

# CHEF'S SPECIALS

LIMITED TIME!

## The Farmhouse Ranch Salad <sup>vg</sup>

vine-ripened cherry tomatoes, cucumber, avocado, parmesan, tuscan krispies, chives, romaine, kale, mixed greens, herb buttermilk ranch 470 CAL

ADD chicken

## Smoky BBQ Brioche Sandwich

smoked pork burnt ends, BBQ sauce, rainbow carrot-apple slaw, B&B pickles, herb aioli, on cornmeal brioche 670 CAL

## The Seasonal GOAT with Sweet Citrus <sup>gf</sup> <sup>N</sup>

chicken, goat cheese, honey roasted almonds, oranges, shaved fennel, pickled red onions, fresh mint, romaine, kale, mixed greens, farmhouse vinaigrette, hot citrus honey 710 CAL

# SALADS

Try any of these salads as a wrap +1.00

## Avocado & Quinoa Superfood Ensalada <sup>vg</sup> <sup>gf</sup>

avocado, roasted corn, black beans, jicama, grape tomatoes, red onions, quinoa & millet, superfood crunchies, kale, romaine, cilantro, cotija, chipotle vinaigrette 690 CAL

<sup>v</sup> Make it vegan! Skip the cotija

ADD chicken or Impossible chorizo

## Chen's Crispy Rice Salad <sup>N</sup>

chicken OR tofu, rainbow carrots, watermelon radish, cashews, crispy rice, wontons, scallion, cilantro, romaine, kale, spinach, red & green cabbage, miso sesame dressing 700-800 CAL

<sup>v</sup> Vegan when you choose tofu

## The Modern Caesar <sup>gf</sup>

avocado, grape tomatoes, red onions, parmesan, superfood crunchies, romaine, kale, baby spinach, cabbage, Caesar dressing 610 CAL

ADD chicken

## Golden State Cobb <sup>gf</sup>

applewood smoked bacon, avocado, hard-boiled egg, blue cheese, vine-ripened cherry tomatoes, pickled red onions, balsamic glaze, chives, romaine, kale, mixed greens, rustic red wine vinaigrette 750 CAL

ADD chicken or steak

## Baja Green Goddess

chicken adobado OR Impossible chorizo, roasted corn, black beans, jicama, avocado, grape tomatoes, red onions, Monterey jack, taco crunch, romaine, arugula, cabbage, cilantro, Baja goddess dressing 700-730 CAL

<sup>vg</sup> Vegetarian when you choose chorizo

## Thai Mango Salad <sup>N</sup>

chicken OR tofu, mango, ramen noodles, pickled daikon & carrots, honey roasted almonds, napa cabbage, kale, romaine, baby spinach, carrots, bean sprouts, Thai basil, mint, cilantro, lime, crispy shallots, Thai almond dressing 840-940 CAL

## ADD ONS:

avocado 80 CAL    bacon 130 CAL    chicken 110 CAL    turkey 110 CAL    tofu 210 CAL    Impossible chorizo 130 CAL    steak 160 CAL

<sup>v</sup> Vegan    <sup>vg</sup> Vegetarian    <sup>gf</sup> Gluten-Free    <sup>N</sup> Contains Nuts

<sup>rgf</sup> Request Gluten-Free by substituting the bread

# SANDWICHES

## "Not So Fried" Chicken

chicken, Mendo's krispies, mustard pickle slaw, tomatoes, pickled red onions, herb aioli, on toasted ciabatta with a side of golden BBQ sauce or mustard remoulade 900-1020 CAL

## Peruvian Steak <sup>rgf</sup>

seared steak tossed in a spicy ají amarillo sauce, melted Oaxacan cheese, tomatoes, red onions, shredded romaine, herb aioli, on toasted potato roll 760 CAL

ADD avocado

## Prosciutto & Chicken <sup>N</sup> <sup>rgf</sup>

chicken, Italian prosciutto, fresh mozzarella, crushed honey roasted almonds, basil pesto, balsamic glaze, tomatoes, on panini-pressed ciabatta 790 CAL

