

ESTABLISHED  
1989  
**TBSP**  
THE BEST  
SANDWICH PLACE



Only the highest-quality local ingredients are used in our diverse menu.  
Our bread is baked daily by a local bakery, and every sandwich and salad is made fresh to order.

BREAKFAST

Served 8:00AM - 11:00AM

Grilled Halloumi & Tomato 8.99

Fried eggs, grilled Halloumi, grilled tomatoes, sautéed spring mix, on brioche.

● Sage Sausage & Egg 9.99

House-made sage sausage, cage-free scrambled egg, frisée and maple honey sauce, Gruyere cheese on brioche.

Farm Omelet 9.99

Cage-free eggs, fresh mozzarella, tomato, uncured prosciutto ham, basil.

Avocado Croissant 10.99

Soft scrambled cage-free eggs, Brie cheese, tomatoes, avocado, arugula, Mornay sauce, on homemade croissant.

Honey Bacon & Egg 9.99

Hickory smoked bacon, cage-free fried egg, frisée and house-made honey Sriracha sauce, Oaxaca cheese on brioche.

Feta Fried Eggs 9.99

Melted feta, organic fried eggs with oregano and red pepper flakes, avocado, pickled red onions, arugula, Greek yogurt sauce, on sourdough.

● Prosciutto & Brie Mousse 11.99

Uncured prosciutto ham fried egg, tomato, Brie cheese mousse, on homemade croissant.

● Herb Avocado & Egg 9.99

Hass Avocado, cage-free fried egg, arugula, caramelized onions, herb aioli, aged cheddar on sourdough.

Bagel

Bagels are baked daily in house:

Plain	1.99	Jelly	2.99
Cream Cheese	4.49	Butter	2.99

TBSP COMBO

Add chips and a canned soda to your sandwich for \$1

SIGNATURE SANDWICHES

Our sandwiches are made with premium cuts of meat, hormone and cage-free chicken, and sauces made in-house daily.

● Prosciutto Arugula 16.99

Tomato, Arugula, uncured prosciutto, goat cheese, avocado, olive oil, cracked pepper, on sourdough.

● Louisiana Grilled Shrimp 18.99

Grilled shrimp, remoulade, avocado, fried onion rings, shredded lettuce, tomato, hot sauce on baguette.

Italian Sub 15.99

Uncured prosciutto, Capicola ham, uncured Genoa salami, pepperoni, olive oil, red wine vinegar, oregano, lettuce, tomato, onion, house-made pickled Italian pepper, Provolone on baguette.

Chicken Fajita Wrap 16.99

Grilled chicken breast, grilled pepper and onion, Provolone, lettuce, pico de gallo, sour cream, avocado in a wrap.

Farm Club 17.99

Carved roasted turkey breast, wood-smoked bacon, avocado, tomatoes, herb aioli, spring mix, pickled red onions, on baguette.

● Kalbi BBQ Sandwich 18.99

Kalbi marinated black Angus steak, kimchi slaw, cilantro, wasabi mayo, Pepper Jack cheese on baguette.

Chicken Pesto 16.99

Grilled chicken breast, locally made fresh mozzarella, house-made marinated roasted peppers, housemade basil pesto, tomato, balsamic glaze, spring mix, on baguette.  
\*Contains nuts

B.L.A.T 16.99

Wood-smoked bacon, romaine lettuce, avocado, tomato, grilled shallots, with herb aioli on sourdough.

● Grilled Pork Meatball Banh Mi 16.99

House-made Vietnamese meatball, cilantro, pickled red onions, carrots, Sriracha mayo on baguette.

Salami & Fig 15.99

Uncured Genoa salami and Capicola ham, housemade fig jam, arugula, goat cheese, on toasted sourdough.

Carved Turkey 16.99

Honey mustard, cranberry sauce, carrot, cucumber, lettuce, tomatoes. (Add avocado, roasted pepper, fresh mozzarella - \$1.50 each)

Smoke Turkey Bacon 16.99

Smoked turkey breast, wood-smoked bacon, mayo, Provolone, lettuce, tomato, aged Cheddar on baguette.

