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

brian’s breakfast bash
served 6:30am-10:30am weekdays and 7:00am-11:00am weekends.

Sourdough French Toast 6
Otis’s Oatmeal 4.5
Beyond Bread’s unique blend of oats and grains slowly cooked each morning. Served with brown sugar & dried fruit with a side of milk.

Granola with Milk 4.5
Yogurt Parfait 4.5
Avocado Toast ♛
Avocado, bruschetta (tomato, cucumber & radish), fresh basil, on a slice of toasted White with Vinaigrette & mixed greens.

Kid’s French Toast Bites (12 and under please) 3.5

omelets (Made to order, please allow extra time) 8.5
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
Add roasted potatoes or a side for an additional charge. 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.
all natural chicken

Maddy’s Madness 11
Chicken, bacon, provolone, avocado, lettuce, tomato, mayonnaise on toasted Multigrain.

Charlie’s Chicken 10.5
Chicken, bacon, sharp cheddar, tomato, red onion, barbecue sauce on a Torta roll.

Pauly’s Pesto 11
Chicken, provolone, basil sunflower pesto, artichoke hearts, tomato, Italian dressing on Focaccia.

Kalid’s Kurry 8.5
Curry chicken salad, toasted almonds, lettuce in a Wheat Pita.

Colette’s Cordon Bleu 10.5
Chicken, ham, Swiss, honey mustard on White.

Rex’s Revenge 10
Chicken, shaved Parmesan, lettuce, tomato, Caesar dressing on Focaccia.

veggie

Salam’s Shawarma 9
Plant based shawarma, beets, tomato, mixed greens, pickled onion, Cucumber Dill dressing on Wheat Pita.

Maya’s Market 9
Swiss, provolone, basil sunflower pesto, artichoke hearts, tomato, roasted red peppers, red onion on Multigrain.

Bailey’s Beet 9
Beets, goat cheese & herb spread, cucumber, mixed greens, Balsamic Vinaigrette on Focaccia.

Annie’s Addiction 8.5
Hummus, cucumber, sprouts, tomato, mayonnaise on Rustic.

Avocado Toast 7
Avocado, bruschetta (tomato, cucumber & radish), fresh basil, on a slice of toasted White with Vinaigrette & mixed greens.

Carmela’s Caprese 8.5
Fresh mozzarella, tomato, fresh basil, roasted red peppers, Balsamic Vinaigrette dressing on Focaccia.

sandwich sides  Choose ONE of the following:

Beyond Bread Kettle Chips ....................... Included
Baked Chips ........................................ Included
Baby Carrots ........................................ Included
Apple ................................................... Included
Pasta Salad .......................................... extra .75
Fat Free Vinegar Slaw .......................... extra .75
Small Green Salad ................................. extra 1.25
Sm Soup/Lg Soup ................................. extra 1.25/3.5

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

half sandwiches

<table>
<thead>
<tr>
<th>Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bob’s BLT</td>
<td>10.5</td>
</tr>
<tr>
<td>Avi’s Avo</td>
<td>7</td>
</tr>
<tr>
<td>Bart’s Bag</td>
<td>7.5</td>
</tr>
<tr>
<td>Kalid’s Kurry</td>
<td>10.5</td>
</tr>
<tr>
<td>Joel’s Jolt</td>
<td></td>
</tr>
<tr>
<td>Betty’s Brie</td>
<td>11</td>
</tr>
<tr>
<td>Annie’s Addiction</td>
<td></td>
</tr>
<tr>
<td>Molly’s Crisis</td>
<td></td>
</tr>
<tr>
<td>Paloma’s Pavo</td>
<td></td>
</tr>
<tr>
<td>Carmela’s Caprese</td>
<td></td>
</tr>
<tr>
<td>Ashlee’s Albacore</td>
<td></td>
</tr>
<tr>
<td>Bailey’s Beet</td>
<td></td>
</tr>
</tbody>
</table>

Make it a Delicious Duo and add a small soup or salad for $1.25!

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>Thursday</td>
<td>Beef Chili</td>
</tr>
<tr>
<td>Friday</td>
<td>Clam Chowder</td>
</tr>
<tr>
<td>Saturday</td>
<td>Ribollita (Italian Stew)</td>
</tr>
<tr>
<td>Sunday</td>
<td>Cream of Chicken &amp; Dumpling</td>
</tr>
<tr>
<td></td>
<td>Spring-Fall Gazpacho</td>
</tr>
</tbody>
</table>

Small Soup/Large Soup 3.5/6.5
Small Garden Salad 3
Soup & Salad Combo 6.5

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.

<table>
<thead>
<tr>
<th>Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classic Mac &amp; Cheese</td>
<td>9</td>
</tr>
<tr>
<td>Tomato Basil Mac &amp; Cheese</td>
<td>9</td>
</tr>
<tr>
<td>Bacon Mac &amp; Cheese</td>
<td>9.5</td>
</tr>
</tbody>
</table>
beyond the garden

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

Peace of the Middle East  ★  NEW  ★
Plant based shawarma, beets, pickled onion, cucumbers, tomato, Cucumber Dill dressing on mixed greens with a side of Wheat Pita.

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, Italian, Balsamic Vinaigrette, Honey Mustard or Cucumber Dill (dairy & egg free)

daily specials

MONDAY
Zoe’s Zinger  ★  10.5
Chicken, bacon, spicy chipotle cream cheese, lettuce on Pretzel bread.

TUESDAY
Carmichael Crunch  ★
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  ★
Pepperoni, provolone, roasted red peppers, sun-dried tomato garlic mayonnaise on Pretzel bread.

Sonny’s Chicken  ★
Chicken, provolone, roasted red peppers, sun-dried tomato garlic mayonnaise on Pretzel bread.

THURSDAY
Good Parma  ★  10.5
Chicken, marinara sauce, provolone, Parmesan, fresh basil, Caesar dressing on Parmesan Herb.

Chili Mac  ★
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 (salad)  ★  11.5
Baked salmon (seasoned with lemon pepper), tomato, cucumber, red onion, Italian dressing on mixed greens.

Seward’s Salmonwich  ★  11.5
Baked salmon (seasoned with lemon pepper), tomato, mixed greens on Focaccia. Served with a side of cilantro lime aioli.

SATURDAY
Ernie’s Everything Reuben  ★  11
Corned Beef, Swiss, vinegar slaw, Russian dressing on Everything Pretzel bread.

SUNDAY
Carol’s Cornucopia  ★  10.5
Turkey, cranberry sauce, gorgonzola, romaine lettuce on Cranberry Pecan.

daily specials: Award Winner!

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!

★ Served Hot, ☀ Vegetarian, ☀ Dairy & Egg Free
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
- 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 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.
- 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.
- 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.
- 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, 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.

---

**pastry offerings**

**Cookies, Bars & Brownies**

**Breakfast Pastries**

**Assorted Sweets & Tarts**

**Cakes & Cheesecakes**

---

**BackDough 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 BackDough visit **www.backdough.com**

---

**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**

**Bread that contains dairy**
- Ancho, Chipotle & White Cheddar: Wheat flour, water, white cheddar, ancho and chipotle chile, 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.
- 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.
- 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, 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.