



#lovewhatyoudo 😊

Provided by New Frontiers Marketplace located in beautiful Solvang.
Featuring fresh, natural and organic ingredients containing no preservatives or additives.
Many ingredients are grown and/or raised by local Santa Ynez Valley Farmers!

Choose one item per person from the list below, either a sandwich or a salad:

SANDWICHES

Comes with a side of organic sliced carrots and celery with ranch dressing & sides of house mustard and mayonnaise.

Oven Roasted Turkey Breast: fresh focaccia with swiss cheese, lettuce, tomato, sprouts, carrots, cucumbers, and onions.

Black Forrest Ham: fresh focaccia with swiss cheese, lettuce, tomato, sprouts, carrots, and cucumbers.

Veggie: fresh focaccia with tapenade (olive & caper spread), roasted red pepper, guacamole, tomatoes, feta cheese, and cucumber.

Grilled Tri Tip: Freshly grilled tri tip, avocado, queso fresco, cilantro mayo, pico de gallo, on a hoagie roll.

Italian Sub: fresh hoagie roll, ham, soppressata, pepperoni, provolone, tomato, red onion, red leaf lettuce, pepperoncinis, and Italian dressing on side.

Bacon, Goat Cheese and Date: Nitrite-free bacon, goat cheese, dates, arugula, balsamic glaze, on ciabatta
~ **gluten free bread is available for all options** ~

SALADS

All salads are entrées and come with a fresh demi-baguette. All dressings are on the side.

Chef Salad: mixed greens, roast turkey, ham, cheddar cheese, carrots, red cabbage, cucumber, tomato, and sprouts with Ranch dressing.

Cobb Salad: romaine, roast turkey, grape tomatoes, blue cheese, bacon, hard boiled egg, with Ranch dressing.

Greek Salad: mixed greens, feta, Greek olives, red onion, cucumber, tomato, and dolma with Greek dressing.

Asian Salad: mixed greens, roast turkey, red and yellow bell peppers, golden raisins, and almonds with Asian dressing.

Chicken Caesar Salad: Roast chicken breast, romaine, croutons, red onion, tomato, Parmesan, with Caesar dressing.

Add-On Items

Potato Salad: vegan and organic 8oz portion \$5

Macaroni Salad: 8oz portion \$5

Chocolate Chip or Oatmeal Raisin Cookie: freshly baked organic cookie \$2

Potato Chips: bag of chips 1oz \$3

Demi-Baguette: freshly baked sandwich size \$3

Cupcake: freshly baked cupcake of the day \$5



Please do not contact New Frontiers with questions
about your lunch order or dietary restrictions.

Please contact us at **805-686-8347** and we will happily assist you!

