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 6.5
Avocado, bruschetta (tomato, cucumber & radish), fresh basil, on a slice of toasted White with Vinaigrette & mixed greens.

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

all natural chicken

Maddy’s Madness
Chicken, bacon, provolone, avocado, lettuce, tomato, mayonnaise on toasted Multigrain.

Charlie’s Chicken
Chicken, bacon, sharp cheddar, tomato, red onion, barbecue sauce on a Torta roll.

Pauly’s Pesto
Chicken, provolone, basil sunflower pesto, artichoke hearts, tomato, Italian dressing on Focaccia.

Kalid’s Kurry
Curry chicken salad, toasted almonds, lettuce in a Wheat Pita.

Colette’s Cordon Bleu
Chicken, ham, Swiss, honey mustard on White.

Rex’s Revenge
Chicken, shaved Parmesan, lettuce, tomato, Caesar dressing on Focaccia.

veggie

Carmela’s Caprese
Fresh mozzarella, tomato, fresh basil, roasted red peppers, Vinaigrette on Focaccia.

Maya’s Market
Swiss, provolone, basil sunflower pesto, artichoke hearts, roasted red peppers, tomato, red onion on a Multigrain.

Ollie’s Original
Feta, olive paste, cucumber, tomato, red onion, Vinaigrette on a Baguette.

Annie’s Addiction
Hummus, cucumber, sprouts, tomato, red onion on Rustic.

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

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

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.

<table>
<thead>
<tr>
<th>half sandwiches</th>
<th>6</th>
<th>6.5</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bob’s BLT</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avi’s Avo</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bart’s Bag</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kalid’s Kurry</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Joel’s Jolt</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Betty’s Brie</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ollie’s Original</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Molly’s Crisis</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Annie’s Addiction</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paloma’s Pavo</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carmela’s Caprese</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ashlee’s</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Albacore</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Soups**

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Soup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every Day</td>
<td>Chicken Tortilla</td>
</tr>
<tr>
<td></td>
<td>Tomato Basil</td>
</tr>
<tr>
<td>Monday</td>
<td>Beef Barley</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Butternut Squash</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Green Chile &amp; Corn Chowder</td>
</tr>
<tr>
<td>Thursday</td>
<td>Beef Chili</td>
</tr>
<tr>
<td>Friday</td>
<td>Clam Chowder</td>
</tr>
<tr>
<td>Saturday</td>
<td>Baked Potato &amp; Bacon</td>
</tr>
<tr>
<td></td>
<td>Cream of Chicken &amp; Dumpling</td>
</tr>
<tr>
<td></td>
<td>Spring-Fall Gazpacho</td>
</tr>
</tbody>
</table>

**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!** 9.5
Fresh mozzarella, sliced tomato, fresh basil, roasted red peppers, cucumber, Vinaigrette dressing on mixed greens.

**It's Greek To Me** 9.5
Feta, artichoke hearts, Greek olives, cucumber, tomato, red onion, Vinaigrette dressing on mixed greens.

**Gobble Me Up!** 11
Turkey, spiced cinnamon walnuts, dried cranberries, crumbled gorgonzola, cucumber, tomato, red onion, Ranch dressing on mixed greens.

**South by Southwest** 10
Southwest turkey salad, avocado, cucumber, tomato, red onion, Ranch dressing on mixed greens.

**Catch of the Sea** 10
Tuna salad, cucumber, tomato, red onion, Ranch dressing on mixed greens.

**Larry, Moe & Curry** 10
Curry chicken salad, toasted almonds, cucumber, tomato, red onion, Vinaigrette dressing on mixed greens.

**Et tu, Brute?** 9.5
Chicken, shaved Parmesan, house-made croutons and Caesar dressing on romaine.

**Let's Play Chicken** 9.5
Chicken, cucumber, tomato, red onion, Ranch dressing on mixed greens.

**Angus Management** 11
Roast Beef, spiced cinnamon walnuts, crumbled gorgonzola, cucumber, tomato, red onion, Italian dressing on mixed greens.

**Three's a Crowd** 9.5
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**

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

**TUESDAY**

**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!

**WEDNESDAY**

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

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

**THURSDAY**

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

**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**

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

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

**SATURDAY**

**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
- Pretzel
- Rustic
- Rye
- Torta Roll
- Wheat
- Wheat Pita
- White

**Monday**
- Parsley & Swiss
- Semolina & Sesame

**Tuesday**
- Brie, Scallion & Chive
- Marble Rye
- Pumpernickel

**Wednesday**
- Ancho, Chipotle & White Cheddar
- Rosemary

**Thursday**
- Olive
- Parmesan & Herb
- Walnut

**Friday**
- Challah (11am)
- Chocolate Babka (11am)
- Cranberry Pecan
- Parmesan & Herb

**Saturday**
- Ancho, Chipotle & White Cheddar
- Fig & Pistachio
- Rosemary

**Sunday**
- Cranberry Pecan
- Marble Rye
- Parmesan & Herb
- Pumpernickel

**Special Orders**
require a 96-hour notice

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

bread ingredients

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

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

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.


Marble Rye: Wheat flour, rye flour, pumpernickel 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.


Parsley & Swiss: Wheat flour, water, Swiss, parsley, starter & sea salt.

Pretzel: Wheat flour, water, starter, yeast & sea salt.

Pumpernickel: Wheat flour, rye flour, pumpernickel 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, whey 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.

pastry offerings

Cookies, Bars & Brownies
Assorted Sweets & Tarts
Breakfast Pastries
Cakes & Cheesecakes

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

BackDough by beyond bread

Monterey Village
6260 E. Speedway (at Wilmot) Tel: 629-4111
For a list of all pies and information about the BackDough visit www.backdough.com