MELT SANDWICHES

● Crispy Chicken 15.99

Oven-baked crispy breaded chicken breast, roasted garlic sun-dried tomato pesto, Provolone on sourdough.

\*Contains nuts

Buffalo Chicken 15.99

Oven-baked crispy breaded chicken breast, Ranch slaw, spicy buffalo sauce, Pepper Jack, Provolone on sourdough.

El Moro 17.99

Grilled chicken breast, bacon, black bean spread, avocado, grilled green pepper & pickled onion, cilantro crema, Oaxaca cheese on French baguette.

Steak and Herb Aioli 18.99

Marinated steak with Peruvian spices, red onion, tomatoes, jalapeño, Haloumi, lettuce, herb aioli on baguette.

● Prime Steak and Cheese 18.99

Certified black Angus steak, caramelized onions, melted Gruyere cheese, truffle cream on baguette.

● Chipotle Chicken 15.99

Grilled chicken breast, fried onion rings, Pepper Jack, Chipotle mayo on sourdough.

Cubana Fuego18.99

Pork loin, bacon, avocado, Pepper Jack cheese, chipotle mustard, black bean spread, cilantro crema on baguette.

Seaside Charmer Baguette18.99

Ribeye steak slices, garlic butter shrimp, lemon herb aioli, arugula, radicchio, caramelized onions, balsamic glaze, Provolone cheese on baguette.

● Sweet Chili Thai Chicken16.99

Organic grilled chicken breast, Thai basil slaw, grilled shallots, bread & butter pickles, Oaxaca cheese, sweet chili sauce, Sriracha mayo on brioche bun.

Manhattan Fusion Reuben17.99

First cut pastrami, Swiss cheese, kimchi slaw, cilantro, gochujang Russian dressing, toasted rye bread panini.

Basil Steak Pesto18.99

Chimichurri marinated steak, red onion, fresh mozzarella cheese, roasted jalapeños, basil pesto sauce on sourdough.

Maple Honey Chicken16.99

Breaded chicken breast, Chipotle mayo, roasted jalapeños, pickled onions, bread & butter pickles, onion rings, Pepper Jack, maple honey on brioche bun.

● Corned Beef B.L.A.T.18.99

First cut corned beef, wood smoked bacon, tomato, romaine lettuce, avocado, pickled red onions, herb aioli on toasted sourdough.

Reuben17.99

First cut corned beef, imported Swiss cheese, sauerkraut, house-made Russian dressing on Jewish rye.

The Captial Stack18.99

Pastrami, smoked turkey breast, Swiss and Provolone cheese, honey mustard cole slaw, pickled red onions, cucumber slices, black pepper aioli on toasted sourdough.

VEGETARIAN & VEGAN SANDWICHES

Vegan Banh Mi14.99

Organic marinated grilled tofu, housemade sweet chili sauce, pickled onions and carrots, cucumbers, jalapeños, cilantro on baguette.

Caprese14.99

Fresh mozzarella, tomatoes, housemade basil pesto and marinated roasted peppers, spring mix, balsamic glaze on baguette.

\*Contains nuts

● Vegan Roasted Cauliflower14.99

Roasted cauliflower, pickled Italian peppers, cilantro, avocado, maple sauce on whole wheat.

SIGNATURE SALADS

All dressings are made in-house using fresh and organic ingredients.

Can be served as salad or wrap.

● Superlite15.99

Spring mix, arugula, grilled chicken breast, dried cranberries, blue cheese, toasted walnuts, apples, grapes, sherry-shallot vinaigrette.

Asparagus Kale Caesar14.99

Kale, romaine, roasted asparagus, Parmesan roasted sunflower seeds, grape tomato, roasted cauliflower, egg, homemade croutons, Caesar dressing.

