

14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	Tree nut	Fish	Shellf ish	Sesame	Colony	Mustard (seed or bran)	Sulfites	Molluscs	Lupin
Menu Item	vviieat	Egg	SUy	Dairy	reanut	nut	FISII	1511	Sesame	Celery	Dranj	Sumes	MONUSCS	Lupin
Sandwiches - Roasted Turkey														
Avi's Avo	\checkmark	\checkmark	\checkmark											
Bart's Bag	\checkmark	\checkmark	\checkmark	\checkmark										
Joel's Jolt	\checkmark	\checkmark	\checkmark	\checkmark						\checkmark				
Paloma's Pavo	\checkmark	\checkmark	\checkmark	\checkmark						\checkmark	\checkmark			
Milton's Melt - HOT	\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				\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										
Kalid's Kurry	\checkmark	\checkmark	\checkmark			\checkmark				\checkmark				
Colette's Cordon Blue - HOT	\checkmark			\checkmark										
Rex's Revenge	\checkmark	\checkmark	\checkmark	\checkmark			See Below				\checkmark			
Sandwiches - Veggie														
Carmela's Caprese	\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)		Molluscs	Lupin
Annie's Addiction	\checkmark								\checkmark					
Avocado Toast	\checkmark										\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	\checkmark	\checkmark	\checkmark			See Below				\checkmark			
Betty's Brie	\checkmark	\checkmark	\checkmark	\checkmark							\checkmark			
Roger's Roast	\checkmark	\checkmark	\checkmark	\checkmark										
Sandwiches - From the Deli														
Rudy's Reuben - HOT	\checkmark	\checkmark		\checkmark								\checkmark		
Unreal Corn'd Beef Rudy's Reuben - Hot			\checkmark	\checkmark								\checkmark		
Enzo's Ending			\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			



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14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut	nut	Fish	ish	Sesame	Celery	bran)	Sulfites	Molluscs	Lupin
Soups														
Tomato Basil				\checkmark						\checkmark				
Chicken Tortilla	\checkmark			\checkmark										
Beef Barley	\checkmark		\checkmark							\checkmark				
Vegetable Lentil										\checkmark		\checkmark		
Green Chili Corn Chowder	\checkmark			\checkmark						\checkmark				
Beef Chili														
Clam Chowder	\checkmark			\checkmark						\checkmark			\checkmark	
Ribolita				\checkmark						\checkmark				
Greek Lemon Chicken	\checkmark			\checkmark						\checkmark				
Coconut Curry Vegetable										\checkmark	\checkmark			
Cream of Chicken & Dumpling	\checkmark	\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	\checkmark		
It's Greek To Me	\checkmark			\checkmark							\checkmark	\checkmark		
Gobble Me Up	\checkmark	\checkmark		\checkmark		\checkmark					\checkmark			
South by Southwest	\checkmark	\checkmark	\checkmark	\checkmark						\checkmark	\checkmark			
Catch of the Sea	\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		



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14 Major Allergens	Wheat	Egg	Soy	Dairy	Peanut		Fish	ish	Sesame	Celery	bran)	Sulfites	Molluscs	Lupin
Three's a Crowd									\checkmark			\checkmark		
Peace of the Middle East	\checkmark		\checkmark								\checkmark			
Dressings														
Russian		\checkmark	\checkmark							\checkmark	\checkmark			
Ranch		\checkmark	\checkmark	\checkmark							\checkmark			
Honey Mustard (fat free)											\checkmark			
Italian			\checkmark									\checkmark		
Balsamic Vinaigrette											\checkmark	\checkmark		
Mayonnaise		\checkmark	\checkmark								\checkmark			
Cucumber Dill Dressing											\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			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														
Breakfast														
Sourdough French Toast	\checkmark	\checkmark		\checkmark										
Bernie's Bacon	\checkmark	\checkmark		\checkmark										
Morgan's Merger		\checkmark												
Santiago's Sonoran		\checkmark		\checkmark										



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Ignacio's Italian		\checkmark												
Otis's Oatmeal														
Bacon & Cheddar Quiche	\checkmark	\checkmark		\checkmark										
Swiss & Scallion Quiche	\checkmark	\checkmark		\checkmark										
Granola			\checkmark			\checkmark								
Yogurt Parfait			\checkmark	\checkmark		\checkmark								
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											\checkmark		
Pumpernickle	\checkmark											\checkmark		



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Ancho, Chipotle & White Cheddar														
Rosemary	\checkmark													
Olive	\checkmark											\checkmark		
Parmesan & Herb	\checkmark			\checkmark										
Walnut	\checkmark					\checkmark								
Challah - Plain	\checkmark	\checkmark												
Challah - Raisin	\checkmark													
Challah - Seseme seed	\checkmark	\checkmark							\checkmark					
Challah - Poppy seed	\checkmark													
Challah - Combo poppyseed/sesame seed	\checkmark	\checkmark							\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	\checkmark		\checkmark										
Raspberry bar	\checkmark	\checkmark		\checkmark		\checkmark								
Cheesecake Brownie	\checkmark	\checkmark	\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		\checkmark										
Death by Chocolate Cookie		\checkmark	\checkmark	\checkmark		\checkmark								



