

# CHEFFY SANDWICHES

Sandwiches with the **RGF** symbol can be requested Gluten Free by substituting GF bread for \$1.50

## FOODIE FAVORITES

### “Not So Fried” Chicken 10.95

shaved, roasted 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)

### The Peruvian Steak 11.95 **RGF**

spicy aji amarillo marinated steak with Oaxacan cheese, herb aioli, red onions, tomatoes, shredded romaine (520 cal) on panini-pressed torta bun (310 cal) **Add** avocado (80 cal) \$1.25

### Prosciutto & Chicken 11.55 **RGF | N**

Italian prosciutto & shaved, roasted chicken breast with fresh mozzarella, crushed honey roasted almonds, basil pesto, balsamic glaze drizzle, tomatoes (590 cal) on panini-pressed ciabatta (260 cal)

### Mendo's Original Pork Belly Banh Mi 11.45

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)

## CRAVEABLE CLASSICS

### The Farm Club (Turkey Club) 10.95 **RGF**

shaved, roasted turkey breast, smashed avocado, nitrate-free Applewood smoked bacon, herb aioli, tomatoes, mixed greens, pickled red onions (440 cal) on Mom's seeded whole wheat (320 cal)

### A Sandwich Study of Heat (Turkey Avocado) 10.65 **RGF**

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 roja (20 cal) \*Ask your host how to make it daringly hot or completely cool!

### Mario's Caprese 8.95 **RGF | VG**

fresh mozzarella, marinated red peppers, basil pesto, mixed greens, balsamic glaze drizzle (600 cal) on fresh ciabatta (260 cal)

### Chicken MBP (Not Your Typical Mozzarella & Basil) 9.95 **RGF**

shaved, roasted chicken breast, fresh mozzarella, marinated red peppers, basil pesto, mixed greens, balsamic glaze drizzle (460 cal) on fresh ciabatta (260 cal)

### Italiano Classico 10.95 **RGF**

Italian salami, capicola, honey ham, dijonaise, provolone, spicy giardiniera, tomatoes, romaine lettuce (650 cal) on toasted sesame roll (300 cal)

### Modern Tuna “Almost Melt” 10.95 **RGF**

sustainable pole & line caught premium yellowfin tuna with fresh herbs & celery, farmhouse cheddar, vegan aioli, bread & butter pickles, red onions, tomatoes, mixed greens (670 cal) on panini-pressed buckwheat (320 cal)

### The Bistro Steak 11.75 **RGF**

carved steak with dijonaise, basil pesto, caramelized onion jam, roasted tomatoes, arugula, lemon squeeze (500 cal) on toasted sesame roll (300 cal)

## VEGAN FOR ALL

### The IMPOSSIBLE Burger Queen 12.85 **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)

**Try it** on a lettuce bun!

### 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 10.85 **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)

# SOULFUL SALADS

Served with a vegan whole wheat tortilla upon request (110 cal) - **CONTAINS GLUTEN**

### Avocado & Quinoa Superfood Ensalada 11.25 **GF | 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 chicken breast (110 cal) \$3

### The IMPOSSIBLE Taco Salad 11.75 **V | GF**

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)

### “Saved Drake Farms” Salad 12.85 **GF | N**

*The salad that saved Drake Family Farms!*

shaved, roasted chicken breast, honey and herb marinated goat cheese, pink lady beets, green apples, dried cranberries, crushed honey roasted almonds, red onions, mixed greens, chopped romaine (620 cal) with citrus vinaigrette (220 cal)

### The Sophisticated Chicken & Prosciutto Salad 13.75 **GF | N**

Italian prosciutto & shaved, roasted chicken breast, roasted vegetables, fresh mozzarella, crushed honey roasted almonds, marinated red peppers, red onions, grape tomatoes, mixed greens, chopped romaine (550 cal) with basil pesto balsamic vinaigrette (230 cal)

