Lunch is provided by

New Frontiers natural marketplace

...made with fresh local ingredients

Select a gourmet sandwich or salad for each person when you schedule your tour.

SANDWICHES

Sandwiches come with a side of organic sliced carrots and celery with ranch dressing and sides of house mustard and mayonnaise. Gluten-free bread is available.

Oven Roasted Turkey Breast
Turkey breast, Swiss cheese, lettuce, tomato, sprouts, carrots, cucumbers and onions on focaccia bread

Southwest Blackened Chicken
Grilled blackened chicken, Jack cheese, green chilis, tomato, red onion, lettuce and cilantro mayonnaise on focaccia bread

Black Forest Ham
Black Forest ham, Swiss cheese, lettuce, tomato, carrots, and cucumbers on focaccia bread

Roast Beef
Sliced roast beef, cheddar cheese, lettuce, tomato, carrots, cucumber, roasted red pepper and horseradish on focaccia bread

Bacon, Lettuce & Tomato
Traditional BLT made with nitrite-free bacon, fresh tomato and lettuce on whole wheat bread

Grilled Tri Tip
Grilled tri tip, avocado, queso fresco, cilantro mayonnaise and pico de gallo on a hoagie roll

BBQ Tri Tip
Grilled tri tip, sauteed onions, cheddar cheese and barbecue sauce on a hoagie roll

Chipotle Tri Tip
Grilled tri tip, sauteed onions, provolone cheese and chiptole aioli on a hoagie roll

Italian Sub
Ham, soppressata, pepperoni, provolone, tomato, red onion, red leaf lettuce and pepperocinis on a hoagie roll; Italian dressing on side

Bacon, Goat Cheese and Date
Nitrite-free bacon, goat cheese, dates, arugula and balsamic glaze on focaccia bread

Veggie
Olive tapenade, guacamole, roasted red peppers, feta cheese, tomatoes and cucumber on focaccia bread

Avocado Delight
Avocado, lettuce, tomato, carrots, cucumbers, cheddar cheese, veganaise and Spike seasoning on whole wheat bread

SALADS

All dressings come on the side.

Chef Salad
Mixed greens, roast turkey breast, ham, cheddar cheese, carrots, red cabbage, cucumber, tomato, and sprouts with Ranch dressing

Cobb Salad
Fresh romaine, roast turkey, grape tomatoes, blue cheese, bacon, hard boiled egg, with Ranch dressing

Greek Salad
Mixed greens, feta, Greek olives, red onion, cucumber, tomato, and dolma with Greek dressing

Asian Salad
Mixed greens, roast turkey, red and yellow bell peppers, golden raisins, and almonds with Asian dressing

Chicken Caesar Salad
Roast chicken breast, romaine lettuce, croutons, red onion, tomato, Parmesan, with Caesar dressing

Antipasto Salad
Romaine, provolone, black olives, salami, pepperoni, red onion, artichoke hearts, garbanzo beans, and pepperocinis with Italian dressing

EXTRAS

Made fresh locally every day!

Potato Salad — *½ pound (vegan, organic)*	**$7.50**
Macaroni Salad — *½ pound*	**$7.50**
Chocolate Chip or Oatmeal Cookie	**$2.00**
Potato Chips — *1 oz package*	**$3.00**
Demi-Baguette — *sandwich size*	**$4.00**
Cupcake of the Day	**$6.00**

Questions?

Call 805-714-2520

WINE TOURS SYV

Wine Tours SYV
info@winetourssantaynez.com
805-714-2520