

Spring Seasonal

THE IMPOSSIBLE[®] BURGER QUEEN 12.45 ^{RGF} ^V
housemade southwestern spiced Impossible burger patty topped with tomato cayenne Chao cheese, smoky thousand island, tomatoes, red onions, housemade bread & butter pickles, and butter lettuce (500 cal) on a toasted plant-based brioche bun (210 cal)

GREEN GODDESS TURKEY AVOCADO TOAST 10.95 ^{RGF}
shaved, roasted Mary's free range turkey breast, smashed avocado, pickled red onions, onion sprouts, lemon yogurt green goddess dressing (300 cal) served open-faced on toasted organic seeded whole grain bread with a butter lettuce lid (260 cal)
Make it Vegetarian! ^{VG} Try it with double avocado instead of the turkey! (550 cal)

SALADE NIÇOISE 9.95 ^{VG}
purple Peruvian potatoes, French green beans, kalamata olives, marinated red peppers, capers, hard boiled egg, chopped romaine (250 cal) with mustard shallot vinaigrette (240 cal)
Add Fishin' Families sustainable pole & line caught premium yellowfin tuna (170 cal) or shaved, roasted Mary's free range chicken breast (110 cal) \$3

Classics "Mendo Style"

THE FARM CLUB (TURKEY CLUB) 10.85 ^{RGF}
shaved, roasted Mary's free range 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 ^{RGF}
shaved, roasted Mary's free range 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 daringly hot or completely cool!

MODERN TUNA "ALMOST MELT" 10.55 ^{RGF}
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 ^{RGF} ^{VG}
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) 10.75 ^{RGF}
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 ^{RGF}
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 **MENDOZA'S CHIMICHURRI STEAK ON PRETZEL** (420 cal) 10.75

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

Foodie Favorites

"NOT SO FRIED" MARY'S CHICKEN 10.85
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 11.55 ^{RGF}
spicy aji amarillo marinated steak with Oaxacan cheese, herb aioli, red onions, tomatoes, shredded romaine (520 cal) on pressed torta bun (310 cal) **Add** avocado (80 cal) \$1.25

MENDO'S ORIGINAL PORK BELLY BANH MI 11.25 ^{RGF}
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 11.45 ^{RGF}
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)

MENDOZA'S CHIMICHURRI STEAK ON PRETZEL 11.75 ^{RGF}
carved steak with chimichurri sauce, nitrate-free Applewood smoked bacon, Mama Lil's Peppers, fried onions, herb aioli, Scarborough Farm's arugula (510 cal) on toasted pretzel roll (340 cal)

Vegan For All!

SEASONAL **THE IMPOSSIBLE[®] BURGER QUEEN** 12.45 ^{RGF} ^V
housemade southwestern spiced Impossible burger patty topped with tomato cayenne Chao cheese, smoky thousand island, tomatoes, red onions, housemade bread & butter pickles, and butter lettuce (480 cal) on a toasted plant-based brioche bun (210 cal)

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

VEGAN BANH MI 10.45 ^{RGF} ^V
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 ^V
veggie 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)

Fresh Daily LOCAL ARTISANAL BREAD

- ^V Pretzel Roll ^V Buckwheat ^V Whole Wheat Tortilla
- ^V Organic Seeded Whole Grain ^V Rustic White ^V Ciabatta
- ^V Sesame Roll ^V Torta Bun ^V Mom's Seeded Whole Wheat
- ^V **GLUTEN FREE BREAD** ADD 1.50 (220 CAL)
SHARES EQUIPMENT WITH PRODUCTS THAT CONTAIN GLUTEN

Legend

- ^{RGF} Can be Requested Gluten Free
- ^V Vegan
- ^{VG} 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

SEASONAL **SALADE NIÇOISE** 9.95 ^{VG}
purple Peruvian potatoes, French green beans, kalamata olives, marinated red peppers, capers, hard boiled egg, chopped romaine (250 cal) with mustard shallot vinaigrette (240 cal)
Add Fishin' Families sustainable pole & line caught premium yellowfin tuna (170 cal) or shaved, roasted Mary's free range chicken breast (110 cal) \$3

AVOCADO & QUINOA SUPERFOOD ENSALADA 10.95 ^{RGF} ^{VG}
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)
Add shaved, roasted Mary's free range chicken breast (110 cal) \$3

SAVE DRAKE FARM'S SALAD 12.75 ^{RGF}
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 11.35 ^{RGF} ^V
plant-based Impossible chorizo, housemade superfood crunchies, chopped romaine, curly kale, black bean, roasted corn & jicama succotash, red onions, cilantro, grape tomatoes, avocado (400 cal) with house vegan chipotle ranch (240 cal)

MAMA CHEN'S CHINESE CHICKEN SALAD 11.85
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 miso mustard sesame dressing (240 cal)
Make it Vegetarian! ^{VG} 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 baby spinach, nitrate-free Applewood smoked bacon, crumbled blue cheese, avocado, grape tomatoes, red onions, hard boiled egg (510 cal) with mustard shallot vinaigrette (240 cal)

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

THE SOPHISTICATED CHICKEN & PROSCIUTTO SALAD 13.35 ^{RGF}
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) UPON REQUEST

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

Fully Free Range

We are proud to announce that we have expanded our partnership with Pitman Farms to bring Mary's Free Range Turkey onto our menu alongside Mary's Free Range Chicken, making Mendocino Farms the first restaurant of its size to serve exclusively Free Range poultry.

Mary's is respected as the best in the industry for their approach championing quality, nutrition, and animal welfare. Their birds are raised naturally without antibiotics or hormones right here in sunny California, fed a vegetarian diet, and are allowed to roam in a stress-free environment about four times larger than the average commercial ranch. Their air-chilling process guarantees the most delicious and authentic flavor possible.

Taste the difference for yourself!



The Farm Club

MENDOCINO FARMS
sandwich market

SPRING

Treat yourself right with the season's finest ingredients, from Pitman Farms' Free Range Poultry to plant-based protein and farm-fresh veggies.

Food that
SPRINGS
you Forward

