



### 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:

#### All three locations:

Daily: 7:00am - 7:00pm

#### Back Dough HOURS:

Daily: 9:00am - 6:00pm

OCT 2023

## breakfast

served daily: 7:00am - 11:00am

**Sourdough French Toast** 7.5

**Kid's French Toast Bites** 5  
(12 and under please)

**Otis's Oatmeal** 5.5

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** 6.5

**Yogurt Parfait** 6

**Bacon & Cheddar Quiche** 6

**Swiss & Scallion Quiche** 6

**Toast** 2

Served with your choice of any fresh-baked artisan bread and a side of butter or jam.

**Avocado Toast** ✨ 8.5

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

## egg sandwiches 9

served daily: 7:00am - 11:00am

### 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.

Please no substitutions on egg sandwiches.

**Visit our website to see our full pastry line-up for...**  
**Scones, Danish, Muffins, Kouign-amann,**  
 and many more freshly baked breakfast pastries.  
 Online ordering available while supplies last!

# roasted turkey

## Avi's Avo 🌿

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

## 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.

## Bart's Bag 🌿

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

## 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:

Kettle Chips.....	Included
Baked Chips .....	Included
Baby Carrots .....	Included
Apple .....	Included
Pasta Salad .....	extra 1 <sup>.25</sup>
Fat Free Vinegar Slaw .....	extra 1 <sup>.25</sup>
Small Green Salad .....	extra 2 <sup>.00</sup>
Sm Soup/Lg Soup.....	extra 2 <sup>.00</sup> /4 <sup>.50</sup>

# all natural chicken

13 **Rex's Revenge** 12.5

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

13 **Maddy's Madness** 14

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

13.5 **Charlie's Chicken** 🍷 13.5

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

13.5 **Pauly's Pesto** 🍷 14

Chicken, provolone, basil pesto (nut-free), artichoke hearts, tomato, Italian dressing on Focaccia.

14 **Kalid's Kurry** 🇮🇳 11

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

13 **Colette's Cordon Bleu** 🍷 13.5

Chicken, ham, Swiss, honey mustard on White.

# veggie

13.5 **Salam's Shawarma** ✨ 11.5

Plant based shawarma, beets, tomato, mixed greens, pickled onion, Cucumber Dill dressing on Wheat Pita.

16.5 **Maya's Market** 🌿 🍷 12

Swiss, provolone, basil sunflower pesto, artichoke hearts, tomato, roasted red peppers, red onion on Multigrain.

11.5 **Bailey's Beet** 🌿 12

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

13 **UNREAL Reuben** 🌿 🍷 15

Unreal Deli® Corn'd Beef, Swiss, sauerkraut, Russian dressing on Rye. ~ Vegan Style Available! ✨

**Annie's Addiction** ✨ 11

Hummus, cucumber, sprouts, tomato, red onion on Rustic.

**Avocado Toast** ✨ 8.5

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

**Carmela's Caprese** 🌿 11

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 & 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.

13.5

13.5

14

13.5

13.5

12

13

14

8.5

11

5

5.5

6

## half sandwiches

7.5

Bob's BLT

Kalid's Kurry

Annie's  
Addiction

Carmela's  
Caprese

Bailey's Beet

8

Avi's Avo

Joel's Jolt

Molly's Crisis

Paloma's Pavo

Ashlee's  
Albacore

8.5

Bart's Bag

Betty's Brie

*Make it a  
Delicious Duo  
and add a small  
soup or salad  
for an extra \$2.00*

## soups

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


### Every Day

Tomato Basil 

### Monday

Beef Barley

### Tuesday

Coconut Curry 

### Wednesday

Green Chile &  
Corn Chowder 

### Thursday

Beef Chili

### Friday

Clam Chowder

### Saturday

Rotating  
Soup

### Sunday

Cream of Chicken  
& Dumpling

### Spring-Fall

Gazpacho 

**Small Soup/Large Soup 4.5 Sm/7.5 Lg**

**Small Garden Salad 4**

**Soup & Salad Combo 7.5**

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

## mac & cheese

Made to order cellentani pasta with a white cheddar and Parmesan sauce, and house-made Italian bread crumbs with toasted garlic bread. **Add small green salad for \$2.00**

**Classic Mac & Cheese  11**

**Tomato Basil Mac & Cheese  11**

**Bacon Mac & Cheese 11.5**

## beyond the garden

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

### Let's Play Chicken

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

### Peace of the Middle East ✨

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.

### Three's a Crowd ✨

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

### Angus Management

Roast Beef, spiced cinnamon walnuts, crumbled gorgonzola, cucumber, tomato, red onion, Italian 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, spicy brown mustard, fresh parsley, salt and pepper.

## daily specials

### MONDAY

**12.5** **Zoe's Zinger** 🍷  
Chicken, bacon, spicy chipotle cream cheese, lettuce on Pretzel bread. **13.5**

### TUESDAY

**13** **Carmichael Crunch** **11**  
Carmichael chicken salad (chicken, apple, and cranberry relish) mixed greens, toasted almonds, buttermilk ranch dressing on Wheat Pita. *Carmichael Training Systems® approved!*

### WEDNESDAY

**14** **Pete's Pepperoni** 🍷 **11.5**  
Pepperoni, provolone, roasted red peppers, sun-dried tomato garlic mayonnaise on Pretzel bread.

**13** **Sonny's Chicken** 🍷 **13**  
Chicken, provolone, roasted red peppers, sun-dried tomato garlic mayonnaise on Pretzel bread.

### THURSDAY

**13** **Good Parma** 🍷 **13.5**  
Chicken, marinara sauce, provolone, Parmesan, fresh basil, Caesar dressing on Parmesan Herb.

**13** **Chili Mac** **13.5**  
Cellentani pasta mixed with white cheddar, topped with chili, yellow sharp cheddar and scallions. Served with a side of toasted garlic bread.

### FRIDAY

**13** **Off the Hook (salad)** **14.5**  
Baked salmon (seasoned with lemon pepper), tomato, cucumber, red onion, Italian dressing on mixed greens.

**13** **Seward's Salmonwich** **14.5**  
Baked salmon (seasoned with lemon pepper), tomato, mixed greens on Focaccia. Served with a side of cilantro lime aioli.

### SATURDAY

**14** **Ernie's Everything Reuben** 🍷  **14**  
Corned Beef, Swiss, vinegar slaw, Russian dressing on Everything Pretzel bread.

### SUNDAY

**13.5** **Carol's Cornucopia** **13.5**  
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  
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 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, 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**  
**Assorted Sweets & Tarts**

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

# Back Dough by beyond bread

made-from-scratch specialties:  
**fruit pies, cream pies, and  
pot pies!**

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

**Back Dough HOURS**  
**Daily: 9:00am - 6:00pm**