



# CUSTOM SANDWICHES



## Meat Sandwich: \$10.49

*one bread, one meat, one cheese, three veggies, up to two condiments*

## Veggie Sandwich: \$9.99

*one bread, one cheese, six veggies, up to two condiments OR*

*one bread, choice of tempeh or herbed tofu, three veggies, up to two condiments*

### BREADS: CHOICE OF ONE

Dutch Crunch, Sourdough Roll, Sweet French Roll, Ciabatta Roll, Whole Wheat Roll, Sliced Sourdough, Sliced Rye, Sliced Wheat, Gluten Free Bread, Whole Wheat Tortilla, or Lettuce Wrap

### PROTEINS: CHOICE OF ONE

(each additional portion \$5)

Turkey, Salami, Chicken, Herbed Tofu, Teriyaki Tempeh

Roast Beef (+\$2), Pastrami (+\$2), Ham (+\$2)

### CHEESE: CHOICE OF ONE

(each additional portion \$2)

Swiss, Monterey Jack, Pepper Jack, Cheddar, Provolone, Goat Cheese, Cream Cheese, Blue Cheese

Walnut Spread, Brie (+\$1), Vegan Cream Cheese (+\$1), Vegan Provolone (+\$1)

### VEGETABLES: CHOICE OF UP TO THREE

(each additional portion \$0.75)

Tomato, Red Onion, Pickles, Pickled Onion, Sauerkraut, Carrot, Cucumber, Daikon, Roasted

Asparagus, Grilled Mushroom, Cilantro, Iceberg Lettuce, Romaine Lettuce, Arugula,

Spinach, Alfalfa Sprouts

### CONDIMENTS: CHOICE OF UP TO TWO

(each additional portion \$0.75)

Mayonnaise, Veganaise, Yellow Mustard, Dijon Mustard, Hummus,

Pesto, Vegan Horseradish Cream, Avocado Ranch, Sriracha Aioli,

1000 Island, Green Goddess Dressing, Cranberry Pear Chutney

### ADD TO ANY SANDWICH:

Bacon (\$2), Avocado (\$1.50)

Salt/Pepper/Olive Oil/Red Wine Vinegar (free)



## SANDWICH MENU

6762 Sebastopol Ave.

707.407.4020

Open 7 days a week

Grab & Go Items always available

[www.cmnaturalfoods.com](http://www.cmnaturalfoods.com)



# SIGNATURE SANDWICHES FROM THE DELI AT COMMUNITY MARKET

## **The Barlow: \$11.49**

Rosemary ham, goat cheese, sliced apple, arugula, honey mustard, on a sweet french roll

## **The Phoenix: \$9.49**

Roasted chicken, pepper jack cheese, shaved red onion, pesto, sriracha mayo on ciabatta

## **Babe The Blue Ox: \$10.49**

Roast beef, tomato, red onion, romaine, horseradish, blue cheese walnut spread, on a sourdough roll

## **Red Clover Reuben: \$9.49**

Pastrami, swiss, sauerkraut, thousand island, on rye bread

## **The Market Club: \$10.49**

Chicken, bacon, cheddar cheese, tomato, red onion, avocado ranch, ice berg, on sliced sourdough

## **Deli Classic: \$11.49**

Rosemary ham, salami, provolone, pepperoncini, tomato, red onion, romaine, mayonnaise, Italian dressing on a sweet french roll

## **'Bahmb' Mi\*: \$8.99**

Teriyaki tempeh, carrot, daikon, red onion, cucumber, cilantro, jalapeno, sriracha mayo, on a sourdough roll

## **Green Goddess\*: \$8.99**

Herbed tofu, avocado, cucumber, radish, alfalfa sprouts, vegan goddess dressing, on sliced whole wheat

## **Bountiful Harvest\*: \$8.99**

Roasted asparagus, grilled mushroom, pickled spring onions, green garlic veganaise, on sliced whole wheat

## **Talking Turkey: \$9.49**

Thick sliced turkey, brie, cranberry pear chutney, arugula, dijonaie, on rye bread

## **BLT: \$8.99**

Thick cut peppered bacon, tomatoes, iceberg lettuce, dijonaie, on sliced sourdough

## **Sweet & Simple: \$4.99**

sun butter, banana, honey, on sliced whole wheat



\*vegan selections