



# IKE'S LOVE & SANDWICHES

28549 HESPERIAN BLVD. ★ HAYWARD, CA 94545

510-397-1690 ★ LOVEANDSANDWICHES.COM

IKESHAYWARD@LOVEANDSANDWICHES.COM

## MEATS

### ♥ 1. ELVIS KIETH 9

HALAL CHICKEN, TERIYAKI,  
WASABI MAYO, SWISS [910 CAL]

### 4. LIZZY'S LIPS 9

HALAL CHICKEN, ITALIAN DRESSING,  
PEPPER JACK [400 CAL]

### ♥ 6. HOT MOMMA HUDA 10

HALAL CHICKEN, BUFFALO-WING SAUCE,  
RANCH, PROVOLONE [520 CAL]

### ♥ 18. MATT CAIN 12

("FANWICH AWARD: BEST SPORTS  
SANDWICH" -ESPN)

ROAST BEEF, BEEF SALAMI, TURKEY,  
GODFATHER SAUCE, PROVOLONE  
[350 CAL]

### 23. MICHAEL JORDAN 10

ALL-BEEF MEATBALLS, MARINARA,  
PEPPER JACK [530 CAL]

### 63. HELLA FAT BASTARD 12

HAM, BACON, MOZZARELLA STICKS,  
EXTRA DIRTY SAUCE, AMERICAN  
[550 CAL]

### 75. BILL WALSH 12

TURKEY, AVOCADO, PROVOLONE  
[410 CAL]

### ♥ 91. PAUL RUEBENS 12

PASTRAMI, PURPLE SLAW, FRENCH  
DRESSING, SWISS [1190 CAL]

### 98. JAYMEE SIREWICH 12

FRIED CHICKEN, IKE'S YELLOW BBQ,  
RANCH, PEPPER JACK [1100 CAL]

### 111. MENAGE A TROIS 12

("100 THINGS TO EAT BEFORE YOU DIE"  
-7X7 MAGAZINE)

HALAL CHICKEN, BBQ, HONEY MUSTARD,  
REAL HONEY, PEPPER JACK, CHEDDAR,  
SWISS [1060 CAL]

### ♥ 150. DIRTY RUEBEN 12

ROAST BEEF, DIRTY DRESSING,  
PURPLE SLAW, AMERICAN [370 CAL]

### 192. THE LITTLE

#### MERMAID 9

HALAL CHICKEN, ZESTY ORANGE GLAZE,  
PEPPER JACK [500 CAL]

### ♥ 240. MADISON

#### BUMGARDNER 12

(WORLD FOOD CHAMPIONSHIPS, 2012)

STEAK, YELLOW BBQ SAUCE, (LIGHT)  
HABANERO, AMERICAN, PEPPER JACK  
[400 CAL]

### 325. AMUNA'S TUNA 9

TUNA, IKE'S RED PESTO, GRILLED  
TOMATO, CHEDDAR [1200 CAL]

### 360. ANDRE S.O.G. WARD 9

SALAMI, PESTO, CAESAR DRESSING,  
PROVOLONE (CHERRY PEPPERS  
RECOMMENDED) [400 CAL]

### 390. WONDER WOMAN 12

FRIED CHICKEN, HONEY MUSTARD,  
PEPPER JACK [1060 CAL]

### 438. PIONEER 10

HAM, TURKEY, BACON, STRAWBERRY  
PRESERVES, SWISS [700 CAL]

### 581. HAYWOOD'S

#### CHICKEN FRIED

#### CHEESESTEAK 12

(HAYWARD EXCLUSIVE)

CHICKEN FRIED STEAK, ORANGE WASABI  
SAUCE, SWISS [820 CAL]

### 3030. STEPH CURRY 9

TURKEY, IKE'S YELLOW BBQ, PROVOLONE  
[370 CAL]

## VEGGIES

### 🌱 61. SOMETIMES I'M A VEGETARIAN 11

MARINATED ARTICHOKE HEARTS, MUSHROOMS, PESTO,  
PROVOLONE [350 CAL]

### ♥ 🌱 70. MEATLESS MIKE 12

("BEST VEGAN MEATBALLS IN AMERICA" -PETA)  
VEGAN MEATBALLS, MARINARA, PEPPER JACK [410 CAL]

### ♥ 🌱 162. MAYA ANGELOU 12

VEGAN STEAK, IKE'S YELLOW BBQ, CHEDDAR [320 CAL]

### 173. GLADIATOR 10

BREADED EGGPLANT, CAESAR DRESSING, PROVOLONE [630 CAL]

### 🌱 219. PILGRIM 10

VEGAN TURKEY, CRANBERRY, SRIRACHA, CHEDDAR [400 CAL]

### 🌱 235. THE TIME TRAVELER'S WIFE 10

VEGAN FRIED CHICKEN, ZESTY ORANGE GLAZE, PROVOLONE  
[500 CAL]

### ♥ 🌱 246. JAMES & THE GIANT PEACH 10

VEGAN FRIED CHICKEN, IKE'S YELLOW BBQ, CHEDDAR [470 CAL]

### ♥ 250. PRISSY PRESLEY 11

VEGGIE BACON, DIRTY DRESSING, PEPPER JACK [500 CAL]

### 265. READING RAINBOW 10

AVOCADO, IKE'S RED PESTO, CHEDDAR [520 CAL]

### 283. DESPERATELY SEEKING SUSAN 12

VEGAN MEATBALLS, IKE'S RED PESTO, RANCH, PROVOLONE [730 CAL]

### ♥ 🌱 291. PEE WEE 10

VEGAN TURKEY, PURPLE SLAW, FRENCH DRESSING, SWISS [1110 CAL]

### ♥ 🌱 301. HANDSOME OWL 12

VEGAN CHICKEN, TERIYAKI, WASABI MAYO, SWISS [930 CAL]

### 981. SUPER HUNT BROS. 9

(HAYWARD EXCLUSIVE)

TOMATOES, ORANGE WASABI SAUCE, SWISS [680 CAL]

♥ -IKE'S FAVORITES!  
🌱 -CAN BE MADE VEGAN!

**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)