



MIKE'S LOVE & SANDWICHES

6300 COLLEGE AVE, SUITE 140 ★ OAKLAND, CA 94618
510-823-2462 ★ IKESROCKRIDGE@LOVEANDSANDWICHES.COM
LOVEANDSANDWICHES.COM

MEATS

♥ 1. **ELVIS KIETH** 9.98
HALAL CHICKEN, TERIYAKI,
WASABI MAYO, SWISS

♥ 18. **MATT CAIN** 10.99
ROAST BEEF, TURKEY, SALAMI,
GODFATHER SAUCE, PROVOLONE

23. **MICHAEL**
JORDAN 9.98
ALL-BEEF MEATBALLS,
MARINARA, PEPPER JACK

44. **ROBIN WILLIAMS** 10.99
HALAL CHICKEN, ITALIAN DRESSING,
MUSHROOMS, PEPPER JACK

45. **AL DAVIS** 10.99
ROAST BEEF, BACON, CREAMY
HORSERADISH, SRIRACHA, JACK

♥ 91. **PAUL REUBENS** 10.99
PASTRAMI, HOMEMADE PURPLE
SLAW, FRENCH DRESSING, SWISS

111. **MENAGE A TROIS** 12.11
("100 THINGS TO EAT
BEFORE YOU DIE" -7X7)

HALAL CHICKEN, REAL HONEY,
HONEY MUSTARD, BBQ SAUCE,
PEPPER JACK, SWISS, CHEDDAR

133. **CLINT EASTWOOD** 12.11
ROAST BEEF, ONION RINGS,
YELLOW BBQ SAUCE, SWISS

201. **ADAM RICHMAN** 12.11
FRIED CHICKEN, HAM, REAL HONEY,
PESTO, AVOCADO, SWISS

287. **MAC DRE** 12.11
STEAK, STEAK SAUCE,
HOMEMADE PURPLE SLAW, CHEDDAR

312. **KEN STABLER** 9.98
HALAL CHICKEN, BACON,
ASIAN SESAME DRESSING, JACK

340. **HARRISON BARNES** 9.98
FRIED CHICKEN, MARINARA, PROVOLONE

342. **DAVE HENDERSON** 9.98
TURKEY, SALAMI,
CAESAR DRESSING, PROVOLONE

465. **SQUARE ONE** 9.98
TUNA, RED PESTO, CHEDDAR

543. **I'M**
THE 4TH TONIEY! 10.99
(ROCKRIDGE EXCLUSIVE)

CHICKEN FRIED STEAK, #FEASTMODE
SAUCE, SMOKED GOUDA

634. **DON'T CALL ME J.R.** 9.98
(ROCKRIDGE EXCLUSIVE)
BACON, #FEASTMODE SAUCE,
LETTUCE, TOMATO, AMERICAN

3030. **STEPH**
#CURRYONE 9.98
TURKEY, YELLOW BBQ SAUCE, PROVOLONE

VEGGIES

♥ 🥕 70. **MEATLESS MIKE** 10.99
("BEST VEGAN MEATBALLS IN AMERICA"
-PETA)

VEGAN MEATBALLS, MARINARA, PEPPER JACK
73. **NATALIE COUGHLIN** 10.99
BREADED EGGPLANT, FRENCH DRESSING,
AVOCADO, GOUDA

🥕 137. **WINNIE THE POOH** 8.97
CREAM CHEESE, CUCUMBERS, ZESTY ORANGE
GLAZE, LETTUCE, TOMATO

🥕 206. **XXX-TINA** 10.99
VEGAN CHICKEN, BUFFALO-WING SAUCE,
RANCH, PROVOLONE

🥕 219. **PILGRIM** 10.99
VEGAN TURKEY, CRANBERRY,
SRIRACHA, HAVARTI

♥ 250. **PRISSY PRESLEY** 9.98
VEGGIE BACON, DIRTY DRESSING,
PEPPER JACK

289. **GS WARRIORS** 12.11
VEGAN TURKEY, VEGGIE BACON, GRILLED
MUSHROOMS, AVOCADO, SWISS

571. **BEBE-SHOPPING**
DONTRELLE WILLIS 10.99
(ROCKRIDGE EXCLUSIVE)
VEGAN TURKEY, #FEASTMODE SAUCE, HAVARTI

♥ -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)