



MIKE'S LOVE & SANDWICHES

570 MUNRAS AVE #70 ★ MONTEREY, CA 93940

831-643-0900 ★ IKESOFMONTEREY@GMAIL.COM

LOVEANDSANDWICHES.COM

MEATS

0.5 SPIFFY TIFFY 10.99

(680 CAL) HALAL CHICKEN, GRILLED MUSHROOMS, AVOCADO, PESTO, PROVOLONE, PEPPER JACK

2. HOLLYWOULD'S SF CHEESESTEAK 10.99

(280 CAL) THINLY-SLICED RIB-EYE STEAK, GRILLED MUSHROOMS, PROVOLONE

3. MAYOOSE BLT 10.99

(470 CAL) BACON, LETTUCE, TOMATO, AVOCADO, JACK

♥ 6. HOT MOMMA HUDA 9.98

(520 CAL) HALAL CHICKEN, FRANK'S BUFFALO-WING SAUCE, RANCH, PROVOLONE

8. STEVE YOUNG 10.99

(660 CAL) ALL-BEEF MEATBALLS, BACON, MARINARA, PEPPER JACK

9. BELLA 10.99

(780 CAL) HALAL CHICKEN, HONEY MUSTARD, AVOCADO, PEPPER JACK

10. RUM RUM 9.98

(380 CAL) HALAL CHICKEN, MARINARA, PROVOLONE

14. CHIPPER'S FAVE 10.99

(520 CAL) TUNA, AVOCADO, AMERICAN

15. OTTER POP 10.99

(370 CAL) TURKEY, HAM, MELTED BRIE

16. JOE MONTANA 10.99

(810 CAL) HALAL CHICKEN, BACON, LIGHT SESAME DRESSING, AVOCADO, JACK

17. VANESSA HUDGENS 9.98

(590 CAL) HALAL CHICKEN, BBQ SAUCE, CHEDDAR

♥ 18. MATT GAIN 10.99

(FANWICH AWARD: BEST SPORTS SANDWICH - ESPN)

(350 CAL) ROAST BEEF, TURKEY, SALAMI, GODFATHER SAUCE, PROVOLONE

19. GOING HOME FOR THANKSGIVING 9.98

(400 CAL) TURKEY, CRANBERRY SAUCE, SRIRACHA, HAVARTI

21. SAMMY HAGAR 9.98

(410 CAL) HAM, BACON, AMERICAN

33. AL BUNDY 10.99

(740 CAL) HAM, SALAMI, FRENCH DRESSING, AVOCADO, GOUDA

49. THE 49ER 10.99

(570 CAL) HALAL CHICKEN, FRANK'S BUFFALO-WING SAUCE, HONEY MUSTARD, GOUDA

4. ROBERT LOUIS STEVENSON 10.99

(MONTEREY EXCLUSIVE)

(540 CAL) TURKEY, BACON, RED-PEPPER PESTO, HAVARTI

75. BARRY Z 9.98

(420 CAL) TURKEY, AVOCADO, HAVARTI

♥ 91. PAUL REUBENS 10.99

(680 CAL) PASTRAMI, HOMEMADE PURPLE SLAW, FRENCH DRESSING, SWISS

98. JAYMEE SIREWICH 10.99

(1100 CAL) FRIED CHICKEN, IKE'S YELLOW BBQ SAUCE, RANCH, PEPPER JACK

99. WE'RE JUST FRIENDS 10.99

(660 CAL) HALAL CHICKEN, ZESTY ORANGE GLAZE, AVOCADO, PEPPER JACK

111. MENAGE A TROIS 10.99

(100 THINGS TO EAT BEFORE YOU DIE™ -7X7 MAGAZINE)

(1060 CAL) HALAL CHICKEN, REAL HONEY, HONEY MUSTARD, BBQ SAUCE, PEPPER JACK, SWISS, CHEDDAR

118. TONY SOPRANO 10.99

(370 CAL) TURKEY, HAM, SALAMI, ITALIAN, PROVOLONE

125. 756 10.99

(560 CAL) TURKEY, BACON, AVOCADO, SWISS

141. ELVIS KREEP 10.99

(5 CAL) HALAL CHICKEN, BACON, TERIYAKI, WASABI MAYO, SWISS

201. ADAM RICHMAN 10.99

(1010 CAL) FRIED CHICKEN, HAM, REAL HONEY, PESTO, AVOCADO, SWISS

♥ 240. MADISON BUMGARNER 10.99

(450 CAL) THINLY-SLICED RIB-EYE, IKE'S YELLOW BBQ SAUCE, (LIGHT) HABANERO, AMERICAN, PEPPER JACK

242. PHIL ER'S UP KC BBQ 9.98

(520 CAL) ROAST BEEF, BBQ, CHEDDAR

333. STEPHAN JENKINS 9.98

(680 CAL) TURKEY, PESTO, GRILLED TOMATOES, PROVOLONE

340. HARRISON PARMES 10.99

(840 CAL) FRIED CHICKEN, MARINARA, PROVOLONE

♥ 957. THE DAMON BRUCE 12.11

(420 CAL) THINLY-SLICED RIB-EYE STEAK, STEAK SAUCE, BEER-BATTERED ONION RINGS, PROVOLONE

VEGGIES

🌱 61. SOMETIMES I'M A VEGETARIAN 9.98

(350 CAL) GRILLED MUSHROOMS, MARINATED ARTICHOKE HEARTS, PESTO, PROVOLONE

♥ 🌱 70. MEATLESS MIKE 10.99

(410 CAL) VEGAN MEATBALLS, MARINARA, PEPPER JACK

71. STEVE JOBS 10.99

(730 CAL) BREADED EGGPLANT, PESTO, RANCH PROVOLONE

171. JEREMY STOPPELMAN 10.99

(780 CAL) BREADED EGGPLANT, PESTO, HABANERO, GRILLED TOMATOES, PROVOLONE

🌱 172. THE TOAD 10.99

(370 CAL) AVOCADO, GRILLED MUSHROOMS, MARINARA, PROVOLONE

🌱 206. MOBILE MAMMA 10.99

(550 CAL) VEGAN CHICKEN, BUFFALO, RANCH, PROVOLONE

215. STEINBECK 10.99

(230 CAL) VEGAN TURKEY, MELTED BRIE

🌱 219. PILGRIM 10.99

(380 CAL) VEGAN TURKEY, CRANBERRY, SRIRACHA, HAVARTI

29. ZOIDBERG 9.98

(MONTEREY EXCLUSIVE)

(590 CAL) GRILLED MUSHROOMS,

RED-PEPPER PESTO,

HONEY MUSTARD, JACK

230. BRUTUS 10.99

(590 CAL) VEGAN BREADED CHICKEN, MARINATED ARTICHOKE HEARTS, CAESAR, PROVOLONE

236. A.L.F. 9.98

(MONTEREY EXCLUSIVE)

(300 CAL) CREAM CHEESE, RED PEPPER PESTO, CUCUMBERS, AVOCADO

🌱 249. GO SHARKS! 10.99

(570 CAL) VEGAN BREADED CHICKEN, FRANK'S BUFFALO-WING SAUCE, HONEY MUSTARD, GOUDA

275. SALLY RIDE 10.99

(400 CAL) VEGAN TURKEY, AVOCADO, HAVARTI

♥ 🌱 301. HANDSOME OWL 10.99

(930 CAL) VEGAN BREADED CHICKEN, TERIYAKI, WASABI MAYO, SWISS

🌱 302. STRAWBERRY GIRL 8.97

(360 CAL) CUCUMBERS, ASIAN SESAME DRESSING, JACK CHEESE

♥ -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)