



### 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:

#### Campbell & Ina Locations:

Open Daily: 7:00am - 6:00pm

#### Speedway Location:

Sunday - Thursday: 7:00am - 6:00pm

Friday - Saturday: 7:00am - 7:00pm

**Due to Covid-19, store hours subject to change.**

2020

## brian's breakfast bash

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

**Sourdough French Toast** (Temporarily Unavailable) **6**

**Otis's Oatmeal** (Temporarily Unavailable) **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** \* **7**

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**

(Temporarily Unavailable)

**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** (Temporarily Unavailable)

Bacon, cheddar, tomato.

**Mediterranean** (Temporarily Unavailable)

Tomato, artichoke hearts, feta.

**Breakfast Bruschetta** (Temporarily Unavailable)

Tomato, fresh basil, Parmesan.

**Old Pueblo** (Temporarily Unavailable)

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.

## 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.

## 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

## all natural chicken

10 **Maddy's Madness** 11

Chicken, bacon, provolone, avocado, lettuce, tomato, mayonnaise on toasted Multigrain.

11 **Charlie's Chicken** 🍷 10.5

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

10 **Pauly's Pesto** 🍷 11

Chicken, provolone, basil sunflower pesto, artichoke hearts, tomato, Italian dressing on Focaccia.

10.5 **Kalid's Kurry** 🇨 8.5

Curry chicken salad, toasted almonds, lettuce in a Wheat Pita.

10.5 **Colette's Cordon Bleu** 🍷 10.5

Chicken, ham, Swiss, honey mustard on White.

10 **Rex's Revenge** 10

Chicken, shaved Parmesan, lettuce, tomato, Caesar dressing on Focaccia.

## veggie

13.5 **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.

9.5 **Bailey's Beet** 🌿 🆕 9

Beets, goat cheese & herb spread, cucumber, mixed greens, Balsamic Vinaigrette on Focaccia.

10 **Annie's Addiction** \* 8.5

Hummus, cucumber, sprouts, tomato, red onion 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.

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 & house strawberry apple 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.

10.5

10.5

11

10.5

10.5

10

10

11

6.5

8.5

3.5

3.5

4.5

## half sandwiches

6.5

Bob's BLT

Kalid's Kurry

Annie's  
Addiction

Carmela's  
Caprese

Bailey's Beet

7

Avi's Avo

Joel's Jolt

Molly's Crisis

Paloma's Pavo

Ashlee's  
Albacore

7.5

Bart's Bag

Betty's Brie

*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.

### Every Day

Chicken Tortilla  
Tomato Basil 

### Monday

Beef Barley

### Tuesday

Butternut Squash

### Wednesday

Green Chile &  
Corn Chowder 

### Thursday

Beef Chili

### Friday

Clam Chowder

### Saturday

Ribollita  
(Italian Stew)

### Sunday

Cream of Chicken  
& Dumpling

### Spring-Fall

Gazpacho 

**Small Soup/Large Soup** **3.5/6.5**

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

**Soup & Salad Combo** **6.5**

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 ** **9**

**Tomato Basil Mac & Cheese ** **9**

**Bacon Mac & Cheese** **9.5**

## beyond the garden

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

### Peace of the Middle East \* 10

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 10

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

### Gobble Me Up! 11.5

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

### South by Southwest 10.5

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

### Catch of the Sea 10.5

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

### Larry, Moe & Curry 10.5

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

### Et tu, Brute? 10

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

### Let's Play Chicken 10

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

### Angus Management 11.5




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

### Three's a Crowd \* 10

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)

-  **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.

## daily specials

### MONDAY

#### Zoe's Zinger 10.5

Chicken, bacon, spicy chipotle cream cheese, lettuce on Pretzel bread.

### TUESDAY

#### Carmichael Crunch 8.5

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 8.5

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

#### Sonny's Chicken 10

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 10

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.



**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  
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.