

CHICO'S FRESH BREAD BAKERY CAFÉ



Mangrove Fax: 530-899-0863
 Phone: 530-899-7273
 Open Monday-Friday 6:00am-3:00pm

Name: _____ Phone _____

Pick up time at Mangrove bakery: _____

Circle One: **HERE** **TO GO**

~Build Your Own Sandwich~

Sandwich Only: Whole _____ Half _____
 Sandwich Combo (Whole Sandwich, Chips, 24 oz Soda) _____
 Half Sandwich with Soup _____ or Small Green Salad _____

~Choose your bread~

Honey Whole Wheat _____ Old-Fashioned White _____
 Sourdough _____ Multigrain Types _____ Breadboard Special _____

Condiments

_____ Mustard
 0 cal
 _____ Dijon Mustard
 5 cal
 _____ Porter Mustard
 5 cal
 _____ Mayo
 100 cal
 _____ Oil
 30 cal
 _____ Vinegar
 5 cal
 _____ Salt
 _____ Pepper
 _____ Hummus
 100 cal

Protein

_____ Turkey
 90 cal
 _____ Ham
 90 cal
 _____ Roast Beef
 90 cal
 _____ Albacore Tuna
 65 cal
 _____ Smoked Turkey
 90 cal
 _____ Pastrami
 125 cal
 _____ Salami
 230 cal
 _____ Egg Salad
 100 cal
 _____ Bacon 2.85
 105 cal
 _____ Extra Meat 2.85

Veggies

_____ Lettuce
 5 cal
 _____ Cucumber
 5 cal
 _____ Tomato
 10 cal
 _____ Red Onion
 10 cal
 _____ Spinach
 5 cal
 _____ Dill Pickle
 5 cal
 _____ Pepperoncini
 5 cal
 _____ Jalapenos
 5 cal
 _____ Avocado 2.00
 115 cal

Cheese

_____ Provolone 100 cal
 _____ Swiss 110 cal
 _____ Cheddar 110 cal
 _____ Pepper Jack 100 cal
 _____ Cream Cheese 50 cal
 _____ Extra Cheese 1.50

CHICO'S FRESH BREAD BAKERY CAFÉ



Mangrove Fax: 530-899-0863
 Phone: 530-899-7273
 Open Monday-Friday 6:00am-3:00pm

Name: _____ Phone _____

Pick up time at Mangrove bakery: _____

BUILD YOUR OWN SALAD \$11.00

Choose your greens

Spring Greens(25 cal) _____ Romaine(20 cal) _____ Spinach(25 cal) _____

Choose your toppings

Cucumber (5 cal) _____ Tomato (10cal) _____ Red Onion (10cal) _____
 Shredded Green Cabbage(10 cal) _____ Jalapeno (5 cal) _____
 Pepperoncini (5 cal) _____ Garbanzo Beans(60 cal) _____
 Cranberries(90 cal) _____ Asian Crispies (65 cal) _____ Croutons (90 cal) _____

Choose your cheese

Blue Cheese (100 cal) _____ Cheddar (120 cal) _____
 Parmesan (110 cal) _____ Extra Cheese 1.50 _____

Choose your dressing

Balsamic Vinaigrette (165 cal/oz) _____ Ranch (95 cal/oz) _____
 Caesar(110 cal/oz) _____ Creamy Asian(140 cal/oz) _____
 Blue Cheese(170 cal/oz) _____ Extra Dressing .75 _____

Choose your extras

Chicken(150 cal) \$4.00 _____ Tuna \$4.00(65 cal) _____
 Chicken Salad (330 cal) \$4.00 _____ Turkey (90 cal) \$2.85 _____
 Smoked Turkey(90 cal) \$2.85 _____ Roast Beef (90 cal)\$2.85 _____
 Salami(230 cal)\$2.85 _____ Bacon(105 cal) \$2.85 _____

Avocado(115 cal)\$2.00 _____ Egg (75 cal)1.50 _____ Apple (60 cal) 1.25 _____
 Walnuts (190 cal) 1.50 _____ Almonds (165 cal) 1.50 _____

Wheat _____ White _____ Sourdough _____ Multigrain _____ Breadboard _____

SANDWICH AND PANINI MENU



Mangrove Fax: 530-899-0863
Phone: 530-899-7273
Open Monday-Friday 6:00am-3:00pm

Name: _____ Phone: _____

Pick up time at Mangrove bakery: _____ Circle: **HERE** or **TO GO**

SOUP

_____ Cup of Soup w/ Bread Soup Choice: _____ Bread Choice: _____

SANDWICHES

- _____ Chipotle Turkey
- _____ Turkey Cranberry
- _____ Chico Chicken Salad
- _____ The Italian
- _____ Spicy Turkey
- _____ California Cobb
- _____ Chimichurri Roast Beef
- _____ Harvest Veggie with Avocado
- _____ BLT
- _____ Peanut Butter and Jelly

~Choose your bread~
Honey Whole Wheat _____
Old-Fashioned White _____
Sourdough _____
Multigrain Types _____
Breadboard Special _____

PANINIS

- _____ Poor Benedict
- _____ Green Eggs and Ham
- _____ Bacon Classic
- _____ Grilled Cheese Cheese _____
- _____ Mediterranean Turkey
- _____ Out of the Forest Ham & Cheddar
- _____ The Good Buddy Pastrami
- _____ Southwestern Turkey
- _____ Turkey Pesto
- _____ Turkey Bacon Ranch
- _____ Buffalo Chicken Bleu
- _____ Tim Buc Moore

~Choose your bread~
Honey Whole Wheat _____
Old-Fashioned White _____
Sourdough _____
Multigrain Types _____
Breadboard Special _____

SANDWICH AND PANINI MENU



Mangrove Fax: 530-899-0863
Phone: 530-899-7273
Open Monday-Friday 6:00am-3:00pm

Name: _____ Phone: _____

Pick up time at Mangrove bakery: _____ Circle: **HERE** or **TO GO**

SALAD MENU

_____ Cup of Soup w/ Bread Soup Choice: _____ Bread Choice: _____

_____ Small Green Salad Spring Greens ___ or Romaine ___ Dressing: _____

_____ Classic Field of Greens Add: Chicken ___ Tuna ___ Chicken Salad ___

_____ Asian Sesame Chicken Salad

_____ Caesar Salad Add Chicken _____

_____ Fuji Apple Chicken Salad

_____ Spring Greens with Chicken and Cranberry

_____ Chicken Bacon Ranch Salad Romaine _____ or Spring Greens _____

Slice of Bread

Wheat _____ White _____ Sourdough _____ Multigrain _____ Breadboard _____