

## HOT SANDWICHES

ALL SANDWICHES ARE SERVED WITH HOUSE SALAD. CHOOSE OUR GLUTEN-FREE ROSEMARY CIABATTA FOR \$1.50 UPCHARGE. ADD A CUP OF SOUP FOR \$2.49 MORE!

### TURKEY BANH-MI-TLOAF

Far East-inspired turkey meatloaf topped with our Asian slaw, pickled cucumbers and Sriracha aioli. Served on ciabatta. \$9.49

### CHIPOTLE SMOKED BRISKET

Thinly sliced smoked beef brisket topped with caramelized onion, melted white Cheddar and chipotle aioli. Served on ciabatta. \$9.99

### BBQ PULLED PORK

House-cooked pulled pork smothered with sweet bbq sauce and topped with our Asian slaw on brioche bun. \$9.99

### HERB CHICKEN BREAST

Grilled chicken breast topped with smoked mozzarella, roasted red pepper, herb aioli and arugula. Served on ciabatta. \$9.49  
– Add avocado for \$1.29. Add bacon for \$1.49 –

### BEAUTIFUL PASTRAMI

R. C. Provisions pastrami (think Langers) with melted Swiss, pickled cucumber and our Q sauce on a Rockenwagner brioche bun. \$9.99

## MELT SANDWICHES

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### AUTOSTRADA (aka The Italian)

Capicola, prosciutto, salami, arugula, roasted red peppers, balsamic vinaigrette and melted smoked mozzarella Served on grilled sourdough \$9.49

### TEXTBOOK TUNA MELT

Our albacore tuna salad topped with sliced Romas and sharp tillamook Cheddar Cheese. Served on grilled sourdough \$9.49.  
– Add avocado for \$1.29 –

### CHEDDAR & BACON ROAST BEEF MELT

Thinly sliced lean roast beef topped with melted sharp Tillamook Cheddar, crisp applewood-smoked bacon, caramelized onion and our horseradish mayonnaise served on grilled sourdough \$9.99  
– Add avocado for \$1.29 –

### MUSHROOM & WHITE CHEDDAR MELT

Gently sautéed mushrooms topped with chopped oven-dried tomatoes, melted white Cheddar and our basil pesto aioli. Served on grilled sourdough. \$9.99  
– Add chicken for \$1.99 - It'll blow your mind! –

### FANCY GRILLED CHEESE

Sharp Cheddar, vintage white Cheddar & caramelized onion harmoniously melted on grilled sourdough \$7.99  
– Add bacon for \$1.49, Add avocado for \$1.29. Add roasted red peppers for \$1.29  
Add a cup of tomato basil soup for \$2.49! –

## COLD SANDWICHES

ALL SANDWICHES ARE SERVED WITH HOUSE SALAD. CHOOSE OUR GLUTEN-FREE ROSEMARY CIABATTA FOR \$1.50 UPCHARGE. ADD A CUP OF SOUP FOR \$2.49

### CRANBERRY TUNA SALAD

Our fancy solid white albacore tuna salad topped with house-made cranberry chutney and baby spinach. Served on whole grain ciabatta. \$9.49

### BASIL PESTO TURKEY & SMOKED MOZZARELLA

Sous-vide real turkey breast topped with basil pesto, smoked mozzarella, caramelized onion and arugula. Served on whole grain ciabatta. \$9.99

### Made Here CURRY CHICKEN SALAD

Diced chicken breast w/ golden raisins, dried cranberries, curry mayo, cilantro, scallions, honey, celery & parsley. With spinach on whole grain ciabatta. \$9.49

### FRESH MOZZARELLA

Fresh Bufala mozzarella topped with sliced Roma tomatoes, baby arugula and our basil vinaigrette. Served on ciabatta. \$9.99

## TOSSED TO ORDER SALADS

ADD CHICKEN BREAST, ALBACORE TUNA SALAD OR CURRY CHICKEN TO ANY SALAD FOR \$2.99. ADD A SALMON FILLET FOR \$5.99. ADD A CUP OF SOUP FOR \$2.49!

### FRESH ROASTED VEGETABLE SPINACH SALAD

Roasted zucchini, butternut squash, carrots, red peppers, farro, oven dried tomatoes, feta, arugula, spinach, candied walnuts and our basil vinaigrette. \$9.99

### FRESH ASIAN CHOP

Baby Spinach, Napa cabbage slaw, pickled cucumber, pickled onion, edamame, peanuts, sesame seeds, wonton strips, rice wine vinaigrette. \$8.99

### FRESH CLASSIC CAESAR

Hand chopped green leaf tossed with our homemade Caesar dressing, garlic croutons and shredded Parmesan cheese. \$7.99  
– Caesar dressing contains anchovy and raw egg. –

### VEGAN GARDEN CHOP

Chopped green leaf with baby tomatoes, cucumber, carrot, red onion, avocado, dried cranberries and our white balsamic vinaigrette. \$9.49

### GREEK SALAD (Coming in April)

Hand chopped green leaf tossed with Kalamata olives, Feta cheese, cherry tomatoes, sliced cucumber and red onion. Tossed with our rosemary dressing. \$8.99

## SALAD WRAP

### FRESH CHOOSE ANY OF THE FIVE SALADS ABOVE...

THEN WE WRAPPED IT IN A WHEAT TORTILLA. SERVED WITH SALAD. \$8.49  
– \*\* ADD PROTEIN SUCH AS CHICKEN SALMON OR TUNA FOR SOME HEFT!  
SUBSTITUTE GLUTEN-FREE TORTILLA FOR \$1.50 –

## SOUPS AND SIDES

### GET THE SOUP

CHOOSE LENTIL VEGETABLE OR TOMATO BASIL  
– Soulful scratch soups, both vegan-friendly.  
\$3.49 (8oz cup) / \$5.49 (16oz Bowl) –

### GET THE SCOOP

Choose a scoop of our curry chicken salad or ever-popular albacore tuna salad, served on a small bed of greens \$3.99

## DESSERT

### DELECTABLE DESSERT BARS

Lemon bar or Espresso Brownie Bar with wanluts. \$2.49

### FRESHLY-BAKED COOKIES

Chocolate Chunk or Oatmeal Raisin. \$1.79

### GIANT DING DONG

Chocolate or Red Velvet. \$6.00

## BEVERAGES

### FRESHLY BREWED ICED TEA

\$2.29

### FRESH LEMONADE

\$2.49

### ARNOLD PALMER

\$2.49

### NITRO COLD BREW ON TAP

\$4.99

– By Lamill Coffee –

### GT KOMBUCHA

Synergy Trilogy Organic Kombucha \$3.79

### LOCAL HOUSE COFFEE (DRIP)

Shockwave Blend by Tectonic Coffee \$2.29 / \$2.69

### HOT TEA SELECTION

Mighty Leaf Teas \$2.49

– Chamomile, Peppermint, English Breakfast, Earl Grey –

### NEW ICED MATCHA GREEN TEA

Ceremonial blend by Tenzo Tea \$3.49

### BOTTLED BEVERAGES

– MEXICAN BOTTLED COKE (12oz) \$2.29 / DIET COKE 16oz \$2.29 / BOYLAN ROOT BEER \$2.49 / BOYLAN DIET ROOT BEER \$2.49 / BUNDABERG GINGER BREW \$2.49 / BOTTLED SMART WATER \$2.29 / PERRIER SPARKLING WATER \$2.49 (16oz) / ORANGINA \$2.49 –

ORDER ONLINE AT QUICKSAND.LA FOR A STREAMLINED PICK UP OR DELIVERY EXPERIENCE. PHONE: 310-876-1118.