

BREAKFAST *Monday-Friday*

(All egg sammies served until 10:30am Mon-Fri)

- ▶ **Max's Breakfast Sammie** scrambled eggs & cheese w/ bacon, tomato, pepper jack, & Cajun mayo on sourdough toast \$6.50
- ▶ **Jim's Breakfast Sammie** 2 Over-medium eggs, basil mayo, lettuce, tomato, & red onion on toasted rye \$4.95
- ▶ **Dar's Breakfast Sammie** Toasted bagel w/ scrambled eggs, cream cheese, tomato, onion, avocado & sprouts \$5.95
- ▶ **Sam's Breakfast Sammie** w/ basil mayo, ham, melted swiss, tomato & onion \$6.50
- ▶ **Morning 3-Way** Triple-decker eggs, bacon, ham, & cheese w/ mayo, tomatoes & red onion \$7.95
- ▶ **Breakfast Panini** Panini-grilled ham & swiss w/ Dijon mustard & a fried egg \$5.95
- ▶ **Basic Egg Sammie** Scrambled eggs w/ choice of cheddar, jack, provolone or swiss cheese on choice of bagel, croissant or toast \$4.95
Add Bacon, Ham, or Smoked Turkey \$6.50
- ▶ **Toasted Bagel** • Cream cheese \$1.95
 - w/ Cream cheese, tomato, red onion & lemon pepper \$2.95 Open-faced \$3.95
 - w/ Cream cheese, smoked salmon, tomato, red onion, cucumber & lemon pepper \$6.95 Open-faced \$8.95
- ▶ **Nutella, Peanut Butter & Banana**
On toasted sourdough \$4.95

FRUIT SMOOTHIES \$3.95

- ▶ #1 Strawberry, Banana & OJ
- ▶ #2 Strawberry, Raspberry, Blueberry & OJ
- ▶ #3 Mango, Banana, Blueberry & Apple Juice
- ▶ #4 Mango, Raspberry, Strawberry & OJ
- ▶ #5 Mango, Coconut, Banana, Apple Juice & OJ
- ▶ #6 Peaches, Banana, Strawberry & OJ
- ▶ #7 Peaches, Blueberry & Apple Juice
- ▶ #8 Lemonade, Ice & Choice of Fruit

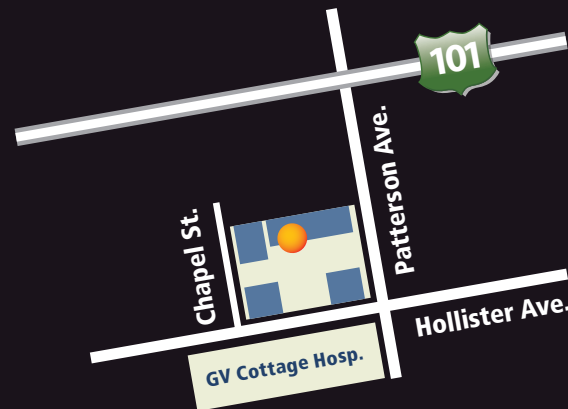


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**SAMMIES
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**SOUTH
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GOLETA

COLD SAMMIES

- ▶ **Cajun Turkey** Oven roasted turkey w/ garlic-tabasco mayo, dijon mustard, tomatoes, red onions, pickles & shredded cabbage \$7.50
- ▶ **Turkey w/ Bacon** Oven roasted turkey, sundried tomato-mayo, bacon, lettuce & tomato \$7.95
- ▶ **Hoagie** Mortadella, cappicola, cotto salami, provolone cheese, tomato, red onion, peppers, lettuce & oregano dressing (BC likes to substitute turkey) \$7.95
- ▶ **S.C.D. B.L.T.** Bacon, basil mayo, lettuce, & tomato \$7.25
*Best on sourdough toast... *Dar likes it w/ avo (+\$.75)
- ▶ **Roast Beef w/ Horseradish** Thinly sliced roast beef w/ horseradish cream cheese, red onion, avocado, salt & pepper \$7.75
- ▶ **South Coast Veggie** Fresh herb cream cheese, avocado, cucumber, grated carrots, tomato, red onions & alfalfa sprouts \$6.95
- ▶ **The Phatty** Chicken salad w/ basil mayo, bacon & avocado \$8.50
- ▶ **Italian 3-Way** Triple-decker turkey, cappicola & salami w/ provolone cheese, basil mayo lettuce, tomato, red onion & pepperoncini GOOD LUCK! \$9.50
- ▶ **The Ring of Fire** Oven roasted turkey w/ jalapeno relish, mayo, lettuce & tomatoes \$7.50
- ▶ **Chicken Salad, Tuna Salad or Egg Salad** Includes mayo, mustard, lettuce, tomato, pickles, peppers & onions \$7.25 | \$6.95 | \$6.75
- ▶ **Create Your Own Sammie**
One Meat \$7.25 Two Meats \$8.25
Meat Choices: Oven roasted turkey, smoked turkey, roast beef, pastrami, ham or salami
Cheese Choices:
Cheddar, swiss, jack, provolone, pepper jack
Includes:
Mayo, mustard, lettuce, tomato, pickles, peppers and onion

