



MIKE'S LOVE & SANDWICHES

1420 16TH STREET SUITE 100 ★ SACRAMENTO, CA 95814

IKESSACRAMENTO@LOVEANDSANDWICHES.COM

916-619-8777 ★ LOVEANDSANDWICHES.COM

MEATS

♥ 1. **ELVIS KIETH 10.**
HALAL CHICKEN, TERIYAKI,
WASABI MAYO, SWISS (910 CAL)

2. **HOLLYWOULD'S
SF CHEESESTEAK 11.11**
STEAK, GRILLED MUSHROOMS,
PROVOLONE (280 CAL)

♥ 6. **HOT MOMMA HUDA 10.**
HALAL CHICKEN, BUFFALO-WING SAUCE,
RANCH, PROVOLONE (520 CAL)

9. **[NAME OF THE GIRL
I'M DATING] 11.11**
HALAL CHICKEN, HONEY MUSTARD,
AVOCADO, PEPPER JACK (780 CAL)

♥ 18. **MATT CAIN 12.**
(*FANWICH AWARD: BEST SPORTS
SANDWICH" -ESPN)
ROAST BEEF, SALAMI, TURKEY,
GODFATHER SAUCE, PROVOLONE
(350 CAL)

30. **BACKSTABBER 11.11**
("BEST THING I EVER ATE"
-DUFF GOLDMAN)
HALAL CHICKEN, CREAMY CAESAR,
MARINATED ARTICHOKE HEARTS,
PROVOLONE (580 CAL)

63. **'HELLA'
FAT BASTARD 11.11**
HAM, BACON, MOZZARELLA STICKS,
EXTRA DIRTY SAUCE, AMERICAN
(630 CAL)

98. **JAYMEE SIREWICH 12.**
FRIED CHICKEN, IKE'S YELLOW
BBQ SAUCE, RANCH, PEPPER JACK
(1100 CAL)

99. **WE'RE
JUST FRIENDS 11.11**
HALAL CHICKEN, ZESTY ORANGE GLAZE,
PEPPER JACK, AVOCADO (660 CAL)

111. **MENAGE A TROIS 12.**
("100 THINGS TO EAT BEFORE YOU DIE" -7X7)
HALAL CHICKEN, HONEY MUSTARD,
BBQ SAUCE, HONEY, PEPPER JACK,
SWISS, CHEDDAR (1060 CAL)

118. **TONY SOPRANO 11.11**
TURKEY, HAM, SALAMI,
GARLIC & HERB SAUCE,
PROVOLONE (370 CAL)

♥ 150. **DIRTY REUBEN 12.**
ROAST BEEF, DIRTY DRESSING
PURPLE SLAW, AMERICAN (530 CAL)

201. **ADAM RICHMAN 12.**
FRIED CHICKEN, HAM, PESTO, HONEY,
AVOCADO, SWISS (1010 CAL)

♥ 240. **MADISON
BUMGARNER 12.**
(WORLD FOOD CHAMPIONSHIPS, 2012)
STEAK, IKE'S YELLOW BBQ SAUCE,
(LIGHT) HABANERO, PEPPER JACK,
AMERICAN (400 CAL)

242. **PHIL'ER UP'S
KC BBQ 11.11**
ROAST BEEF, BBQ, CHEDDAR (520 CAL)

325. **AMUNA'S TUNA 10.**
TUNA, IKE'S RED PESTO, GRILLED TOMATO,
CHEDDAR (740 CAL)

340. **HARRISON PARMES 11.11**
FRIED CHICKEN, MARINARA, PROVOLONE
(840 CAL)

422. **MARSHAWN LYNCH 12.**
FRIED CHICKEN, BACON, BBQ SAUCE,
SRIRACHA, MUSTARD, CHEDDAR (1210 CAL)

591. **THE BEE 12.**
(SACRAMENTO EXCLUSIVE)
PASTRAMI, HORNET SAUCE, PURPLE SLAW,
AMERICAN (860 CAL)

