

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 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

V 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!

V ROASTED VEGETABLE SPINACH SALAD

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

V ASIAN CHOP

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

V 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

V 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 wanuts. \$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.