's Pepperoni** 🍷  
Pepperoni, provolone, roasted red peppers, sun-dried tomato garlic mayonnaise on Pretzel bread. **8**

**10** **Sonny's Chicken** 🍷  
Chicken, provolone, roasted red peppers, sun-dried tomato garlic mayonnaise on Pretzel bread. **9.5**

### THURSDAY

**10** **Good Parma** 🍷  
Chicken, marinara sauce, provolone, Parmesan, fresh basil, Caesar dressing on Parmesan Herb. **10**

**9.5** **Chili Mac** **9.5**  
Orecchiette pasta mixed with white cheddar, topped with chili, yellow sharp cheddar and scallions. Served with a side of toasted garlic bread.

### FRIDAY

**9.5** **Off the Hook (salad)** **11**  
Baked salmon (seasoned with lemon pepper), tomato, cucumber, red onion, Italian dressing on mixed greens.

**11** **Seward's Salmonwich** **11**  
Baked salmon (seasoned with lemon pepper), tomato, mixed greens on Focaccia. Served with a side of cilantro lime aioli.

### SATURDAY

**9.5** **Ernie's Everything Reuben** 🍷  **10.5**  
Corned Beef, Swiss, vinegar slaw, Russian dressing on Everything Pretzel bread

### SUNDAY

**Carol's Cornucopia** **10**  
Turkey, cranberry sauce, gorgonzola, romaine lettuce on Cranberry Pecan.

## bread line-up

### Daily

🌾 Baguette  
 🌾 Ciabatta  
 Cinnamon Raisin  
 Focaccia  
 Jalapeño & Cheddar  
 Multigrain  
 Pretzels  
 Rustic  
 Rye  
 Torta Roll  
 Wheat  
 Wheat Pita  
 White

### Monday

Parsley & Swiss  
Semolina & Sesame

### Tuesday

Brie, Scallion & Chive  
Marble Rye  
Pumpnickel

### Wednesday

Ancho, Chipotle & White Cheddar  
Rosemary

### Thursday

Olive  
Parmesan & Herb  
Walnut

### Friday

Challah <sup>(11am)</sup>  
Chocolate Babka <sup>(11am)</sup>  
Cranberry Pecan  
Parmesan & Herb

### Saturday

Ancho, Chipotle & White Cheddar  
Fig & Pistachio  
Rosemary

### Sunday

Cranberry Pecan  
Marble Rye  
Parmesan & Herb  
Pumpnickel

### Special Orders

require a 96-hour notice

🌾 Bread that may be difficult to eat if you have sensitive teeth

## pastry offerings

**Cookies, Bars & Brownies**  
**Assorted Sweets & Tarts**

**Breakfast Pastries**  
**Cakes & Cheesecakes**

# Back Dough by beyond bread

made-from-scratch specialties:  
**fruit pies cream pies pot pies**  
**seasonal pies and much more!**

Monterey Village

6260 E. Speedway (at Wilmot) Tel: 629-4111

For a list of all pies and information about the Back Dough visit [www.backdough.com](http://www.backdough.com)

## bread ingredients

Most breads are naturally leavened with no added sugar! We use only unbleached, unbromated, hard wheat flours.

🌾 Bread that may be difficult to eat if you have sensitive teeth 🐄 Bread that contains dairy

**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, vegetable oil, yeast & sea salt.

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

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

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

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

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

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

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

**Torta Roll:** Wheat flour, water, yeast & sea salt.

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

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

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

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