

MENDOCINO FARMS

sandwich market

FALL 2018

SOCAL MENU

Seasonal

PACHAMAMA SPANISH BOCADILLO 11.95 R/GF
Pachamama Farm's chorizo, Creminelli prosciutto, Drake Family Farm's goat cheese and manchego spread, pickled tomato relish, Scarborough Farm's arugula, smoked paprika vinaigrette (470 cal) on toasted sesame roll (300 cal)


EL CADILLAC EN FUEGO 10.95 R/GF
Mary's free range chicken with Yucatecan habanero sauce, spicy grilled pineapple escabeche, Oaxacan cheese, chili aioli, black bean crema (610 cal) on panini-pressed soft roll (340 cal)
**We dare you to add extra sauce!*

Classics "Mendo Style"

THE FARM CLUB (TURKEY CLUB) 10.75 R/GF
shaved, roasted turkey breast, smashed avocado, nitrate-free Applewood smoked bacon, herb aioli, tomatoes, Scarborough Farm's greens, pickled red onions (440 cal) on Mom's seeded whole wheat (320 cal)

A SANDWICH STUDY OF HEAT (TURKEY AVOCADO) 10.45 R/GF
shaved, roasted turkey breast, smoked gouda, smashed avocado, chili aioli, jalapeno relish, tomatoes, romaine lettuce (420 cal) on panini-pressed rustic white (320 cal) *served with a side of salsa quemada (20 cal)* **Ask your host how to make it completely cool or daringly hot!*

MODERN TUNA "ALMOST MELT" 10.45 R/GF
Fishin' Families sustainable pole & line caught premium yellowfin tuna with fresh herbs, celery, farmhouse cheddar, vegan aioli, bread & butter pickles, red onions, tomatoes, Scarborough Farm's greens (670 cal) on panini-pressed buckwheat (320 cal)

MARIO'S CAPRESE 8.95 R/GF 
fresh mozzarella, marinated red peppers, basil pesto, Scarborough Farm's greens, balsamic glaze drizzle (600 cal) on ciabatta (260 cal)

THE HOT ITALIAN (ITALIAN HOAGIE) 10.45 R/GF
caramelized nitrate-free Creminelli salami and nitrate-free honey ham with provolone, spicy olive-mustard giardiniera, romaine lettuce, herb aioli (680 cal) on toasted sesame roll (300 cal)

CHICKEN MBP (NOT YOUR TYPICAL MOZZARELLA & BASIL) 9.75 R/GF
shaved, roasted Mary's free range chicken breast, fresh mozzarella, marinated red peppers, basil pesto, Scarborough Farm's greens, balsamic glaze drizzle (450 cal) on ciabatta (260 cal)

Blue Plate Special

HALF SANDWICH + YOUR CHOICE OF SEASONAL SOUP OR DELI SIDE

CHICKEN MBP (360 cal) **10.45** **VEGAN BANH MI** (330 cal) **10.75**

MARIO'S CAPRESE (430 cal) **10.45** **FARM CLUB** (380 cal) **10.75**

MODERN TUNA "ALMOST MELT" (490 cal) **10.45** **STEAK BLT ON RUSTIC WHITE** (430 cal) **10.75**

"NOT SO FRIED" MARY'S CHICKEN (450 cal) **10.75**

Foodie Favorites

"NOT SO FRIED" MARY'S CHICKEN 10.75
shaved, roasted Mary's free range chicken breast topped with Mendo's krispies, herb aioli, mustard pickle slaw, tomatoes, pickled red onions (640 cal) on toasted ciabatta (260 cal) with a side of our chipotle BBQ (80 cal) or mustard pickle remoulade (120 cal)

PERUVIAN STEAK SANDWICH 11.45 R/GF
spicy aji amarillo marinated steak with Oaxacan cheese, herb aioli, red onions, tomatoes, shredded romaine (520 cal) on pressed torta bun (310 cal) + avocado \$1 (80 cal)


MENDO'S ORIGINAL PORK BELLY BANH MI 10.95 R/GF
our Chef's playful take on the popular Vietnamese sandwich with braised, caramelized pork belly, housemade pickled daikon & carrots, cilantro, cucumbers, jalapenos, chili aioli (540 cal) on panini-pressed ciabatta (260 cal).


PROSCIUTTO & MARY'S CHICKEN 11.25 R/GF
Creminelli prosciutto & roasted Mary's free range chicken breast with fresh mozzarella, crushed honey roasted almonds, basil pesto, balsamic glaze drizzle, tomatoes (580 cal) on panini-pressed ciabatta (260 cal)

STEAK BLT ON PRETZEL 11.75 R/GF
carved steak with balsamic glaze drizzle, nitrate-free Applewood smoked bacon, romaine lettuce, roasted tomatoes, herb aioli, red wine onions (530 cal) on toasted pretzel roll (340 cal)

Vegan For All!

