



## 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

FALL 2025

## breakfast

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

### Sourdough French Toast

8

### Kid's French Toast Bites

(12 and under please)

6

### Otis's Oatmeal

Beyond Bread's unique blend of oats and grains slowly cooked each morning. Served with brown sugar & dried fruit with a side of milk.

6

### Granola with Milk

6.5

### Yogurt Parfait

6.25

### Toast

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

2

### Avocado Toast ✱

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

9

## egg sandwiches

9.75

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.

14
- Joel's Jolt 🌿

Turkey, provolone, jalapeños, lettuce, tomato, onion, Russian dressing on Ciabatta.

14
- Paloma's Pavo 🇹🇼

Southwest turkey salad, bacon, lettuce, tomato, avocado on toasted White.

14.5
- Milton's Melt 🔥

Turkey, bacon, sharp cheddar, tomato, Russian dressing on Rye.

14.5
- Bart's Bag 🌿

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

15
- Molly's Crisis

Turkey, hummus, cucumber, sprouts, tomato, mayonnaise on Rustic.

14
- Frida's Flight

Turkey, bacon, sharp cheddar, lettuce, tomato, mayonnaise on toasted Jalapeño Cheddar.

14.5
- Curt's Club

Turkey, bacon, Swiss, lettuce, tomato, mayonnaise on toasted White. Double Decker.

18

# albacore tuna

- Ashlee's Albacore 🐟

Tuna salad, lettuce, tomato on White.

12.5
- Dab's Delight 🐟 🔥

Tuna salad, melted sharp cheddar, tomato on Wheat.

14

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>.50</sup>

Sm Soup/Lg Soup.....

extra 2<sup>.50</sup>/5<sup>.00</sup>

# all natural chicken

- Rex's Revenge

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

13.5
- Maddy's Madness

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

15
- Charlie's Chicken 🔥

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

14.5
- Pauly's Pesto 🔥

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

15
- Kalid's Kurry ☸

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

12
- Colette's Cordon Bleu 🔥

Chicken, ham, Swiss, honey mustard on White.

14.5

# veggie

- Salam's Shawarma ✨

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

12.5
- Maya's Market 🌿 🔥

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

13
- Bailey's Beet 🌿

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

13
- UNREAL Reuben 🌿 🔥

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

16
- Annie's Addiction ✨

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

12

- Avocado Toast ✨

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

9
- Carmela's Caprese 🌿

Fresh mozzarella, tomato, fresh basil, roasted red peppers, Balsamic Vinaigrette dressing on Focaccia.

12

Gluten free wraps are available as a bread alternative on any sandwich or salad for an additional charge.

roast beef

**Brad's Beef**  15  
Roast Beef, provolone, green chiles, red onion, Russian dressing on White.

**Gordo's Gorgonzola**  15  
Roast Beef, garlic gorgonzola sauce, red onion on Rustic.

**Betty's Brie**  15.5  
Roast Beef, brie, tomato, mayonnaise on a Baguette.

**Roger's Roast** 15  
Roast Beef, lettuce, sharp cheddar, horseradish sauce on toasted Pretzel bread.



from the deli

**Rudy's Reuben**  15  
Corned Beef, Swiss, sauerkraut, Russian dressing on Rye.

**Enzo's Ending**  13  
Pepperoni, ham, provolone, sliced pickles, lettuce, tomato, red onion, Italian dressing on a Torta roll.

**Gino's Grinder**   14  
Capicola, pepperoni, provolone, roasted red peppers, red onion, Vinaigrette on a Baguette.


**Max's Muffalotta**  15.5  
Capicola, ham, pepperoni, provolone, artichoke hearts, roasted red peppers, olive paste, tomato, red onion, Vinaigrette on Ciabatta.


**Grilled Cheese** (no additions please)   9  
Your choice of provolone, sharp cheddar or Swiss cheese on White.

**Bob's BLT** 11.5  
Bacon, lettuce, tomato, mayonnaise on toasted White.

kid's call (12 & under please)

**PB & J**  5.5  
Half sandwich of smooth peanut butter & jam on White.

**Grilled Cheese**  6  
Half sandwich with your choice of provolone, sharp cheddar or Swiss cheese on White.

**Kid's Classic Mac & Cheese** (no additions please)  7  
Served with a side of toasted garlic bread.

half sandwiches

8	8.5	9	9.5
<b>Bob's BLT</b>	<b>Annie's Addiction</b>	<b>Ashlee's Albacore</b>	<b>Bart's Bag</b>
<b>Kalid's Kurry</b>	<b>Bailey's Beet</b>	<b>Avi's Avo</b>	<b>Betty's Brie</b>
	<b>Carmela's Caprese</b>	<b>Molly's Crisis</b>	<b>Paloma's Pavo</b>

Make it a *Delicious Duo* and add a small soup or salad for an extra \$2.50

soups

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

Every Day	Wednesday	Saturday
Tomato Basil 	Green Chile & Corn Chowder 	Greek Chicken
Monday	Thursday	Sunday
Beef Barley	Beef Chili	Cream of Chicken & Dumpling
Tuesday	Friday	Spring-Fall
Coconut Curry 	Clam Chowder	Gazpacho 

<b>Small Soup/Large Soup</b>	<b>5.5</b>	<b>Sm/8.5 Lg</b>	
<b>Small Garden Salad</b>			<b>5</b>
<b>Soup &amp; Salad Combo</b>			<b>8.5</b>
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 \$2.50.

<b>Classic Mac &amp; Cheese</b> 	<b>12</b>
<b>Tomato Basil Mac &amp; Cheese</b> 	<b>12</b>
<b>Bacon Mac &amp; Cheese</b>	<b>12.5</b>

# 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 ①

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.

① **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

13.5 **Zoe's Zinger** 🌶️ **14.5**

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

## TUESDAY

14 **Carmichael Crunch** **12**

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

## WEDNESDAY

15 **Pete's Pepperoni** 🌶️ **12.5**

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

14 **Sonny's Chicken** 🌶️ **14**

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

## THURSDAY

14 **Good Parma** 🌶️ **14.5**

Chicken, marinara sauce, provolone, Parmesan, fresh basil, Caesar dressing on Parmesan Herb.

14 **Chili Mac** **14.5**

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

## FRIDAY

14 **Off the Hook (salad)** **15.5**

Baked salmon (seasoned with lemon pepper), tomato, cucumber, red onion, Italian dressing on mixed greens.

14 **Seward's Salmonwich** **15.5**

Baked salmon (seasoned with lemon pepper), tomato, mixed greens on Focaccia. Served with a side of cilantro lime aioli.

## SATURDAY

15.5 **Ernie's Everything Reuben** 🌶️ **15.5** 

Corned Beef, Swiss, vinegar slaw, Russian dressing on Everything Pretzel bread

## SUNDAY

15.5 **Carol's Cornucopia** **14.5**

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

### 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  
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, and  
pot pies!**

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

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

## 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.