

14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	Tree nut	Fish	Shellf ish	Sesame	Celery	Mustard (seed or bran)	Sulfites	Molluscs	Lunin
Menu Item	vviieat	Lgg	Suy	Dairy	reanut	mat	11511	1511	Sesame	Gelery	Dranj	Sumes	Monuses	Lupin
Sandwiches - Roasted Turkey														
Avi's Avo	\checkmark	\checkmark	\checkmark											
Bart's Bag	\checkmark	\checkmark	\checkmark	\checkmark			\checkmark				\checkmark			
Joel's Jolt	\checkmark	\checkmark	\checkmark	\checkmark						\checkmark				
Paloma's Pavo	\checkmark	\checkmark	\checkmark	\checkmark						\checkmark				
Milton's Melt - HOT	\checkmark	\checkmark	\checkmark	\checkmark							\checkmark			
Molly's Crisis	\checkmark	\checkmark	\checkmark						\checkmark		\checkmark			
Frida's Flight	\checkmark	\checkmark	\checkmark	\checkmark							\checkmark			
Curt's Club	\checkmark	\checkmark	\checkmark	\checkmark							\checkmark			
Sandwiches - Albacore Tuna														
Ashlee's Albacore							\checkmark				\checkmark			
Dab's Delight - HOT	\checkmark	\checkmark	\checkmark	\checkmark			\checkmark				\checkmark			
Sandwiches - All Natural Chicken														
Maddy's Madness	\checkmark	\checkmark	\checkmark	\checkmark							\checkmark			
Charlie's Chicken - HOT	\checkmark			\checkmark						\checkmark	\checkmark			
Pauly's Pesto - HOT	\checkmark		\checkmark	\checkmark								\checkmark		
Kalid's Kurry	\checkmark	\checkmark	\checkmark			\checkmark				\checkmark	\checkmark			
Colette's Cordon Blue - HOT	\checkmark			\checkmark										
Rex's Revenge	\checkmark	\checkmark	\checkmark	\checkmark			See Below							
Sandwiches - Veggie														
Carmela's Caprese	\checkmark			\checkmark							\checkmark			
Maya's Market - HOT	\checkmark			\checkmark										
Bailey's Beet	\checkmark			\checkmark							\checkmark			



						Tree		Shellf			Mustard (seed or			
14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut		Fish	ish	Sesame	Celery	bran)	Sulfites	Molluscs	Lupin
Annie's Addiction	\checkmark								\checkmark					
Avocado Toast	\checkmark										\checkmark			
Salam's Shawarma	\checkmark		\checkmark						\checkmark		\checkmark			
Kid's Call														
PB&J	\checkmark		\checkmark		\checkmark									
Grilled Cheese - HOT	\checkmark			\checkmark										
Kid's Classic Mac & Cheese	\checkmark			\checkmark										
Sandwiches - Roast Beef														
Brad's Beef - HOT	\checkmark	\checkmark	\checkmark	\checkmark						\checkmark	\checkmark			
Gordo's Gorgonzola - HOT			\checkmark				See Below				\checkmark			
Betty's Brie	\checkmark	\checkmark	\checkmark	\checkmark							\checkmark			
Roger's Roast	\checkmark	\checkmark	\checkmark	\checkmark							\checkmark			
Sandwiches - From the Deli														
Rudy's Reuben - HOT	\checkmark	\checkmark	\checkmark	\checkmark								\checkmark		
Unreal Corn'd Beef Rudy's Reuben - Hot	\checkmark		\checkmark	\checkmark										
Enzo's Ending	\checkmark		\checkmark	\checkmark								\checkmark		
Gino's Grinder - HOT	\checkmark			\checkmark							\checkmark			
Max's Muffalotta	\checkmark			\checkmark							\checkmark	\checkmark		
Grilled Cheese - HOT	\checkmark			\checkmark										
Bob's BLT	\checkmark	\checkmark	\checkmark								\checkmark			
Soups														