### Mendo's Chicken Cobb Salad 13.75

shaved, roasted chicken breast with balsamic glaze drizzle, chopped romaine, baby spinach, 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 **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) **Add** shaved, roasted chicken breast (110 cal) \$3

### Mama Chen's Chinese Chicken Salad 12.25

shaved, roasted chicken breast, napa cabbage & kale slaw, carrots, bean sprouts, baby spinach, chopped romaine, scallions, cilantro, toasted cashews, crispy wontons (420 cal) with miso mustard sesame vinaigrette (230 cal)

**Try it** vegan-style with organic marinated, baked tofu (750 cal) **V**

# KIDS MEALS

RECOMMENDED FOR KIDS 8 & UNDER

served with a kids beverage + choice of sliced apples or grape tomatoes (organic milk add \$1.25)

### Grilled Cheddar Cheese Sandwich (330 cal) 5.35 **VG**

### Peanut Butter & Jelly 5.35 **VG | N**

creamy, natural peanut butter & strawberry jam (460 cal)

### Honey Ham & Provolone Sandwich 5.35

add herb mayo and/or yellow mustard by request (430 cal)

### Salami & Provolone Sandwich 5.35

add herb mayo and/or yellow mustard by request (480 cal)

### Cheddar Cheese Quesadilla (410 cal) 5.35 **VG**

### Turkey & Cheddar Sandwich 5.35

add herb mayo and/or yellow mustard by request (380 cal)



**RGF** Can be Requested Gluten-Free **GF** Gluten-Free **V** Vegan **VG** Vegetarian **N** Contains Nuts

# SEASONAL SELECTIONS

### Mrs. Goldfarb's Unreal Reuben 12.85 **VG**

plant-based corned beef from Unreal Deli, havarti cheese, apple & celery root slaw, bread & butter pickles, smoky thousand island (710 cal) on panini-pressed rye (280 cal) **Try it** vegan-style without the cheese! **V**

### Keto Club Lettuce Wrap 10.95 **GF**

shaved, roasted chicken breast, nitrate-free Applewood smoked bacon, sliced avocado, broccoli sprouts, keto ranch wrapped in whole leaf romaine (500 cal, 9g carbs, 32g protein)

Led by a fine dining Chef, our dedicated culinary team gathers foodie inspiration for our seasonal menu from around the country and across the globe. We constantly update our menu offerings, so be sure to check back often and follow us online to discover our Chef's latest creations!

# BLUE PLATE SPECIALS

a half sandwich paired with your choice of a small soup or deli side

### Mario's Caprese (430 cal) 10.55 **RGF | VG**

### Modern Tuna “Almost Melt” (490 cal) 10.55 **RGF**

### Chicken MBP (360 cal) 10.55 **RGF**

### The Farm Club (380 cal) 10.85 **RGF**

### Vegan Banh Mi (330 cal) 10.85 **RGF | V**

### “Not So Fried” Chicken (450 cal) 10.85

### The Bistro Steak (400 cal) 10.85 **RGF**

# DELI SIDES & SOUPS

### Healthiest Side Salad Ever **GF | V | N**

raw beets, kale, carrots, black rice, golden raisins, toasted hazelnuts in a ginger-kombucha vinaigrette

### Spicy Curried Couscous **V**

roasted cauliflower & carrots with Mendo's signature spice mix

### Vegan Potato Salad of the Day **V**

spicy dijon **GF** or pickles & dill - ask a team member for today's selection

### Marinated Red Beets & Quinoa **GF | VG | N**

citrus, green apples, dried cranberries, honey roasted almonds, baby arugula in a honey lemon champagne vinaigrette

### Pasta Shells of the Day **VG**

almond romesco **N** or basil pesto with feta - ask a team member for today's selection

### Vegan Chili **GF | V**

hearty beans and vegetables with soyrizo and spices

### Seasonal Soup

ask a team member for today's selection

### Seasonal Deli Side

ask a team member for today's selection