



# MIKE'S LOVE & SANDWICHES

2701 MING AVENUE, SUITE F4 ★ BAKERSFIELD, CA 93304

IKESBAKERSVALLEY@LOVEANDSANDWICHES.COM

XXX.XXX.8777 ★ LOVEANDSANDWICHES.COM

## STARVING STUDENTS & CHEAPASSES (\$6.96-\$8.98)

### MEATS

68. CHASE OTTNEY IS HELLA SEXY 7.97  
TURKEY & PROVOLONE [250 CAL]

129. RANDY HAHN 7.97  
HAM, CHEDDAR [300 CAL]

558. FRANK GIFFORD 7.97  
(VALLEY PLAZA EXCLUSIVE)  
HALAL CHICKEN, TANGY MANGO SAUCE, PROVOLONE [410 CAL]

601. NINJA TURTLE 6.96  
SALAMI, MARINARA, PROVOLONE [460 CAL]

### VEGGIES

161. VEGNEWS 7.97  
MUSHROOMS, PESTO, PROVOLONE [340 CAL]

217. WOLFPACK 8.98  
VEGAN CHICKEN, BBQ, CHEDDAR [590 CAL]

547. HERMIONE 6.96  
ZESTY ORANGE GLAZE, CUCUMBER, LETTUCE, TOMATO,  
PROVOLONE [340 CAL]

643. MINSKED WORDS 8.98  
(VALLEY PLAZA EXCLUSIVE)  
VEGAN TURKEY, TANGY MANGO SAUCE, PROVOLONE [320 CAL]

## FIRST TIME? GET THIS! (\$9.99)

### MEATS

96. VIKING  
HALAL CHICKEN, IKE'S RED PESTO,  
RANCH, PEPPER JACK [710 CAL]

111. MENAGE A TROIS  
(100 THINGS TO EAT  
BEFORE YOU DIE" -EATER)  
HALAL CHICKEN, HONEY,  
BBQ, HONEY MUSTARD, CHEDDAR,  
PEPPER JACK, SWISS [1060 CAL]

409. HUGH HEFNER  
ROAST BEEF, TURKEY, GODFATHER  
SAUCE, PROVOLONE [430 CAL]

### VEGGIES

70. MEATLESS MIKE  
(“BEST VEGAN MEATBALLS  
IN AMERICA” -PETA)  
VEGAN MEATBALLS, MARINARA,  
PEPPER JACK [410 CAL]

301. HANDSOME OWL  
VEGAN CHICKEN, TERIYAKI,  
WASABI MAYO, SWISS [930 CAL]

## RIDE OR DIEHARDS (\$11.11)

### MEATS

91. PAUL REUBENS  
PASTRAMI, PURPLE SLAW, FRENCH  
DRESSING, SWISS [1190 CAL]

240. MADISON  
BUMGARNER  
(WORLD FOOD CHAMPIONSHIPS, 2012)  
STEAK, IKE'S YELLOW BBQ, SRIRACHA,  
PEPPER JACK, AMERICAN  
[450 CAL]

481. FRIDAY THE 13TH  
FRIED CHICKEN, RANCH, MANGO  
HABANERO, PEPPER JACK  
[1030 CAL]

### VEGGIES

219. PILGRIM  
VEGAN TURKEY, CRANBERRY SAUCE,  
SRIRACHA, CHEDDAR [380 CAL]

246. JAMES  
& THE GIANT PEACH  
VEGAN FRIED CHICKEN, IKE'S  
YELLOW BBQ, CHEDDAR [470 CAL]

## TRY A CHEAPASS MEAL DEAL!

CHOOSE ONE:

68. CHASE OTTNEY  
IS HELLA SEXY  
TURKEY, PROVOLONE [250 CAL]

161. VEGNEWS  
MUSHROOMS, PESTO,  
PROVOLONE [340 CAL]

PLUS A DRINK\* & BAG OF CHIPS FOR ONLY **\$9.99!**

## TRY OUR MAKE-IT-A-MEAL COMBO DEAL!

JUST GRAB A DRINK\* & BAG OF CHIPS  
WITH YOUR SANDWICH  
FOR ONLY **\$2.92 MORE!**

WANT EVEN MORE OPTIONS? BROWSE THE HUNDREDS  
OF IKE'S SANDWICHES @ **LOVEANDSANDWICHES.COM**

SANDWICH CALORIE INFORMATION DOES NOT INCLUDE BREAD OR DIRTY SAUCE. FOR MORE DETAILED NUTRITION INFORMATION  
PLEASE SEE THE IN-STORE NUTRITIONAL BROCHURE. 2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE,  
BUT CALORIE NEEDS VARY. SERVING SIZE: ONE FULL SANDWICH

(\*DRINKS INCLUDE FOUNTAIN DRINK OR NON-CARBONATED BOTTLED WATER)