

IKE'S LOVE & SANDWICHES

BREADS

IKE'S WORLD FAMOUS DUTCH [460 CAL]
FRENCH [460 CAL]
GLUTEN-FREE [160 CAL]
SF SOURDOUGH [440 CAL]
WHOLE WHEAT [410 CAL]

FREEBIES

ALL SANDWICHES SERVED HOT UNLESS OTHERWISE SPECIFIED.
SERVED WITH: DIRTY SAUCE [552-586 CAL],
LETTUCE [1 CAL], TOMATO [12 CAL]
FREE UPON REQUEST:
RED ONIONS, PICKLES, BANANA PEPPERS, JALAPEÑOS [5-20 CAL]

MEAT

15. **PRIDE 8.98**
[370 CAL] TURKEY, HAM,
MELTED BRIE

17. **BULLDOG 7.97**
[590 CAL] HALAL CHICKEN,
BBQ, CHEDDAR

♥ 18. **MATT CAIN 9.99**
("FANWICH AWARD;
BEST SPORTS SANDWICH" -ESPN)
[350 CAL] BEEF SALAMI, ROAST BEEF,
TURKEY GODFATHER SAUCE, PROVOLONE

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

♥ 91. **PAUL REUBENS 9.99**
[1190 CAL] PASTRAMI, PURPLE SLAW,
FRENCH DRESSING, SWISS

98. **JAYMEE
SIREWICH 9.99**
[1100 CAL] FRIED CHICKEN, IKE'S
YELLOW BBQ, RANCH, PEPPER JACK

111. **MENAGE A TROIS 9.99**
("100 THINGS TO EAT
BEFORE YOU DIE" -EATER)
[1060 CAL] HALAL CHICKEN, HONEY
MUSTARD, BBQ, HONEY, PEPPER JACK,
SWISS, CHEDDAR

574. **GREEN ACRES 8.98**
(TURLOCK EXCLUSIVE)
[XXX CAL] HALAL CHICKEN, IKE'S
GREEN SAUCE, PEPPER JACK

ADD-ONS

★ AVOCADO, BACON: 2.52
[160/135 CAL]

★ EXTRA CHEESE: 1.51
[120-180 CAL]

★ GRILLED MUSHROOMS: 2.02
[9 CAL]

★ GODFATHER SAUCE,
HABANERO SAUCE,
REAL HONEY: 2.02
[60-120 CAL]

★ BBQ, CRANBERRY, FRENCH,
HONEY MUSTARD, ITALIAN,
MARINARA, PESTO, RANCH: 1.01
[60-480 CAL]

MAKE IT A 1/2 LB OF MEAT: 2.02
(DELI MEAT SANDWICHES. EXCLUDES
"CHALLENGE" SANDWICHES)
[100-490 CAL]

SUBSTITUTE FRIED CHICKEN: 1.01
(FOR HALAL CHICKEN)
[630 CAL]

FEELING EXTRA DIRTY?
STUFF YOUR SANDWICH WITH:

★ STUFFED JALAPEÑO POPPERS,
MOZZARELLA STICKS,
OR BOTH: 3.53
[180/140 CAL]

★ BEER-BATTERED ONION RINGS/
BEER-BATTERED ZUCCHINI: 3.03
[50-90 CAL]

VEGGIE

♥ 70. **MEATLESS MIKE 9.99**
("BEST VEGAN MEATBALLS
IN AMERICA" -PETA)
[410 CAL] VEGAN MEATBALLS,
MARINARA, PEPPER JACK

161. **VEGNEWS 8.98**
[340 CAL] MUSHROOMS,
PESTO, PROVOLONE

208. **GREEN GOBLIN 8.98**
[500 CAL] VEGAN TURKEY,
BBQ, CHEDDAR

215. **STEINBECK 8.98**
[230 CAL] VEGAN TURKEY, MELTED BRIE

219. **PILGRIM 9.99**
[380 CAL] VEGAN TURKEY, CRANBERRY
SAUCE, SRIRACHA, CHEDDAR

235. **THE TIME
TRAVELER'S WIFE 8.98**
[XXX CAL] VEGAN FRIED CHICKEN,
ZESTY ORANGE GLAZE, PROVOLONE

♥ 301. **HANDSOME OWL 9.99**
[930 CAL] VEGAN CHICKEN, TERIYAKI,
WASABI MAYO, SWISS

646. **MITCHELLVILLE 8.98**
(TURLOCK EXCLUSIVE)
[XXX CAL] VEGAN TURKEY,
IKE'S GREEN SAUCE, PROVOLONE

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

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