Bread Choices Ask about our **Bread of the Week**

- ▶ **Sourdough • Wheat • Rye • Italian Roll • Wheat Roll • Croissant** (Add \$.50)

Ask About Our Sammie & Panini of the Week

TOASTED SAMMIES

- ▶ **South Coast Turkey** Cheddar & provolone cheese melted with red onions, red bell peppers, basil-mayonnaise and topped with lettuce & smoked turkey \$7.50
- ▶ **Cheesy Turkey** Smoked turkey w/ melted jack and cheddar, mayo, cilantro, green chili, green onion, lettuce & tomato \$7.50
- ▶ **Dar's Sky-High** Thinly sliced pastrami, melted swiss cheese, topped with Russian dressing & creamy coleslaw \$7.50
- ▶ **The Robert Emmet** Ham & provolone with basil mayo, red onion, tomato, peppers, lettuce, and oregano dressing on a toasted Italian roll \$7.50
- ▶ **Roast Beef Hottie "88"** Roast beef w/ melted hot pepper jack, garlic-tabasco mayo, lettuce, tomato & red onion \$7.50
- ▶ **Cheesy Veggie** Melted jack and cheddar, green chili, green onions, sliced tomato, mayo, cilantro & lettuce \$6.95
- ▶ **Eggplant Sammie** Breaded and fried eggplant w/ melted provolone, mayo, mustard, lettuce, tomato, pepperoncini & red onion \$6.95
- ▶ **Sopressata & Provolone** on a toasted Italian roll with an olive & roasted pepper tapenade, red onion, tomato, & shredded romaine w/ oregano dressing \$7.95
- ▶ **Chicken Caesar Sammie** Sliced chicken breast on a toasted Italian roll w/ romaine lettuce & Parmesan cheese, tossed with Max & Sam's garlic dressing \$7.50
- ▶ **Tri-Tip & Salsa**
Sliced tri-tip w/ chipotle mayo and salsa \$7.95

SCD PANINIS (*Grilled & Pressed Sammies*)

- ▶ **Mark's Panini** Chicken breast w/ hot pepper jack cheese, garlic-tabasco mayo, green chile, tomato & red onion \$8.95
- ▶ **The R.B.C.** Roast beef w/ sundried tomato mayo, caramelized onions and cambozola cheese \$8.95
- ▶ **Italian Ham Job** Cappicola, provolone cheese, basil mayo, tomato & red onion \$7.95
- ▶ **Chicken Cordon Blue** Chicken breast, sliced ham, swiss cheese, red onion, mayo & dijon mustard \$8.50
- ▶ **The Greenblat** Pastrami & swiss w/ mayo, horseradish, red onion, tomatoes & shredded cabbage \$7.50

TOSSED SALADS

- ▶ **Caesar with Chicken** Romaine lettuce w/ shredded parmesan cheese, homemade croutons, chicken breast and Max & Sam's garlic dressing \$7.95
- ▶ **Mexican Chicken Caesar** Romaine lettuce w/ chicken breast, red onion, red bell pepper, jack cheese, blue corn tortilla chips & our creamy cilantro dressing \$8.75
- ▶ **Chipotle Steak Salad** Shredded romaine & green cabbage, tri-tip, corn, black beans, cilantro, red bell peppers, and our chipotle ranch dressing \$8.95
- ▶ **Asian Greens w/ Chicken** Napa cabbage, green cabbage, and bok choy w/ chicken breast, shredded carrots, green onions, cilantro, black sesame seeds, crispy won tons and our sweet & spicy sesame dressing \$8.25
- ▶ **Cobb Salad** Chopped romaine w/ chicken, bacon, tomato, avocado, gorgonzola cheese, hard-cooked egg & our green onion-gorgonzola dressing \$8.95
- ▶ **Italian Chopped** Romaine & red cabbage w/ sopressata, parmesan cheese, red onion, tomatoes, & garbanzo beans w/ our Italian vinaigrette \$8.50
- ▶ **Greek Salad** Romaine lettuce w/ cucumber, feta cheese, kalamata olives, tomato, red onion, artichoke hearts and Max & Sam's garlic dressing \$8.50
- ▶ **Romaine & Gorgonzola** Romaine lettuce w/ smoked turkey, gorgonzola cheese, chopped walnuts, avocado & our tangy tabasco vinaigrette \$7.95
- ▶ **Garden Salad** Romaine lettuce w/ red onion, tomato, cucumber, red bell pepper, shredded carrots & our herb vinaigrette dressing \$5.95
Add a scoop of tuna salad - \$7.50
Add a scoop of chicken salad - \$7.50

- ▶ **Chicken & Pesto** Sliced chicken breast w/ fresh mozzarella cheese, pesto, tomatoes & mayo \$7.95
- ▶ **Roast Beef con Limon** Roast beef & jack cheese w/ cilantro-lime mayo, green onions, & shredded cabbage \$7.95
- ▶ **S.C.D. Grilled Cheese** Cheddar, jack, and provolone w/ garlic-tabasco mayo, green chili, tomato & red onion \$6.95
- ▶ **Megan's Grilled Cheese** Cheddar cheese & bacon; lots of both \$6.50