Menu Item	Wheat	Egg	Soy	Dairy	Peanut	Tree	Fish	Sh
Sandwiches - Roasted Turkey								
Avi's Avo								
Bart's Bag								
Joel's Jolt							See below 2	
Paloma's Pavo								
Milton's Melt - HOT							See below 2	
Molly's Crisis								
Frida's Flight								
Curt's Club				$\checkmark$				
Sandwiches - Albacore Tuna								
Ashlee's Albacore		$\checkmark$	$\checkmark$				$\checkmark$	
Dab's Delight - HOT	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$			$\checkmark$	
Sandwiches - All Natural Chicken								
Maddy's Madness		$\checkmark$	$\checkmark$	$\checkmark$				
Charlie's Chicken - HOT				$\checkmark$				
Pauly's Pesto - HOT			$\checkmark$	$\checkmark$				
Kalid's Kurry		$\checkmark$	$\checkmark$			$\checkmark$		
Colette's Cordon Blue - HOT				$\checkmark$				
Rex's Revenge	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$			See below 2	
Sandwiches - Veggie								
Carmela's Caprese				$\checkmark$				
Maya's Market - HOT	$\checkmark$			$\checkmark$				
Ollie's Original	$\checkmark$			$\checkmark$				
Annie's Addiction	$\checkmark$							
Avocado Toast	$\checkmark$							
Kid's Call								
PB&J					$\checkmark$			
Grilled Cheese - HOT				$\checkmark$				
Kid's Classic Mac & Cheese	$\checkmark$			$\checkmark$				
Sandwiches - Roast Beef								
Brad's Beef - HOT	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$			See below 2	

Menu Item	Wheat	Egg	Soy	Dairy	Peanut	Tree	Fish	Shellf
Gordo's Gorgonzola - HOT	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$			See below 2	
Betty's Brie	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$				
Roger's Roast	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$				
Sandwiches - From the Deli								
Rudy's Reuben - HOT							See below 2	
Enzo's Ending								
Gino's Grinder - HOT								
Max's Muffalotta								
Grilled Cheese - HOT								
Bob's BLT								
Soups								
Tomato Basil								
Chicken Tortilla								
Beef Barley								
Butternut Squash								
Green Chili & Corn Chowder								
Beef Chili								
Clam Chowder								
Baked Potato & Bacon	$\checkmark$			$\checkmark$				
Cream of Chicken & Dumpling	$\checkmark$	$\checkmark$		$\checkmark$				C
Gazpacho								
Mac & Cheese								
Classic Mac & Cheese	$\checkmark$			$\checkmark$				
Tomato Basil Mac & Cheese		$\checkmark$		$\checkmark$				C
Bacon Mac & Cheese		$\checkmark$						C
Beyond the Garden (with the corresponding dressing???)								
Say Cheese	$\checkmark$							
It's Greek To Me								
Gobble Me Up								
South by Southwest								
Catch of the Sea								
Larry, Moe & Curry								
Et tu, Brute?							See below 2	