Add chicken - 2.99

Southern Chicken Asparagus15.99

Romaine lettuce, oven baked breaded chicken breast, roasted asparagus, roasted corn, mozzarella cheese, pico de gallo, homemade croutons, Tex-Mex Lime dressing.

Peruvian Steak Bowl18.99

Spring mix, arugula, Aji Amarillo sirloin steak, organic quinoa, red onions, grape tomatoes, lime-avocado mousse, pickled peppers, feta cheese, cilantro, roasted corn, toasted sunflower seeds, Aji lime vinaigrette.

● Autumn Harvest Bowl15.99

Spring mix, grilled chicken breast, quinoa, avocado, crushed roasted almonds, apples, roasted sweet potato, goat cheese, honey Sriracha lime dressing.

Mango Garlic Shrimp with Lime Avocado Mousse18.99

Spring mix and Romaine, grilled lemon garlic shrimp, quinoa, avocado, cucumber, roasted corn, mango, pickled red onions, tomatoes, feta, almond brittle, cilantro, citrus lemon vinaigrette.

Honey Glazed Chicken17.99

Shredded kale, honey glazed chicken breast, farro, mozzarella, crushed roasted almonds, roasted carrots, roasted beets, hass avocado, grapes, honey sriracha lime dressing.

Mediterranean Chicken Wrap17.99

Romaine lettuce, marinated organic chicken breast, tomatoes, red onions, diced cucumbers, crispy chickpeas, grilled halloumi, farro, drizzled with yogurt dill sauce and spicy Harissa red sauce.

Buffalo Chicken17.99

Romaine, grilled chicken breast, bacon bits, roasted carrots, grape tomatoes, egg, crouton, Parmesan, Caesar dressing, and a swirl of house-made buffalo sauce.

● Roasted Sesame Bowl15.99

Spring mix, kale, grilled organic tofu, farro, roasted sunflower seeds, roasted carrots, roasted corn, chicken breast, roasted sesame dressing.

\*Contains nuts

Signature Chicken Caesar13.99

Romaine lettuce, all-natural grilled chicken breast, herb-seasoned house-made croutons, aged Parmesan, tossed in our signature Caesar dressing.

Greek Salad13.99

Romaine lettuce, tomato, cucumber, onion, feta cheese, black olives, pepper-oncini, green pepper, Greek Vinaigrette.

with chicken +2.99

ORGANIC RICE BOWLS

Pick your protein

Chicken or tofu - 2.99  
Shrimp - 5.99  
Steak - 5.99

Chipotle Brown Rice13.99

Wild brown rice, kale, roasted corn, dried cranberries, black beans, roasted sweet potato, mozzarella, avocado, cilantro, chipotle honey vinaigrette.

● Korean BBQ Bowl18.99

Kalbi steak, steamed rice, mixed lettuce, kimchi slaw, noodles (Japchae), and spicy chili sauce.

Hearty Farro13.99

Farro, shredded kale, cucumber, roasted beets, spicy broccoli, crushed honey roasted almonds, roasted sweet potato, red onion, roasted sesame dressing.

\*Contains nuts

Roasted Almonds & Kale13.99

Quinoa, shredded kale, roasted beets, crushed roasted almonds, apple, avocado, Parmesan, citrus lemon vinaigrette.

Kimchi Garlic Shrimp Bowl18.99

Lemon garlic grilled shrimp, kimchi slaw, fried egg, mango, steamed rice, cilantro, and Sriracha.

Coconut Curry13.99

Wild brown rice, shredded kale, mango, avocado, roasted carrots, peanuts, cilantro, spicy broccoli, organic coconut curry dressing.

\*Contains nuts

● Walnuts & Roasted Cauliflower13.99

Wild brown rice, shredded kale, roasted cauliflower, toasted walnuts, grape tomatoes, roasted corn, blue cheese, honey Sriracha lime dressing

Mexican Bowl or Wrap18.99

Chicken or steak, brown rice, kale, avocado, black beans, corn, tomatoes, pickled onions, crispy quinoa, queso fresco, chipotle caesar dressing.