

Sandwiches

Daily 11:00AM to Close

Sandwiches include a side of Carrots & Hummus or Terra Veggie Chips

<u>BBQ Tofu</u> - baked tofu slathered in house BBQ sauce, camayo slaw, Seikel's spicy mustard, kosher dill slices	\$11
<u>Super Veggie Wrap</u> - portabella mushrooms, bell pepper, onion, and tomato sautéed in garlic & ginger with fresh arugula, LOMAH curds, mayo, cilantro wrapped in a flour tortilla	\$11
<u>Smokey Hummus Sandwich</u> - smoky hummus, tomato, avocado, arugula, Vegenaïse	\$9
<u>Spicy Tapenade</u> - spicy olive tapenade, tomato, avocado, fresh jalapeno, goat cheese, red wine vinegar	\$11
<u>Vegan Club</u> - Tofurkey, smoky adzuki strips, avocado, lettuce, sprouts, tomato, Vegenaïse	\$12
<u>Vegan BLT</u> - smoky adzuki strips, avocado, lettuce, tomato, Vegenaïse	\$11
<u>Nikki Fromage</u> - bleu cheese, Monterrey jack, strawberry jam, Seikel's spicy mustard, arugula	\$11.5
<u>Monsieur Fromage</u> - sharp cheddar, LOMAH curds, seasoned mayo, bacon or smoky adzuki strips	\$11.5
<u>San Diego Club</u> - oven roasted chicken, bacon, avocado, lettuce, sprouts, tomato, Monterrey jack, mayo	\$13
<u>Avocado BLT</u> - bacon, avocado, lettuce, tomato, mayo	\$11.5
<u>Bluebird</u> - grilled chicken, bacon, pickled blueberry smash, brie, mayo	\$12

Sandwiches served on house-made bread.
Try them as a wrap or on greens at no additional charge.

****All items can be made vegan upon request****

Side substitutions	Dutch Farmer Salad	\$2
No side \$1 discount	Tijuana Commuter Salad	\$2
	Vegan Caesar Salad	\$2
	Soup of the Day	\$3
	Apples and Biscoff	\$3

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Some foods contain tree nuts or other allergens.