



# MIKE'S LOVE & SANDWICHES

3104 CROW CANYON PL. SUITE C ★ SAN RAMON, CA 94583  
925-380-6771 ★ IKESANRAMON@LOVEANDSANDWICHES.COM  
LOVEANDSANDWICHES.COM

## MEATS

- ♥ 1. **ELVIS KIETH** 9.98  
HALAL CHICKEN, TERIYAKI, WASABI MAYO, SWISS [910 CAL]
- 4. **LIZZY'S LIPS** 9.98  
HALAL CHICKEN, ITALIAN DRESSING, PEPPER JACK [400 CAL]
- ♥ 6. **HOT MOMMA** 10.99  
HALAL CHICKEN, BUFFALO-WING SAUCE, RANCH, PROVOLONE [520 CAL]
- 13. **PAPA SAM** 10.99  
WILD SALMON BURGER, DIRTY SAUCE, HAVARTI [1000 CAL]
- 17. **BISHOP RANCH** 9.98  
HALAL CHICKEN, BBQ SAUCE, CHEDDAR [590 CAL]
- ♥ 18. **MATT CAIN** 12.11  
(\*FANWICH AWARD: BEST SPORTS SANDWICH\* -ESPN)  
ROAST BEEF, TURKEY, SALAMI, GODFATHER SAUCE, PROVOLONE [350 CAL]
- 21. **THE GRIZZLY** 10.99  
HAM, BACON, AMERICAN [410 CAL]
- 23. **MICHAEL JORDAN** 10.99  
ALL-BEEF MEATBALLS, MARINARA, PEPPER JACK [530 CAL]
- 30. **BACKSTABBER** 12.11  
(\*BEST THING I EVER ATE\* -DUFF GOLDMAN)  
HALAL CHICKEN, CREAMY CAESAR, MARINATED ARTICHOKE HEARTS, PROVOLONE [580 CAL]
- 46. **THE KUIP** 10.99  
HAM, SALAMI, MACK SAUCE, CHEDDAR, PEPPER JACK [460 CAL]
- ♥ 91. **PAUL REUBENS** 12.11  
PASTRAMI, PURPLE SLAW, FRENCH DRESSING, SWISS [610 CAL]
- 98. **JAYMEE SIREWICH** 12.11  
FRIED CHICKEN, IKE'S YELLOW BBQ SAUCE, PEPPER JACK, RANCH [1100 CAL]

- 111. **MENAGE A TROIS** 12.11  
HALAL CHICKEN, BBQ SAUCE, HONEY MUSTARD, REAL HONEY, PEPPER JACK, CHEDDAR, SWISS [1060 CAL]
- ♥ 150. **DIRTY REUBEN** 12.11  
ROAST BEEF, DIRTY DRESSING, PURPLE SLAW, AMERICAN [530 CAL]
- 192. **THE LITTLE MERMAID** 9.98  
HALAL CHICKEN, ZESTY ORANGE GLAZE, PEPPER JACK [500 CAL]
- ♥ 240. **MADISON BUMGARNER** 12.11  
(WORLD FOOD CHAMPIONSHIPS, 2012)  
STEAK, YELLOW BBQ SAUCE, (LIGHT) HABANERO, AMERICAN, PEPPER JACK [400 CAL]
- 312. **JOE NAMATH** 10.99  
HALAL CHICKEN, BACON, ASIAN SESAME DRESSING, JACK [650 CAL]
- 426. **STEAM ROLLER** 10.99  
FRIED CHICKEN, HONEY MUSTARD, PESTO [1100 CAL]
- 465. **SQUARE ONE** 10.99  
TUNA, RED PESTO, CHEDDAR [950 CAL]
- 545. **LIMERICK** 10.99  
(SAN RAMON EXCLUSIVE)  
TURKEY, HAM, IKE'S HONEY HABANERO, GHOST CHEESE [330 CAL]
- ♥ 957. **DAMON BRUCE** 13.21  
THINLY-SLICED RIB-EYE STEAK, STEAK SAUCE, BEER-BATTERED ONION RINGS, PROVOLONE [420 CAL]
- 3030. **STEPH #CURRYONE** 10.99  
TURKEY, YELLOW BBQ SAUCE, PROVOLONE [370 CAL]

## VEGGIES

- ♣ 61. **SOMETIMES I'M A VEGETARIAN** 10.99  
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** 12.11  
BREADED EGGPLANT, PESTO, RANCH, PROVOLONE [760 CAL]
- ♣ 202. **GRAMPS** 9.98  
VEGAN TURKEY, MUSHROOMS, PROVOLONE [230 CAL]
- ♣ 206. **XXX-TINA** 10.99  
VEGAN BREADED CHICKEN, BUFFALO-WING SAUCE, RANCH, PROVOLONE [550 CAL]
- ♣ 217. **THE WILDCAT** 10.99  
VEGAN BREADED CHICKEN, BBQ SAUCE, CHEDDAR [590 CAL]
- ♣ 219. **PILGRIM** 10.99  
VEGAN TURKEY, CRANBERRY SAUCE, SRIRACHA, HAVARTI [400 CAL]
- 239. **SNEAKY KITTY** 10.99  
VEGGIE BACON, AMERICAN [290 CAL]
- ♣ 246. **JAMES & THE GIANT PEACH** 10.99  
VEGAN FRIED CHICKEN, IKE'S YELLOW BBQ SAUCE, CHEDDAR [470 CAL]
- ♣ 249. **GO SHARKS!** 10.99  
VEGAN BREADED CHICKEN, BUFFALO-WING SAUCE, HONEY MUSTARD, GOUDA [630 CAL]
- ♥ 250. **PRISSY PRESLEY** 9.98  
VEGGIE BACON, DIRTY DRESSING, PEPPER JACK [500 CAL]
- 265. **READING RAINBOW** 10.99  
AVOCADO, IKE'S RED PESTO, CHEDDAR [520 CAL]
- ♥ 291. **PEE WEE** 10.99  
VEGAN TURKEY, FRENCH DRESSING, PURPLE SLAW, SWISS [530 CAL]
- ♣ 292. **PIRATES OF THE CARIBBEAN** 10.99  
VEGAN BREADED CHICKEN, ZESTY ORANGE GLAZE, PEPPER JACK [530 CAL]
- ♥ 301. **HANDSOME OWL** 10.99  
VEGAN BREADED CHICKEN, TERIYAKI, WASABI MAYO, SWISS [930 CAL]
- ♣ 302. **STRAWBERRY GIRL** 9.98  
CUCUMBERS, LETTUCE, TOMATO, ASIAN SESAME, JACK CHEESE [360 CAL]
- 544. **AMADOR** 10.99  
(SAN RAMON EXCLUSIVE)  
VEGAN TURKEY, IKE'S HONEY HABANERO, GHOST CHEESE [300 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)