



MIKE'S LOVE & SANDWICHES

1822 N. MAIN STREET ★ SALINAS, CA 93906
831-449-4000 ★ IKESOFSSALINAS@GMAIL.COM
LOVEANDSANDWICHES.COM

MEATS

0.5 SPIFFY TIFFY 10.99

HALAL CHICKEN, GRILLED MUSHROOMS,
AVOCADO, PESTO, PROVOLONE,
PEPPER JACK

♥ 1. ELVIS KIETH 9.98

HALAL CHICKEN, TERIYAKI,
WASABI MAYO, SWISS

2. HOLLYWOOD'S

SF CHEESESTEAK 10.99

THINLY-SLICED RIB-EYE STEAK,
GRILLED MUSHROOMS, PROVOLONE

4. LIZZY'S LIPS 9.98

HALAL CHICKEN, ITALIAN DRESSING,
PEPPER JACK

5. NACHO BOY 10.99

ROAST BEEF, MUSHROOMS,
AVOCADO, SWISS

6. HOT MOMMA HUDA 10.99

HALAL CHICKEN, FRANK'S BUFFALO-
WING SAUCE, RANCH, PROVOLONE

7. THE PIZZLE 9.98

HALAL CHICKEN, BACON, RANCH, CHEDDAR

10. RUM RUM 9.98

HALAL CHICKEN, MARINARA, PROVOLONE

15. OTTER POP 10.99

TURKEY, HAM, MELTED BRIE

17. VANESSA HUDGENS 9.98

HALAL CHICKEN, BBQ SAUCE, CHEDDAR

♥ 18. MATT CAIN 10.99

("FANWICH AWARD:
BEST SPORTS SANDWICH" -ESPN)
ROAST BEEF, TURKEY, SALAMI,
GODFATHER SAUCE, PROVOLONE

21. SAMMY HAGAR 9.98

HAM, BACON, AMERICAN

24. CAIN VELASQUEZ 9.98

PASTRAMI, BACON, SWISS

25. BARRY B. 9.98

TURKEY, BACON, SWISS

49. THE 49ER 9.98

HALAL CHICKEN, FRANK'S BUFFALO-WING
SAUCE, HONEY MUSTARD, GOUDA

58. CESPEDES 9.98

HAM, GODFATHER SAUCE, JALAPEÑOS, JACK

75. BILL WALSH 9.98

TURKEY, AVOCADO, HAVARTI

♥ 91. PAUL REUBENS 10.99

PASTRAMI, HOMEMADE PURPLE SLAW,
FRENCH DRESSING, SWISS

111. MENAGE A TROIS 10.99

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

118. TONY SOPRANO 10.99

SALAMI, HAM, TURKEY, ITALIAN DRESSING,
PROVOLONE

128. SORRY CHARLIE 8.97

TUNA, DIRTY SAUCE, JACK

145. STIFFLER'S MOM 9.98

HALAL CHICKEN, CHUNKY BLUE CHEESE,
FRANK'S BUFFALO-WING SAUCE

242. PHIL 'ER UP'S KC BBQ 9.98

ROAST BEEF, BBQ, CHEDDAR

333. STEPHAN JENKINS 9.98

TURKEY, PESTO, GRILLED TOMATOES,
PROVOLONE

VEGGIES

👉 36. (YOUR FAVORITE

SESAME STREET CHARACTER] 9.98

CREAM CHEESE, PESTO, CUCUMBERS, AVOCADO

👉 61. SOMETIMES

I'M A VEGETARIAN 9.98

GRILLED MUSHROOMS, MARINATED ARTICHOKE
HEARTS, PESTO, PROVOLONE

♥ 👉 70. MEATLESS MIKE 10.99

("BEST VEGAN MEATBALLS IN AMERICA" -PETA)
VEGAN MEATBALLS, MARINARA, PEPPER JACK

👉 172. THE TOAD 9.98

AVOCADO, GRILLED MUSHROOMS,
MARINARA, PROVOLONE

👉 215. STEINBECK 10.99

VEGAN TURKEY, MELTED BRIE

216. FORBESBIDDEN FRUIT 7.96

GRILLED TOMATOES, PESTO, PROVOLONE

261. SHREK 9.98

GRILLED MUSHROOMS, PESTO, RANCH, JACK

265. READING RAINBOW 8.97

AVOCADO, IKE'S RED PESTO, CHEDDAR

♥ 👉 301. HANDSOME OWL 10.99

VEGAN CHICKEN, TERIYAKI, WASABI MAYO, SWISS

👉 302. STRAWBERRY GIRL 8.97

CUCUMBERS, LETTUCE, TOMATOES,
ASIAN SESAME DRESSING, JACK

304. CHESTER THE CHEETAH 7.96

GRILLED CHEESE (UP TO 4 KINDS!)

♥ -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)