



MIKE'S LOVE & SANDWICHES

1159 LOCUST STREET ★ WALNUT CREEK, CA 94596

IKESOFWALNUTCREEK@GMAIL.COM

925.944.4755 ★ LOVEANDSANDWICHES.COM

MEATS

0.5 SPIFFY TIFFY 10.99

HALAL CHICKEN, GRILLED MUSHROOMS, AVOCADO, PESTO, PROVOLONE, PEPPER JACK [680 CAL]

2. HOLLYWOOD'S SF CHEESESTEAK 10.99

THINLY-SLICED RIB-EYE STEAK, GRILLED MUSHROOMS, PROVOLONE [280 CAL]

8. STEVE YOUNG 10.99

ALL-BEEF MEATBALLS, BACON, MARINARA, PEPPER JACK [660 CAL]

9. BELLA 10.99

HALAL CHICKEN, HONEY MUSTARD, AVOCADO, PEPPER JACK [780 CAL]

12. ANDREW LUCK 10.99

HALAL CHICKEN, BACON, GARLIC & HERB SAUCE, AVOCADO, GOUDA [670 CAL]

14. CHIPPER'S FAVE 10.99

TUNA, AVOCADO, AMERICAN [520 CAL]

17. JOE STARKEY 9.98

HALAL CHICKEN, BBQ SAUCE, CHEDDAR [590 CAL]

♥ 18. MATT CAIN 10.99

(*FANWICH AWARD: "BEST SPORTS SANDWICH" -ESPN) ROAST BEEF, TURKEY, SALAMI, GODFATHER SAUCE, PROVOLONE [350 CAL]

19. GOING HOME

FOR THANKSGIVING 10.99

TURKEY, CRANBERRY SAUCE, SRIRACHA, HAVARTI [400 CAL]

21. ACALANES 9.98

HAM, BACON, AMERICAN [410 CAL]

24. TOM HANKS 9.98

PASTRAMI, BACON, SWISS [460 CAL]

30. BACKSTABBER 10.99

(BEST THING I EVER ATE -DUFF GOLDMAN) HALAL CHICKEN, MARINATED ARTICHOKE HEARTS, CAESAR DRESSING, PROVOLONE [580 CAL]

49. THE 49ER 10.99

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

51. RANDY JOHNSON 10.99

HALAL CHICKEN, SOUTHWEST SAUCE, GRILLED MUSHROOMS, PEPPER JACK [520 CAL]

75. BARRY Z 9.98

TURKEY, AVOCADO, HAVARTI [420 CAL]

♥ 91. PAUL REUBENS 10.99

PASTRAMI, HOMEMADE PURPLE SLAW, FRENCH DRESSING, SWISS [680 CAL]

98. JAYMEE SIREWICH 10.99

FRIED CHICKEN, IKE'S YELLOW BBQ SAUCE, RANCH, PEPPER JACK [1100 CAL]

99. WE'RE JUST FRIENDS 10.99

HALAL CHICKEN, ZESTY ORANGE GLAZE, AVOCADO, PEPPER JACK [660 CAL]

111. MENAGE A TROIS 10.99

(*100 THINGS TO EAT BEFORE YOU DIE" -7X7 MAGAZINE) HALAL CHICKEN, REAL HONEY, HONEY MUSTARD, BBQ SAUCE, PEPPER JACK, SWISS, CHEDDAR [1060 CAL]

125, 756 10.99

TURKEY, BACON, AVOCADO, SWISS [560 CAL]

♥ 240. MADISON BUMGARNER 10.99

(WORLD FOOD CHAMPIONSHIPS, 2012) THINLY-SLICED RIB-EYE STEAK, IKE'S YELLOW BBQ SAUCE, (LIGHT) HABANERO, AMERICAN, PEPPER JACK [450 CAL]

333. ALICE GRECZYN 10.99

TURKEY, PESTO, GRILLED TOMATOES, PROVOLONE [680 CAL]

340. HARRISON PARMES 10.99

FRIED CHICKEN, MARINARA, PROVOLONE [840 CAL]

408. CHRIS WONDOLOWSKI 12.11

TURKEY, SALAMI, GODFATHER SAUCE, HABANERO, AVOCADO, PROVOLONE [510 CAL]

♥ 957. THE DAMON BRUCE 12.11

THINLY-SLICED RIB-EYE STEAK, STEAK SAUCE, BEER-BATTERED ONION RINGS, PROVOLONE [420 CAL]

VEGGIES

♣ 36. [YOUR FAVORITE

SESAME STREET CHARACTER] 9.98
CREAM CHEESE, PESTO, CUCUMBERS, AVOCADO [490 CAL]

♣ 61. SOMETIMES I'M A VEGETARIAN 9.98

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

♣ 70. MEATLESS MIKE 10.99

(*BEST VEGAN MEATBALLS IN AMERICA" -PETA) VEGAN MEATBALLS, MARINARA, PEPPER JACK [410 CAL]

73. NATALIE COUGHLIN 10.99

BREADED EGGPLANT, FRENCH DRESSING, AVOCADO, CHEDDAR [980 CAL]

170. NOT SO SLOPPY IKE 10.99

VEGAN MEATBALLS, BBQ SAUCE, CHEDDAR [620 CAL]

♣ 219. PILGRIM 10.99

VEGAN TURKEY, CRANBERRY SAUCE, SRIRACHA, HAVARTI [380 CAL]

♣ 249. GO SHARKS! 10.99

VEGAN BREADED CHICKEN, HONEY MUSTARD, BUFFALO-WING SAUCE, GOUDA [570 CAL]

261. SHREK 9.98

GRILLED MUSHROOMS, PESTO, RANCH, JACK [560 CAL]

265. READING RAINBOW 8.97

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

275. SALLY RIDE 10.99

VEGAN TURKEY, AVOCADO, HAVARTI [400 CAL]

299. CAPTAIN KIRK 10.99

BREADED VEGAN CHICKEN, ZESTY ORANGE GLAZE, AVOCADO, PEPPER JACK [660 CAL]

♥ 301. HANDSOME OWL 10.99

VEGAN BREADED CHICKEN, TERIYAKI, WASABI MAYO, SWISS [930 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 MIKE'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)