Menu Item	Wheat	Egg	Soy	Dairy	Peanut	Tree	Fish	Sh
Let's Play Chicken		$\checkmark$	$\checkmark$					
Angus Management		$\checkmark$	$\checkmark$	$\checkmark$		$\checkmark$		
Three's a Crowd								
Dressings								
Russian		$\checkmark$	$\checkmark$				See below 2	
Ranch		$\checkmark$	$\checkmark$	$\checkmark$				
Honey Mustard (fat free)								
Italian			$\checkmark$					
Vinaigrette								
Mayonnaise		$\checkmark$	$\checkmark$	$\checkmark$				
Fat Free Mayonnaise			$\checkmark$					
Daily Specials								
Zoe's Zinger - HOT	$\checkmark$			$\checkmark$				
Carmichael Crunch	$\checkmark$		$\checkmark$			$\checkmark$		
Pete's Pepperoni - HOT	$\checkmark$	$\checkmark$	$\checkmark$					
Sonny's Chicken - HOT	$\checkmark$		$\checkmark$					
Good Parma - HOT	$\checkmark$			$\checkmark$			See below 2	
Chili Mac	$\checkmark$			$\checkmark$				
Off the Hook (salad)	$\checkmark$		$\checkmark$				$\checkmark$	
Seward's Salmonwich	$\checkmark$		$\checkmark$	$\checkmark$			$\checkmark$	
Ernie's Everything Reuben - HOT	$\checkmark$		$\checkmark$	$\checkmark$			See below 2	
Carol's Cornucopia				$\checkmark$		$\checkmark$		
Brian's Breakfast Bash								
Cindy's Raisin Challah French Toast		$\checkmark$		$\checkmark$				
Otis's Oatmeal								
Quinn's Quiche								1
Granola								
Yogurt Parfait								1
Avocado Toast								
Omelets								
BCT				$\checkmark$				1
Mediterranean								
Breakfast Bruschetta								

Menu Item	Wheat	Egg	Soy	Dairy	Peanut	Tree	Fish	Shellfi
Id Pueblo	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$				
basted Red Potatoes			$\checkmark$					
Egg Sandwiches								
Bernie's Bacon		$\checkmark$	$\checkmark$					
Morgan's Merger								
Ignacio's Italian								
Santiago's Sonoran	$\checkmark$	$\checkmark$	$\checkmark$					
Roasted Red Potatoes			$\checkmark$					
Bread								
Baguette								
Ciabatta								
Cinnamon Raisin								
Canberry Pecan								
Fig & Pistachio								
Focaccia								
Jalapeño & Cheddar	$\checkmark$							
Multigrain	$\checkmark$							
Pretzels	$\checkmark$		$\checkmark$					
Rustic	$\checkmark$							
Rye	$\checkmark$							
Torta Roll	$\checkmark$		$\checkmark$					
Wheat	$\checkmark$							
Wheat Pita	$\checkmark$							
White	$\checkmark$							
Parsley & Swiss	$\checkmark$			$\checkmark$				
Semolina & Sesame			$\checkmark$					
Brie, Scallion & Chive	$\checkmark$							
Marble Rye								
Pumpernickle	$\checkmark$							
Ancho, Chipitle & White Cheddar	$\checkmark$							
Rosemary	$\checkmark$							
Olive	$\checkmark$							
Parmesan & Herb								
Walnut								
Challah - Plain								

Menu Item	Wheat	Egg	Soy	Dairy	Peanut	Tree	Fish	Shell
Challah - Raisin	$\checkmark$	$\checkmark$	$\checkmark$					
Challah - Seseme seed	$\checkmark$	$\checkmark$	$\checkmark$					
Challah - Poppy seed	$\checkmark$	$\checkmark$	$\checkmark$					
Challah - Combo poppyseed/sesame seed	$\checkmark$	$\checkmark$	$\checkmark$					
Gluten-free wrap								
Sides								
Beyond Bread Kettle Chips			$\checkmark$					
Baked Lay's								
Baby Carrots								(
Apple								(
Pasta Salad	$\checkmark$		$\checkmark$	$\checkmark$				(
Fat Free Vinegar Slaw								(
Back Dough Pies								
German Chocolate	$\checkmark$	$\checkmark$		$\checkmark$		$\checkmark$		(
Sour Cream Lemon	$\checkmark$	$\checkmark$		$\checkmark$				(
Kahlua Cream Cheese	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$				(
Cream Cheese	$\checkmark$	$\checkmark$		$\checkmark$				[
Sour Cream Cherry	$\checkmark$	$\checkmark$		$\checkmark$				(
Banana	$\checkmark$	$\checkmark$		$\checkmark$		$\checkmark$		[
Key Lime	$\checkmark$	$\checkmark$		$\checkmark$				(
Coconut	$\checkmark$	$\checkmark$		$\checkmark$		$\checkmark$		[
Peanut Butter Chocolate	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$			(
Lemon Meringue	$\checkmark$	$\checkmark$		$\checkmark$				(
Boston Cream	$\checkmark$	$\checkmark$		$\checkmark$				(
Chocolate	$\checkmark$	$\checkmark$		$\checkmark$				[
Sour Cream Blueberry	$\checkmark$	$\checkmark$		$\checkmark$				(
Lemon Cream Cheese	$\checkmark$	$\checkmark$		$\checkmark$				[
Sour Cream Apple		$\checkmark$		$\checkmark$				(
Peanut Butter		$\checkmark$		$\checkmark$	$\checkmark$			[
Carrot Cake	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$		$\checkmark$		[
Black Forest		$\checkmark$		$\checkmark$				[
Strawberry Margarita		$\checkmark$		$\checkmark$				(
Pumpkin		$\checkmark$		$\checkmark$				[
Apple				$\checkmark$				(
Cherry				$\checkmark$				(
Mixed Berry								