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Tomato Basil														
Chicken Tortilla	\checkmark			\checkmark										
Beef Barley	\checkmark		\checkmark							\checkmark				
Vegetable Lentil										\checkmark		\checkmark		
Green Chili & Corn Chowder	\checkmark			\checkmark										
Beef Chili														
Clam Chowder	\checkmark			\checkmark						\checkmark			\checkmark	
Ribolita				\checkmark						\checkmark				
Greek Lemon Chicken	\checkmark			\checkmark						\checkmark				
Coconut Curry Vegetable														
Cream of Chicken & Dumpling	\checkmark			\checkmark						\checkmark				
Gazpacho										\checkmark		\checkmark		
Mac & Cheese														
Classic Mac & Cheese	\checkmark			\checkmark										
Tomato Basil Mac & Cheese	\checkmark			\checkmark										
Bacon Mac & Cheese	\checkmark			\checkmark										
Beyond the Garden (includes dressing listed on menu)														
Say Cheese	\checkmark			\checkmark							\checkmark			
It's Greek To Me	\checkmark			\checkmark							\checkmark	\checkmark		
Gobble Me Up	\checkmark	\checkmark	\checkmark	\checkmark		\checkmark					\checkmark			
South by Southwest	\checkmark	\checkmark	\checkmark	\checkmark						\checkmark	\checkmark			
Catch of the Sea	\checkmark	\checkmark	\checkmark	\checkmark							\checkmark			
Larry, Moe & Curry	\checkmark	\checkmark	\checkmark	\checkmark		\checkmark				\checkmark	\checkmark			
Et tu, Brute?	\checkmark	\checkmark	\checkmark	\checkmark			See Below				\checkmark			
Let's Play Chicken	\checkmark	\checkmark	\checkmark								\checkmark			
Angus Management	\checkmark	\checkmark	\checkmark	\checkmark		\checkmark						\checkmark		
Three's a Crowd	\checkmark								\checkmark		\checkmark			
Peace of the Middle East	\checkmark		\checkmark						\checkmark		\checkmark			



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14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	nut	Fish	ish	Sesame	Celery) bran)	Sulfites	Molluscs	Lupin
Dressings														
Russian		\checkmark	\checkmark	\checkmark						\checkmark	\checkmark			
Ranch		\checkmark	\checkmark	\checkmark							\checkmark			
Honey Mustard (fat free)											\checkmark			
Italian			\checkmark									\checkmark		
Balsamic Vinaigrette											\checkmark			
Mayonnaise		\checkmark									\checkmark			
Cucumber Dill Dressing									\checkmark		\checkmark			
Daily Specials														
Zoe's Zinger - HOT	\checkmark			\checkmark										
Carmichael Crunch	\checkmark	\checkmark	\checkmark			\checkmark					\checkmark			
Pete's Pepperoni - HOT	\checkmark	\checkmark	\checkmark								\checkmark			
Sonny's Chicken - HOT	\checkmark	\checkmark	\checkmark								\checkmark			
Good Parma - HOT	\checkmark	\checkmark	\checkmark	\checkmark			See Below				\checkmark			
Chili Mac	\checkmark			\checkmark										
Off the Hook (salad)	\checkmark	\checkmark	\checkmark				\checkmark				\checkmark			
Seward's Salmonwich	\checkmark	\checkmark	\checkmark	\checkmark			\checkmark				\checkmark			
Ernie's Everything Reuben - HOT	\checkmark	\checkmark	\checkmark	\checkmark						\checkmark	\checkmark			
Carol's Cornucopia	\checkmark			\checkmark		\checkmark								
Breakfast														
Sourdough French Toast	\checkmark	\checkmark		\checkmark										
Otis's Oatmeal														
Bacon & Cheddar Quiche	\checkmark	\checkmark		\checkmark										
Swiss & Scallion Quiche	\checkmark	\checkmark		\checkmark										
Granola			\checkmark			\checkmark								
Yogurt Parfait			\checkmark	\checkmark		\checkmark								