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Peanut Butter Chocolate Chunk Cookie	\checkmark	\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										
Crème Brule		\checkmark		\checkmark										
Cup O' Coffee Cake	\checkmark			\checkmark		\checkmark								
Danish	\checkmark			\checkmark										
Éclair	\checkmark		\checkmark	\checkmark										
Ham & Cheese Pocket	\checkmark			\checkmark								\checkmark		
Kouign-amann	\checkmark	\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										
Vanilla Bean Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark										
New York Cheesecake	\checkmark		\checkmark	\checkmark										



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Cookies & Cream Cheesecake	\checkmark	\checkmark												
Mixed Berry Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark										
Salted Caramel Cheesecake	\checkmark		\checkmark	\checkmark										
Magic Bar Cheesecake	\checkmark		\checkmark	\checkmark		\checkmark								
Strawberry Vanilla Cheesecake	\checkmark		\checkmark	\checkmark										
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							\checkmark			
Caramel Pecan Cheesecake	\checkmark	\checkmark	\checkmark	\checkmark		\checkmark								
Carrot Cake	\checkmark	\checkmark		\checkmark		\checkmark								
Banana Bread	\checkmark	\checkmark	\checkmark	\checkmark										
Peppermint White Chocolate Chip Cookie	\checkmark	\checkmark	\checkmark	\checkmark										
Back Dough Pies														
German Chocolate		\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										



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Banana	\checkmark	\checkmark				\checkmark								
Key Lime	\checkmark	\checkmark		\checkmark										
Coconut	\checkmark	\checkmark		\checkmark										
Peanut Butter Chocolate	\checkmark		\checkmark		\checkmark									
Lemon Meringue	\checkmark	\checkmark		\checkmark										
Boston Cream	\checkmark													
Chocolate	\checkmark	\checkmark	\checkmark	\checkmark										
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	\checkmark	\checkmark		\checkmark										
Cherry	\checkmark	\checkmark		\checkmark										
Mixed Berry	\checkmark	\checkmark		\checkmark										
French Apple	\checkmark			\checkmark										
Blueberry Apple	\checkmark	\checkmark		\checkmark										
Strawberry Rhubarb	\checkmark	\checkmark		\checkmark										
Cranberry Apple	\checkmark	\checkmark		\checkmark										
Fresh Strawberry	\checkmark			\checkmark										
Sugar Free Apple	\checkmark	\checkmark		\checkmark										
Sugar Free Strawberry	\checkmark	\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						\checkmark				



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Turkey Pot Pie	 													
Beef Pot Pie	\checkmark	\checkmark	\checkmark	\checkmark						\checkmark				
Ham & Cheese Quiche	\checkmark	\checkmark		\checkmark								\checkmark		
Veggie Quiche	\checkmark	\checkmark		\checkmark								\checkmark		
Shrimp Quiche	\checkmark	\checkmark		\checkmark				\checkmark				\checkmark		
Specialty and Seasonal Items														
Banana Bread	\checkmark		\checkmark	\checkmark										
Chocolate Babka			\checkmark	\checkmark		\checkmark								
Cinnamon Babka	\checkmark	\checkmark	\checkmark	\checkmark		\checkmark								
Granola			\checkmark			\checkmark								
King Cake				\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										
Puddle Cookies	\checkmark	\checkmark	\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										



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Carlita's Cuban	\checkmark		\checkmark	\checkmark										
Pastrami Special	\checkmark	\checkmark	\checkmark	\checkmark						\checkmark	\checkmark			
Creamy Coleslaw		\checkmark	\checkmark							\checkmark	\checkmark	\checkmark		
Brat Special	\checkmark													
German Potato Salad			\checkmark	\checkmark							\checkmark	\checkmark		
Meatball Special	\checkmark	\checkmark	\checkmark	\checkmark										
* Our Caesar dressing is mad	de with worcest	tershire	sauce	which co	ntains and	hovies								

Our Caesar dressing is made with worcestershire sauce which contains anchovies.

Beyond Bread is a full scratch bakery and flour is everywhere in our stores. Therefore, if you have Celiac Disease or are extremely intolerant to any kind of flour, please know we cannot separate your food from every bit of gluten.

PLEASE be aware that we cannot g	juarantee the abs	ence of cross co	ontamination. How	wever, we are ha	ppy to make any sa	ndwich on lettuce or s	ubstitute our
bread for a gluten free wrap!							

Flourless items on our menu include: Gazpacho, most salads (excluding the bread), Chocolate Espresso Brownies and Death by Chocolate Cookies.

Beyond Bread is a bakery that has wheat, eggs, soy, dairy, peanuts, tree nuts, fish, shellfish, sesame, celery, mustard, lupin, molluscs and sulfites	s in products
in our facility. Even though a menu item may not have an allergen listed, we cannot guarantee the absence of cross contamination.	

When we cook our HOT sandwiches, the pans we use are coated with a non-stick spray that contains canola oil and possibly soybean oil.

Beyond Bread uses cheeses that contain enzymes and adds milk/dairy to egg patties for breakfast sandwiches.