

Sourdough & Co

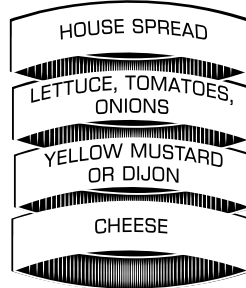
Sandwiches

prepared on our
FRESHLY BAKED

Sourdough

bread

&
INCLUDE



4"

6"

8"

Cheese OPTIONS

Add Calories	4"	6"	8"
Swiss	80	120	160
American	70	105	140
Cheddar	80	120	160
Monterey Jack	80	120	160
Mozzarella	60	90	120
Provolone	70	105	140
PepperJack	80	120	160

Make it a Meal

Chips &
Fountain Drink
cal 140-610

Garden Salad &
Fountain Drink
cal 220-650

Soup &
Fountain Drink
cal 70-660

Kids Meal

(10 & under)

Half Sandwich
Served on Honey Wheat Bread

Milk or Water
Applesauce
cal 255-525

Extra

Avocado (1/4)
cal 60
Bacon (2 slices)
cal 160
Meat (1oz.)
cal 30-90
Cheese slice
cal 60-80
Side Bread (4")
cal 230

Honey wheat & Marble Rye bread
also available on request

1. HAM
cal 580/720/885
2. ROAST BEEF
cal 570/705/865
3. TURKEY
cal 560/690/845
4. HAM & TURKEY
cal 570/705/865
5. TURKEY & DRY SALAMI
cal 640/810/1005
6. PASTRAMI
cal 590/735/905
7. REUBEN
cal 665/850/1060
8. PASTRAMI & TURKEY
cal 575/715/875
9. CRACKED PEPPER TURKEY
cal 560/690/845
10. VEGGIE
cal 540/660/800
11. CHICKEN SALAD
cal 635/810/1000
12. TUNA SALAD
cal 765/1005/1260
13. GARLIC PESTO TURKEY
cal 640/815/1015
14. ITALIAN
cal 700/900/1125

Additional Nutritional Information Available Upon Request.

2000 calories a day is used for general advice but calorie needs vary.

Gourmet Salad

OPTIONS

Grilled Chicken Caesar Salad

Chopped Romaine, Shaved Parmesan, Grilled Chicken, Sourdough Croutons and Caesar Dressing

cal 655/1305

SOUTHWEST CHICKEN SALAD

Baby Greens and Chopped Romaine, Grilled Chicken, Sliced Avocado, Black Bean Corn Salsa, Tortilla Strips, Pepper Jack Cheese, Sour Cream and Jalapeño Ranch Dressing

cal 335/665

COBB SALAD

Chopped Romaine and Spring Mix, Diced Tomatoes, Crisp Bacon, Sliced Hard-Boiled Egg, Avocado, Grilled Chicken, Crumbled Blue Cheese and Blue Cheese Dressing

cal 455/835

Greek Salad

Chopped Romaine, Ham, Cucumbers, Tomatoes, Artichoke Hearts, Kalamata Olives, Red Onions, Feta Cheese and Greek Dressing

cal 280/560

ITALIAN SALAD

Chopped Romaine, Bell Peppers, Salami, Mozzarella, Kalamata Olives, Tomatoes, Artichoke Hearts, Pepperoncini's and Italian Dressing

cal 470/935

Served with Sourdough Bread

*Vegetarian Available

SMALL

LARGE

DAILY NEW ENGLAND CLAM CHOWDER

cal 310/465/885

Soup of the Day

Monday

Chicken & Poblano Pepper cal 250/375/795

Fire-Roasted Vegetable cal 70/105/525

Tuesday

Creamy Tomato cal 280/420/840

Chicken & Poblano Pepper cal 250/375/795

Wednesday

Cream of Potato cal 210/315/735

Creamy Tomato cal 280/420/840

Thursday

Fire-Roasted Vegetable cal 70/105/525

Cream of Potato cal 210/315/735

Friday

Chili cal 250/375/795

Fire-Roasted Vegetable cal 70/105/525

Saturday

Fire-Roasted Vegetable cal 70/105/525

Chili cal 250/375/795

Sunday

Broccoli & Cheese cal 240/360/780

Fire-Roasted Vegetable cal 70/105/525

Cup \$5.25 | Bowl \$7.25

BREAD Bowl \$8.49

Soups are pre-made & heated with soup warmer

Sourdough & Co

Sandwiches • Soups • Salads

Naturally Better!

Order online @:
SourdoughAndCo.com