



#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. 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 1/2 lbs. portion \$7.50

**Macaroni Salad:** 1/2 lbs. portion \$7.50

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

**Potato Chips:** bag of chips 1oz \$3

**Demi-Baguette:** freshly baked sandwich size \$4

**Cupcake:** freshly baked cupcake of the day \$6



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!

