



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.



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!