♥ 957. **DAMON BRUCE 13.**
STEAK, BEER-BATTERED ONION RINGS,
STEAK SAUCE, PROVOLONE (420 CAL)

VEGGIES

♣ 61. **SOMETIMES I'M
A VEGETARIAN 10.**
MARINATED ARTICHOKE HEARTS,
MUSHROOMS, PESTO,
PROVOLONE (350 CAL)

♥ ♣ 70. **MEATLESS
MIKE 11.11**
("BEST VEGAN MEATBALLS
IN AMERICA" -PETA)
VEGAN MEATBALLS, MARINARA,
PEPPER JACK (410 CAL)

71. **STEVE JOBS 11.11**
BREADED EGGPLANT, PESTO, RANCH,
PROVOLONE (760 CAL)

♥ ♣ 162. **MAYA
ANGELOU 11.11**
VEGAN STEAK, IKE'S YELLOW
BBQ SAUCE, CHEDDAR (320 CAL)

170. **NOT SO
SLOPPY IKE 11.11**
("BEST VEGAN MEATBALLS
IN AMERICA" -PETA)
VEGAN MEATBALLS,
BBQ SAUCE, AMERICAN (620 CAL)

♣ 219. **PILGRIM 10.**
VEGAN TURKEY, GRANBERRY,
SRIRACHA, CHEDDAR (400 CAL)

♣ 235. **THE TIME
TRAVELER'S WIFE 10.**
VEGAN FRIED CHICKEN, ZESTY
ORANGE GLAZE, PROVOLONE
(500 CAL)

♥ 239. **SNEAKY KITTY 10.**
VEGGIE BACON, AMERICAN (290 CAL)

♥ ♣ 246. **JAMES &
THE GIANT PEACH 10.**
VEGAN FRIED CHICKEN, IKE'S YELLOW
BBQ SAUCE, CHEDDAR (470 CAL)

♣ 249. **GO KINGS 11.11**
VEGAN CHICKEN, HONEY MUSTARD,
BUFFALO-WING SAUCE, CHEDDAR (630 CAL)

♥ 250. **PRISSY PRESLEY 10.**
VEGGIE BACON, DIRTY DRESSING,
PEPPER JACK (500 CAL)

265. **READING RAINBOW 10.**
AVOCADO, IKE'S RED PESTO, CHEDDAR
(520 CAL)

276. **JESSICA RABBIT 13.**
VEGAN CHICKEN, JALAPEÑO POPPERS,
BUFFALO-WING SAUCE, RANCH (580 CAL)

♥ ♣ 291. **PEE WEE 10.**
VEGAN TURKEY, PURPLE SLAW,
FRENCH DRESSING, SWISS
(530 CAL)

♣ 299. **MEL-LO KITTY 12.**
VEGAN CHICKEN, ZESTY ORANGE GLAZE,
PEPPER JACK, AVOCADO (660 CAL)

♣ 300. **TOM BRADY 13.**
VEGAN CHICKEN, ITALIAN DRESSING,
MUSHROOMS, AVOCADO, CHEDDAR (600 CAL)

♥ ♣ 301. **HANDSOME OWL 11.11**
VEGAN CHICKEN, TERIYAKI, WASABI MAYO,
SWISS (930 CAL)

311. **LOVE TRIANGLE 13.**
VEGAN CHICKEN, HONEY, BBQ SAUCE,
HONEY MUSTARD, CHEDDAR, SWISS,
PEPPER JACK (1080 CAL)

♣ 315. **BONNIE-JILL 10.**
VEGAN FRIED CHICKEN, MARINATED
ARTICHOKE HEARTS, MARINARA (910 CAL)

657. **JOAN DIDION 11.11**
(SACRAMENTO EXCLUSIVE)
VEGAN STEAK, HORNET SAUCE, AMERICAN
(430 CAL)

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

TRY OUR MAKE-IT-A-MEAL COMBO DEAL!
JUST GRAB A DRINK* & A 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)