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Avocado Toast	\checkmark													
Bread														
Baguette	\checkmark													
Ciabatta	\checkmark													
Cinnamon Raisin	\checkmark													
Canberry Pecan	\checkmark					\checkmark								
Fig & Pistachio	\checkmark					\checkmark								
Focaccia	\checkmark		\checkmark											
Jalapeño & Cheddar	\checkmark			\checkmark										
Multigrain	\checkmark													
Pretzels	\checkmark													
Rustic	\checkmark								\checkmark					
Rye	\checkmark													
Torta Roll	\checkmark													
Wheat	\checkmark													
Wheat Pita	\checkmark													
White	\checkmark													
Parsley & Swiss	\checkmark			\checkmark										
Semolina & Sesame	\checkmark								\checkmark					
Brie, Scallion & Chive	\checkmark			\checkmark										
Marble Rye	\checkmark													
Pumpernickle	\checkmark													
Ancho, Chipotle & White Cheddar	\checkmark			\checkmark										
Rosemary	\checkmark													
Olive	\checkmark											\checkmark		
Parmesan & Herb	\checkmark			\checkmark										
Walnut	\checkmark					\checkmark								
Challah - Plain	\checkmark	\checkmark												



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14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	nut	Fish	ish	Sesame	Celery	bran)	Sulfites	Molluscs	Lupin
Challah - Raisin	\checkmark	\checkmark												
Challah - Seseme seed	\checkmark	\checkmark							\checkmark					
Challah - Poppy seed	\checkmark	\checkmark												
Challah - Combo poppyseed/sesame seed		\checkmark												
Gluten-free wrap			\checkmark											
Sides														
Kettle Chips					\checkmark									
Baked Lay's			\checkmark											
Baby Carrots														
Apple														
Pasta Salad	\checkmark		\checkmark	\checkmark								\checkmark		
Fat Free Vinegar Slaw										\checkmark		\checkmark		
Pastries														
Lemon Bar		\checkmark												
Raspberry bar														
Cheesecake Brownie		\checkmark	\checkmark											
Espresso Brownie		\checkmark	\checkmark	\checkmark		\checkmark								
Canoli	\checkmark	\checkmark	\checkmark	\checkmark		\checkmark						\checkmark		
Chocolate Chip Cookie	\checkmark	\checkmark	\checkmark	\checkmark										
Oatmeal Raisin Cookie		\checkmark		\checkmark										
Death by Chocolate Cookie		\checkmark	\checkmark	\checkmark		\checkmark								
Peanut Butter Chocolate Chunk Cookie		\checkmark	\checkmark	\checkmark	\checkmark									
Gingersnap Cookie	\checkmark	\checkmark		\checkmark							\checkmark			
Russian Tea Cake	\checkmark			\checkmark		\checkmark								
Magic Bar	\checkmark		\checkmark	\checkmark		\checkmark								
Cinnamon Roll	\checkmark	\checkmark		\checkmark										



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Crème Brule		\checkmark												
Cup O' Coffee Cake	\checkmark	\checkmark		\checkmark		\checkmark								
Danish	\checkmark			\checkmark										
Éclair	\checkmark		\checkmark	\checkmark										
Ham & Cheese Pocket	\checkmark	\checkmark		\checkmark								\checkmark		
Kouign-amann	\checkmark			\checkmark										
Lemon Bluberry Muffin	\checkmark	\checkmark		\checkmark										
Cheese Crown	\checkmark	\checkmark		\checkmark										
Apricot Almond Scone Slice	\checkmark	\checkmark		\checkmark		\checkmark								
Lemon Scone Slice	\checkmark	\checkmark		\checkmark										
Orange Raisin Scone Slice	\checkmark	\checkmark		\checkmark										
Maple Scone	\checkmark	\checkmark		\checkmark										
Cranberry White Chocolate Scone	\checkmark	\checkmark	\checkmark	\checkmark										
Vanilla Fruit Tart	\checkmark	\checkmark		\checkmark										
Hazelnut Tart	\checkmark		\checkmark	\checkmark		\checkmark								
Key Lime Tart	\checkmark	\checkmark	\checkmark	\checkmark										
Nutella Spiral	\checkmark	\checkmark	\checkmark	\checkmark		\checkmark								
Caramel Nut Swirl	\checkmark	\checkmark		\checkmark		\checkmark								
Sticky Bun	\checkmark	\checkmark		\checkmark		\checkmark								
Tiramisu	\checkmark	\checkmark		\checkmark								\checkmark		
Chocolate Torte	\checkmark	\checkmark	\checkmark	\checkmark										
Vanilla Bean Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark										
New York Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark										
Cookies & Cream Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark										
Mixed Berry Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark										
Salted Caramel Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark										
Magic Bar Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark		\checkmark								
Strawberry Vanilla Cheesecake	\checkmark		\checkmark	\checkmark										