French Apple					Peanut		Shel
	$\checkmark$			$\checkmark$			[
Blueberry	$\checkmark$			$\checkmark$			[
Strawberry Rhubarb	$\checkmark$			$\checkmark$			[
Cranberry Apple	$\checkmark$			$\checkmark$			
Fresh Strawberry	$\checkmark$			$\checkmark$			
Sugar Free Apple	$\checkmark$			$\checkmark$			
Sugar Free Strawberry	$\checkmark$			$\checkmark$			
Chocolate Pecan	$\checkmark$	$\checkmark$		$\checkmark$		$\checkmark$	
Peach				$\checkmark$			
Pecan	$\checkmark$			$\checkmark$			
Pumpkin Cream Cheese	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$			
Chicken Pot Pie	$\checkmark$		$\checkmark$	$\checkmark$			
Turkey Pot Pie	$\checkmark$		$\checkmark$	$\checkmark$			
Beef Pot Pie	$\checkmark$		$\checkmark$				
Ham & Cheese Quiche	$\checkmark$	$\checkmark$					
Veggie Quiche	$\checkmark$						
Shrimp Quiche	$\checkmark$			$\checkmark$			
Corn Bread Muffin				$\checkmark$			
Specialty and Seasonal Items							
Banana Bread	$\checkmark$	$\checkmark$					
Chocolate Babka	$\checkmark$	$\checkmark$	$\checkmark$			$\checkmark$	
Cinnamon Babka	$\checkmark$	$\checkmark$	$\checkmark$				
Granola	$\checkmark$		$\checkmark$			$\checkmark$	
King Cake	$\checkmark$			$\checkmark$			
Irish Soda Bread	$\checkmark$			$\checkmark$			
Honey Cake	$\checkmark$						
Macaroons	$\checkmark$						
Rugelach	$\checkmark$						
Matzah Crunch							
Pan de Muerto							
Focaccia Stuffing							
Holiday Sugar Cookies							
Creme de Paris							
Pumpkin Cranberry Bread							
Chocolate Cherry Panettone							
Puddle Cookies							

Menu Item	Wheat	Egg	Soy	Dairy	Peanut	Tree	Fish	Sł
Seasonal Sandwiches								
Shrimp Po'Boy Sandwich	$\checkmark$		$\checkmark$					
Shrimp Creole Salad	$\checkmark$		$\checkmark$					
Tito's Torta	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$				
Carlito's Cuban	$\checkmark$			$\checkmark$				
NYC Pastrami Special	$\checkmark$			$\checkmark$				
German Potato Salad	$\checkmark$		$\checkmark$	$\checkmark$				
Brat Special	$\checkmark$		$\checkmark$					
Creamy Coleslaw	$\checkmark$		$\checkmark$					
Meatball Sandwich	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$				
Meatball Marinara Pasta	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$				
*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 guarantee the absence of cross contamination. However, we are happy to make any sandwich on lettuce or substitute 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 and shellfish 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 soybean and canola oil.								