MENDO'S SMOKEHOUSE TEMPEH SANDWICH 10.45 
BBQ house-smoked organic tempeh, mustard pickle slaw, tomatoes, pickled red onions, vegan aioli (670 cal) on toasted ciabatta (260 cal)

VEGAN BANH MI 10.25 R/GF 
organic marinated, baked tofu with vegan aioli, sweet chili sauce, housemade pickled daikon & carrots, cucumbers, jalapenos, cilantro (390 cal) on panini-pressed ciabatta (260 cal)

ENLIGHTENED FALAFEL WRAP 9.95 
quinoa chickpea falafel, Mendo's classic hummus, vegan tzatziki, chermoula sauce, grape tomatoes, shredded romaine, julienned cucumbers, pickled red onions (790 cal) on a panini-pressed whole wheat tortilla (220 cal)

LOCAL ARTISANAL BREAD

 Rustic White  Torta Bun  Whole Wheat Tortilla
 Pretzel Roll  Ciabatta  Soft Roll  Buckwheat
Mom's Seeded Whole Wheat Sesame Roll


GLUTEN FREE BREAD ADD 1.50 (220 CAL) 
SHARES EQUIPMENT WITH PRODUCTS THAT CONTAIN GLUTEN

Legend


R/GF Can be Requested Gluten Free
 Vegan
 Vegetarian


2,000 calories a day is used for general nutritional advice, but calorie needs vary. Additional nutritional information available upon request. Ingredients are subject to availability; a suitable substitution may be made if necessary. Although efforts are made to avoid cross contact of allergens, we cannot guarantee that food items will not inadvertently come in contact with one another during preparation

Entrée Salads*

AVOCADO & QUINOA SUPERFOOD ENSALADA 10.75 R/GF 
chopped romaine, curly kale, quinoa & millet, housemade superfood crunchies, black bean, roasted corn & jicama succotash, red onions, cilantro, cotija cheese, grape tomatoes, avocado (400 cal) with chipotle vinaigrette (250 cal) + shaved, roasted Mary's free range chicken breast \$3 (110 cal).

SAVE DRAKE FARM'S SALAD 12.75 R/GF
shaved, roasted Mary's free range chicken breast, Herbes de Provence marinated Drake Family Farm's goat cheese, pink lady beets, green apples, dried cranberries, crushed honey roasted almonds, red onions, Scarborough Farm's greens, chopped romaine (620 cal) with citrus vinaigrette (240 cal)

THE IMPOSSIBLE™ TACO SALAD 11.25 
plant-based chorizo-spiced Impossible Burger meat, housemade superfood crunchies, chopped romaine, curly kale, black bean, roasted corn & jicama succotash, red onions, cilantro, grape tomatoes, avocado (420 cal) with house vegan chipotle ranch (240 cal)

MAMA CHEN'S CHINESE CHICKEN SALAD 11.75 
shaved, roasted Mary's free range chicken breast, napa cabbage & kale slaw with carrots & bean sprouts, chopped romaine, scallions, cilantro, toasted cashews, crispy wontons (420 cal) with mustard sesame dressing (240 cal) **Make it Vegetarian!** Try it with organic marinated, baked tofu instead! (750 cal) Or ask how to make it vegan! (610 cal)

MARY'S CHICKEN COBB SALAD 13.25
shaved, roasted Mary's free range chicken breast with balsamic glaze drizzle, chopped romaine, Scarborough Farm's arugula, nitrate-free Applewood smoked bacon, crumbled blue cheese, avocado, grape tomatoes, red onions, hard boiled egg (500 cal) with mustard vinaigrette (190 cal)

THE MODERN CAESAR 2.0 9.95 R/GF
curly kale, chopped romaine, housemade superfood crunchies, shaved Grana Padano cheese, red onions, grape tomatoes, avocado (290 cal) with classic Caesar dressing (340 cal) + shaved, roasted Mary's free range chicken breast \$3 (110 cal)

THE SOPHISTICATED CHICKEN & PROSCIUTTO SALAD 13.25 R/GF
Creminelli prosciutto & shaved, roasted Mary's free range chicken breast, roasted vegetables, fresh mozzarella, crushed honey roasted almonds, marinated red peppers, red onions, grape tomatoes, Scarborough Farm's greens, chopped romaine (550 cal) with basil pesto balsamic vinaigrette (230 cal).

***SALADS COME WITH 1/2 VEGAN WHOLE WHEAT TORTILLA (110 CAL)**

Beverages

PUCK'S ALL NATURAL FOUNTAIN SODAS (0 – 260 cal)

ARTISAN BLEND UNSWEETENED PASSIONFRUIT BLACK ICED TEA (5 cal)

LEMONADE (160 – 260 cal)

ORGANIC VALLEY MILK (90 cal) not available at all locations

BOTTLED WATER (0 cal)

CRAFT BEER & LOCAL WINE AT SELECT LOCATIONS