



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 olive tapenade, avocado, fire-roasted red peppers, feta, tomato, sprouts, and cucumbers.
- Roast Beef:** fresh focaccia with lettuce, tomato, sprouts, carrots, cucumbers, fire-roasted red peppers and served with a side of horseradish.
- Italian Sub:** fresh demi-baguette, ham, soppressata, pepperoni, provolone, tomato, red onion, red leaf lettuce, pepperoncinis, and Italian dressing on side.

**~ 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, cheddar cheese, carrots, red cabbage, cucumber, tomato, and sprouts with balsamic Vinaigrette.
- 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.

## Add-On Items

- Potato Salad:** vegan and organic 8oz portion \$5
- Macaroni Salad:** vegan and organic 8oz portion \$5
- Chocolate Chip or Oatmeal Raisin Cookie:** freshly baked organic cookie \$2
- Dark Chocolate Brownie:** rich delicious and gluten free \$5
- Sea Salt, BBQ, or NY Cheddar Kettle Chips:** bag of chips 2oz \$3
- Demi-Baguette:** freshly baked sandwich size \$3
- Guacamole:** fresh organic yummy guac 2oz portion \$3



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!