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14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	nut	Fish	ish	Sesame	Celery	bran)	Sulfites	Molluscs	Lupin
White Chocolate Raspberry Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark										
Chocolate Vanilla Swirl Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark										
Cheesecake Brownie Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark										
Cherry Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark										
Chocolate Mocha Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark										
Lemon Raspberry Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark										
Blueberry Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark										
Peanut Butter Chocolate Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark		\checkmark								
Pumpkin Pie Cheesecake	\checkmark		\checkmark	\checkmark							\checkmark			
Caramel Pecan Cheesecake	\checkmark		\checkmark	\checkmark		\checkmark								
Carrot Cake	\checkmark	\checkmark		\checkmark		\checkmark								
Banana Bread	\checkmark	\checkmark	\checkmark	\checkmark										
Peppermint White Chocolate Chip Cookie	\checkmark	\checkmark												
Back Dough Pies														
German Chocolate	\checkmark	\checkmark	\checkmark	\checkmark		\checkmark								
Sour Cream Lemon	\checkmark	\checkmark		\checkmark										
Kahlua Cream Cheese	\checkmark	\checkmark	\checkmark	\checkmark										
Cream Cheese	\checkmark	\checkmark	\checkmark	\checkmark										
Sour Cream Cherry	\checkmark	\checkmark		\checkmark										
Banana	\checkmark	\checkmark		\checkmark		\checkmark								
Key Lime	\checkmark	\checkmark		\checkmark										
Coconut	\checkmark	\checkmark		\checkmark										
Peanut Butter Chocolate	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark									
Lemon Meringue	\checkmark	\checkmark		\checkmark										
Boston Cream	\checkmark	\checkmark		\checkmark										
Chocolate	\checkmark	\checkmark	\checkmark	\checkmark										



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Sour Cream Blueberry	\checkmark	\checkmark		\checkmark										
Lemon Cream Cheese	\checkmark	\checkmark	\checkmark	\checkmark										
Sour Cream Apple	\checkmark	\checkmark		\checkmark										
Peanut Butter	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark									
Carrot Cake	\checkmark	\checkmark		\checkmark		\checkmark								
Black Forest	\checkmark	\checkmark	\checkmark	\checkmark										
Strawberry Margarita	\checkmark	\checkmark		\checkmark										
Pumpkin	\checkmark	\checkmark		\checkmark										
Apple														
Cherry	\checkmark													
Mixed Berry														
French Apple	\checkmark			\checkmark										
Blueberry Apple	\checkmark			\checkmark										
Strawberry Rhubarb	\checkmark			\checkmark										
Cranberry Apple	\checkmark													
Fresh Strawberry														
Sugar Free Apple	\checkmark			\checkmark										
Sugar Free Strawberry	\checkmark			\checkmark										
Chocolate Pecan	\checkmark	\checkmark	\checkmark	\checkmark		\checkmark								
Pecan	\checkmark	\checkmark		\checkmark		\checkmark								
Pumpkin Cream Cheese	\checkmark	\checkmark		\checkmark										
Chicken Pot Pie	\checkmark			\checkmark						\checkmark				
Turkey Pot Pie	\checkmark			\checkmark						\checkmark				
Beef Pot Pie	\checkmark		\checkmark	\checkmark						\checkmark				
Ham & Cheese Quiche	\checkmark	\checkmark		\checkmark								\checkmark		
Veggie Quiche	\checkmark	\checkmark		\checkmark								\checkmark		
Shrimp Quiche	\checkmark	\checkmark		\checkmark								\checkmark		
Specialty and Seasonal Items														