## Chimichurri Steak & Bacon <sup>rgf</sup>

seared steak & applewood smoked bacon, marinated red peppers, caramelized onion jam, chimichurri, shredded romaine, herb aioli, on toasted sesame roll 950 CAL

## Vegan Banh Mi <sup>v</sup>

baked salt & pepper tofu, pickled daikon & carrots, cucumber, jalapeño, Thai basil, cilantro, sweet chili sauce, vegan mayo, on panini-pressed ciabatta 670 CAL

## The Farm Club <sup>rgf</sup>

roasted turkey, smashed avocado, applewood smoked bacon, tomatoes, pickled red onions, mixed greens, herb aioli, on seeded honey whole wheat 760 CAL

## Chicken Parm Dip

chicken, Mendo's krispies, melted mozzarella & parmesan, pomodoro sauce, basil, Calabrian chile aioli, on toasted sesame roll served with extra pomodoro for dipping 930-970 CAL

## Chicken Pesto Caprese <sup>rgf</sup>

chicken, fresh mozzarella, marinated red peppers, basil pesto, mixed greens, balsamic, on panini-pressed ciabatta 800 CAL

<sup>vg</sup> Make it vegetarian! Swap chicken for extra mozzarella

## Turkey Avo Salsa Verde <sup>rgf</sup>

roasted turkey, smashed avocado, melted smoked Gouda, cotija, Mama Lil's sweet hot peppers, jalapeño salsa aioli, tomatoes, shredded romaine, red onions, on panini-pressed sourdough, served with a side of jalapeño salsa verde 880-900 CAL

## The Happy Hippie <sup>vg</sup> <sup>rgf</sup>

avocado, cucumber, carrots, Kumato tomatoes, beet caviar, hummus, white cheddar, sprouts, cucumber dill ranch, vegan mayo, on toasted honey whole wheat 820 CAL

<sup>v</sup> Make it vegan! Skip the cheddar & sub ciabatta

## HALF SANDWICH COMBO

Half Sandwich w/Deli Side or Soup

"Not So Fried" Chicken · Vegan Banh Mi · The Farm Club · Chicken Pesto Caprese · Turkey Avo Salsa Verde

# SIDES & SOUPS

Small · Medium · Large

## Spicy Curried Couscous <sup>v</sup>

pearl couscous, roasted cauliflower & carrots, Mendo's signature curry spice 290/580/1160 CAL

## Kale & Apple Rainbow Salad <sup>vg</sup> <sup>gf</sup> <sup>N</sup>

kale, granny smith apples, rainbow carrots, toasted coconut, candied pecans, dried cranberries, Thai basil vinaigrette 250/510/1020 CAL

Cup · Bowl

## Tomato Basil <sup>vg</sup> <sup>gf</sup>

270/540 CAL

## Southern Potato Salad <sup>v</sup> <sup>gf</sup>

creamy potato salad with whole grain mustard, B&B pickles, scallions, dill 260/530/1050 CAL

## Basil Pesto Shells <sup>vg</sup>

pasta shells, basil pesto, sun dried tomatoes, arugula, feta cheese, parmesan 270/540/1070 CAL

## Lemon Chicken & Farro Soup

180/360 CAL

# DRINKS

## Housemade Lemonade

Classic, Guava, or Pomegranate Mint

## Passion Fruit Black Tea

## Get Your Greens

Beer & Wine Available At Select Locations!

# KIDS

For ages 8 & under

Includes sliced apples & a drink (organic milk extra)

## Grilled Turkey & Cheddar Sandwich

540 CAL

## Grilled Cheddar Cheese Sandwich <sup>vg</sup>

610 CAL

## Peanut Butter & Strawberry Jelly <sup>vg</sup> <sup>N</sup>

520 CAL

## Crispy Chicken Tenders

with a side of ketchup or vegan ranch 360-480 CAL

## VIEW THE FULL MENU & ORDER AHEAD!

Scan to see all menu offerings and pricing at your local Mendo



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.