HEALTHY LIVING
NATURAL FOODS MARKET
SANDWICH ORDER FORM

Natural Foods Market

PLEASE MARK YOUR SANDWICH SELECTIONS & HAND TO A CAFÉ CASHIER

NAME:

❑ WHOLE SANDWICH	❑ HALF SANDWICH
❑ HOT	❑ PRESSED / PANINI
❑ EAT IN	❑ TAKE OUT

SPECIALTY SANDWICH'S (PLEASE CHECK BREAD SELECTION BELOW)

- ❑ SMOKEY SOUTHWEST TURKEY W/ CHIPOLTE MAYO, GREENS & TOMATO
- ❑ SPICY ROAST BEEF W/ CREAM CHEESE , HORSERADISH MAYO, GREENS & TOMATO
- ❑ MUFFALETTA W/ HAM, SALAMI, PROVOLONE & OLIVE SALAD
- ❑ COWGIRL CHICKEN W/ GRILLED ONIONS, MONTEREY JACK & RANCH DRESSING
- ❑ PROSCIUTTO & CHEVRE W/ STONEWALL KITCHEN ROASTED GARLIC & ONION JAM
- ❑ CABOT CHEDDAR & APPLE W/ HONEY MUSTARD, SPROUTS, CUCUMBER & GREENS
- ❑ FRESH MOZZARELLA & PINE-NUT PESTO W/ ROASTED PEPPERS
- ❑ THAI TOFU WITH PEANUT SAUCE, CUCUMBER, SPROUTS, TOMATOES & GREENS
- ❑ TOFU VEGGIE BURGER W/ CURRY MAYO, CUKES, ROASTED REDS , TOMATOES & GREENS
- ❑ QUINOA / RED LENTIL BURGER W/ MUHAMMARA & AVOCADO, GRILLED ONION & GREENS

MEAT

- ❑ TURKEY
- ❑ SMOKED TURKEY
- ❑ ROAST BEEF
- ❑ FARMERS DINER HAM
- ❑ GENOA SALAMI
- ❑ GARLIC GRILLED CHICKEN
- ❑ PROSCIUTTO
- ❑ TUNA SALAD

NON-MEAT (v = vegan)

- ❑ ROASTED TEMPEH - V
- ❑ ROASTED TOFU - V
- ❑ ROASTED SEITAN - V
- ❑ TOFU VEGGIE BURGERS - V
- ❑ QUINOA LENTIL BURGER - V

CHEESE, ETC

- ❑ CHEDDAR
- ❑ MONTEREY JACK
- ❑ SWISS
- ❑ PROVOLONE
- ❑ FRESH MOZZARELLA
- ❑ CREAM CHEESE
- ❑ CHEVRE
- ❑ OR... HUMMUS - V

BREADS (v = vegan)

- ❑ SLICED WHEAT
- ❑ SLICED WHITE
- ❑ WHITE ROLL
- ❑ WHEAT ROLL
- ❑ CROISSANT
- ❑ PANINI BREAD - V
- ❑ GLUTEN-FREE BREAD
- ❑ SPINACH WRAP - V
- ❑ WHEAT WRAP - V
- ❑ SUN-DRIED TOMATO WRAP - V
- ❑ MAPLE OAT BREAD - V

SPREADS (v = vegan)

- ❑ MAYO
- ❑ VEGAN MAYO - V
- ❑ DIJON MUSTARD - V
- ❑ GARLIC MAYO - V
- ❑ HONEY MUSTARD - V
- ❑ CURRY MAYO - V
- ❑ HORSERADISH MAYO - V
- ❑ CHIPOTLE MAYO - V
- ❑ MUHAMMARA - V
- ❑ PINE-NUT PESTO - V
- ❑ PEANUT SAUCE - V
- ❑ COWGIRL RANCH - V
- ❑ ROASTED GARLIC & ONION JAM - V

VEGGIES

- ❑ GREENS
- ❑ HOT HOUSE TOMATO
- ❑ RED ONION
- ❑ BELL PEPPERS
- ❑ CUCUMBER
- ❑ APPLE
- ❑ SPROUTS
- ❑ AVOCADO (+$1.00)
- ❑ HOT PEPPERS
- ❑ ROASTED PEPPERS
- ❑ PICKLES
- ❑ GRILLED RED ONIONS

NOTES