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Banana Bread														
Chocolate Babka	\checkmark	\checkmark	\checkmark	\checkmark		\checkmark								
Cinnamon Babka	\checkmark	\checkmark	\checkmark	\checkmark		\checkmark								
Granola			\checkmark			\checkmark								
King Cake	\checkmark	\checkmark		\checkmark										
Irish Soda Bread	\checkmark	\checkmark		\checkmark										
Honey Cake	\checkmark	\checkmark	\checkmark											
Macaroons (Plain)	\checkmark	\checkmark				\checkmark								
Macaroons (Chocolate)		\checkmark	\checkmark	\checkmark		\checkmark								
Rugelach (Plain & Raspberry)	\checkmark		\checkmark	\checkmark		\checkmark								
Matzah Crunch	\checkmark		\checkmark	\checkmark		\checkmark								
Pan de Muerto	\checkmark	\checkmark		\checkmark										
Focaccia Stuffing	\checkmark													
Holiday Sugar Cookies	\checkmark	\checkmark		\checkmark										
Pumpkin Cranberry Bread	\checkmark	\checkmark												
Chocolate Cherry Panettone	\checkmark	\checkmark	\checkmark	\checkmark										
Puddle Cookies	\checkmark			\checkmark		\checkmark								
Seasonal Sandwiches														
Shrimp Po'Boy Sandwich	\checkmark	\checkmark	\checkmark	\checkmark				\checkmark		\checkmark	\checkmark			
Shrimp Creole Salad	\checkmark	\checkmark	\checkmark	\checkmark				\checkmark		\checkmark	\checkmark			
Tito's Torta	\checkmark	\checkmark	\checkmark	\checkmark							\checkmark			
Carlito's Cuban	\checkmark		\checkmark	\checkmark										
Carlita's Cuban	\checkmark		\checkmark	\checkmark										
Pastrami Special	\checkmark	\checkmark	\checkmark	\checkmark						\checkmark	\checkmark			
Creamy Coleslaw		\checkmark	\checkmark							\checkmark	\checkmark	\checkmark		
Brat Special	\checkmark		\checkmark											
German Potato Salad			\checkmark	\checkmark							\checkmark	\checkmark		
Meatball Special	\checkmark	\checkmark	\checkmark	\checkmark										



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* Our Caesar dressing is made wit	h worcest	tershire	sauce	which co	ntains and	hovies.								
Beyond Bread is a full scratch bak	ery and fl	lour is e	verywh	ere in ou	r stores.	Therefo	re, if yo	u have C	eliac Disea	ase or are	extremely in	ntolerant to	any kind of	flour,
please know we cannot separate you	ur food fro	m every	bit of g	luten.										
-														
PLEASE be aware that we cannot	guarantee	the abs	sence o	of cross c	ontaminat	ion. Ho	wever, v	ve are ha	appy to ma	ke any sa	ndwich on l	ettuce or su	bstitute our	
bread for a gluten free wrap!														
Flourless items on our menu inclu	de: Gazpa	acho, m	ost sala	ads (exclu	uding the	bread),	Chocola	te Espr	esso Brown	nies and D	eath by Cho	ocolate Coo	kies.	
Beyond Bread is a bakery that has	wheat, e	ggs, soy	, dairy,	peanuts	, tree nuts	, fish, sl	hellfish,	sesame	, celery, m	ustard, luj	oin, mollusc	s and sulfit	es in produc	ts
in our facility. Even though a menu	u item ma	y not ha	ve an a	llergen li	sted, we c	annot g	uarante	e the ab	sence of c	ross conta	amination.			
When we cook our HOT sandwich	es, the pa	ns we u	se are o	coated wi	ith a non-s	stick spi	ray that	contains	s canola oil	and pose	sibly soybea	n oil.		
Beyond Bread uses cheeses that o	contain er	izvmes.												