



# MADE TO ORDER SANDWICHES

## 1. Tempeh BLT (v) \$6.99

tempeh bacon, tomato (o), cucumber (o), lettuce (o), sprouts (l), vegenaïse (o), sourdough (l)

## 2. Bacon BLT \$6.99

bacon, tomato (o), cucumber (o), lettuce (o), mayonnaïse, sourdough (l)

## 3. Tuna Salad \$6.99

tuna salad, lettuce (o), tomato (o), whole wheat (l)

## 4. Hummus (v) \$5.99

hummus, lettuce (o), tomato (o), sprouts (l), carrots (o) and vegenaïse (o), sprouted wheat wrap

## 5. Egg Salad \$5.99

egg salad, lettuce (o), tomato (o), whole wheat (l)

## 6. Curried Tempeh Salad Wrap (v) \$5.99

curried tempeh, lettuce (o), tomato (o), carrots (o), sprouts (l), sprouted wheat wrap

## 7. Roast Beef, Provolone, Green Chile Panini | \$6.99

## 8. Ham, Swiss and Stone Ground Mustard Panini | \$6.99

## 9. Turkey, Cheddar, and Green Chile Panini | \$6.99

local (l) organic (o), vegan (v)

# BUILD YOUR OWN SANDWICH

COLD

HOT

PANINI

WITH CHEESE \$7.49

WITH MEAT \$8.49

### BREAD

- WHOLE WHEAT (l)
- SOURDOUGH (l)
- RYE (l)
- ITALIAN WHITE
- MULTI GRAIN (l)
- SPROUTED WHEAT TORTILLA
- GLUTEN FREE SPINACH WRAP (gf)
- GLUTEN FREE BREAD (l, gf)

### PROTEIN

- ROAST BEEF
- HAM
- TURKEY
- TEMPEH BACON
- BACON

### VEGGIES

- TOMATOES (o)
- LETTUCE (o)
- RED ONIONS (o)
- SPROUTS (l)
- CUCUMBERS (o)
- CARROTS (o)

### CHEESE

- CHEDDAR
- PROVOLONE
- PEPPER JACK
- SWISS

### SPREADS

- MAYONNAISE
- VEGENAISE (o)
- CHIPOTLE VEGENAISE
- STONE GROUND MUSTARD

### ADD-ONS

- MORE PROTEIN \$2
- MORE CHEESE \$1
- GREEN CHILIES \$.50
- AVOCADO \$.75
- BACON \$1.25

NEW SUMMER HOURS 11AM — 6PM DAILY  
 ORDER BY PHONE: (520) 624 - 4821  
 MENU ONLINE AT [FOODCONSPIRACY.COOP](http://FOODCONSPIRACY.COOP)