



# IKE'S LOVE & SANDWICHES

137 PLAZA DR. #315 ★ VALLEJO, CA 94591  
707-731-8700 ★ LOVEANDSANDWICHES.COM  
IKESVALLEJO@LOVEANDSANDWICHES.COM

## MEATS

- ♥ 1. ELVIS KIETH 9  
HALAL CHICKEN, TERIYAKI,  
WASABI MAYO, SWISS [910 CAL]
- 4. LIZZY'S LIPS 8  
HALAL CHICKEN, ITALIAN DRESSING,  
PEPPER JACK [400 CAL]
- ♥ 6. HOT MOMMA HUDA 10  
HALAL CHICKEN, BUFFALO WING SAUCE,  
RANCH, PROVOLONE [520 CAL]
- 17. FRISBIE 9  
HALAL CHICKEN, BBQ, CHEDDAR [590 CAL]
- ♥ 18. MATT CAIN 12  
(\*FANWICH AWARD:  
BEST SPORTS SANDWICH\* -ESPN)  
ROAST BEEF, TURKEY, SALAMI,  
GODFATHER SAUCE, PROVOLONE [350 CAL]
- 23. MICHAEL JORDAN 10  
ALL-BEEF MEATBALLS, MARINARA,  
PEPPER JACK [530 CAL]
- 21. FAT BASTARD 9  
HAM, BACON, AMERICAN [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"  
-TX7 MAGAZINE)  
HALAL CHICKEN, BBQ, HONEY MUSTARD,  
REAL HONEY, PEPPER JACK, CHEDDAR,  
SWISS [1060 CAL]

- 118. TONY SOPRANO 12  
TURKEY, HAM, SALAMI, GARLIC & HERB  
SAUCE, PROVOLONE [370 CAL]
- ♥ 150. DIRTY RUEBEN 12  
ROAST BEEF, DIRTY DRESSING,  
PURPLE SLAW, AMERICAN [870 CAL]
- 192. THE LITTLE  
MERMAID 9  
HALAL CHICKEN, ZESTY ORANGE GLAZE,  
PEPPER JACK [500 CAL]
- ♥ 240. MADISON  
BUMGARNER 12  
(WORLD FOOD CHAMPIONSHIPS, 2012)  
STEAK, IKE'S YELLOW BBQ, (LIGHT)  
HABANERO, PEPPER JACK, AMERICAN  
[400 CAL]
- 287. MAC DRE 12  
STEAK, STEAK SAUCE, PURPLE SLAW,  
CHEDDAR [750 CAL]
- 390. WONDER WOMAN 12  
FRIED CHICKEN, HONEY MUSTARD,  
PEPPER JACK [1060 CAL]
- 465. SQUARE ONE 9  
TUNA, RED PESTO, CHEDDAR [950 CAL]
- 740. CALL ME  
SLURRICANE 12  
(VALLEJO EXCLUSIVE)  
CHICKEN FRIED STEAK, VALLEY JOE  
SAUCE, AMERICAN [680 CAL]
- 3030. STEPH #CURRYONE 9  
TURKEY, IKE'S YELLOW BBQ, PROVOLONE  
[370 CAL]

## VEGGIES

- 🌱 61. SOMETIMES I'M A VEGETARIAN 12  
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]
- 73. NATALIE COUGHLIN 12  
BREADED EGGPLANT, FRENCH DRESSING, AVOCADO, CHEDDAR  
[1040 CAL]
- ♥ 🌱 162. MAYA ANGELOU 12  
VEGAN STEAK, IKE'S YELLOW BBQ, CHEDDAR [320 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 9  
VEGGIE BACON, DIRTY DRESSING, PEPPER JACK [500 CAL]
- 265. READING RAINBOW 10  
AVOCADO, IKE'S RED PESTO, CHEDDAR [520 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]
- 🌱 653. MARE ISLAND 10  
(VALLEJO EXCLUSIVE)  
VEGAN CHICKEN, VALLEY JOE SAUCE, PEPPER JACK [500 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)