



IKE'S LOVE & SANDWICHES

5745 E. PACIFIC COAST HIGHWAY ★ LONG BEACH, CA 90803

IKESLONGBEACH@LOVEANDSANDWICHES.COM

562-498-0304 ★ LOVEANDSANDWICHES.COM

MEATS

♥ 1. ELVIS KIETH 10.99

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

♥ 18. MATT GAIN 12.11

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

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

19. TONY GWYNN 10.99

TURKEY, CRANBERRY, SRIRACHA, CHEDDAR [420 CAL]

49. THE 49ER 10.99

HALAL CHICKEN, HONEY MUSTARD, BUFFALO-WING SAUCE, CHEDDAR [570 CAL]

85. SUPER

MARIO 13.21

ALL-BEEF MEATBALLS, MOZZARELLA STICKS, MARINARA [520 CAL]

98. JAYMEE

SIREWICH 12.11

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

♥ 111. MENAGE

A TROIS 12.11

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

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

119. KELLY

KAPOWSKI 13.21

FRIED CHICKEN, HONEY MUSTARD, AVOCADO, PEPPER JACK [1220 CAL]

200. KRYPTONITE 31.92

(SERVES 2-4) ROAST BEEF, PASTRAMI, TURKEY, HAM, SALAMI, BACON, MOZZARELLA STICKS, JALAPEÑO POPPERS, ONION RINGS, PESTO, AVOCADO, PEPPER JACK [2060 CAL]

201. ADAM RICHMAN 13.21

FRIED CHICKEN, HAM, HONEY, PESTO, AVOCADO, SWISS [1010 CAL]

213. NATE DOGG 10.99

(LONG BEACH EXCLUSIVE)

FRIED CHICKEN, IKE'S HABANERO BBQ, AMERICAN [840 CAL]

♥ 240. MADISON

BUMGARNER 12.11

(WORLD FOOD CHAMPIONSHIPS, 2012)

STEAK, IKE'S YELLOW BBQ, HABANERO, AMERICAN, PEPPER JACK [400 CAL]

325. AMUNA'S TUNA 10.99

TUNA, IKE'S RED PESTO, GRILLED TOMATO, CHEDDAR [740 CAL]

345. STEPHEN

HAWKING 10.99

TURKEY, BACON, ZESTY ORANGE GLAZE, PEPPER JACK [560 CAL]

346. JOHN WAYNE 10.99

STEAK, DIRTY DRESSING, AMERICAN [510 CAL]

562. DIRTBAGS 12.11

(LONG BEACH EXCLUSIVE)

PASTRAMI, IKE'S HABANERO BBQ, PURPLE SLAW, CHEDDAR [780 CAL]

♥ 957. DAMON BRUCE 13.21

STEAK, STEAK SAUCE, ONION RINGS, PROVOLONE [420 CAL]

VEGGIES

♣ 61. SOMETIMES I'M A VEGETARIAN 10.99

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

♥ ♣ 70. MEATLESS MIKE 12.11

("BEST VEGAN MEATBALLS IN AMERICA" - PETA)

VEGAN MEATBALLS, MARINARA, PEPPER JACK [410 CAL]

71. STEVE JOBS 10.99

BREADED EGGPLANT, PESTO, RANCH, PROVOLONE [760 CAL]

♣ 219. PILGRIM 10.99

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

223. HEATH LEDGER 13.21

VEGAN MEATBALLS, FRIED ZUCCHINI, IKE'S RED PESTO, RANCH [630 CAL]

♣ 246. JAMES & THE GIANT PEACH 10.99

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

265. READING RAINBOW 9.98

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

276. JESSICA RABBIT 13.21

VEGAN CHICKEN, JALAPEÑO POPPERS, BUFFALO-WING SAUCE, RANCH [580 CAL]

♥ ♣ 291. PEE WEE 10.99

VEGAN TURKEY, FRENCH DRESSING, PURPLE SLAW, SWISS [530 CAL]

♥ ♣ 301. HANDSOME OWL 10.99

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

311. LOVE TRIANGLE 13.21

VEGAN CHICKEN, HONEY, BBQ, HONEY MUSTARD, CHEDDAR, SWISS, PEPPER JACK [1080 CAL]

♣ 564. DAY OFF 12.11

(LONG BEACH EXCLUSIVE)

VEGAN STEAK, IKE'S HABANERO BBQ, CHEDDAR [260 CAL]

♣ 625. MOMO'S NONO 7.96

ALMOND BUTTER, CRANBERRY SAUCE, CHEDDAR [650 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 \$2.75 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)