

## Breakfast

(Availability of breakfast items varies by location)

**MAX'S BREAKFAST SAMMIE:** Scrambled eggs and cheese with bacon, tomato, pepper jack, & garlic-tabasco mayo on sourdough toast **\$7.95**

**JIM'S BREAKFAST SAMMIE:** 2 over-medium eggs, basil mayo, lettuce, tomato, and red onion on toasted rye **\$6.50** Add bacon + **\$1.50**

**DAR'S BREAKFAST SAMMIE:** Toasted bagel with scrambled eggs, cream cheese, tomato, onion, avocado, and sprouts **\$6.95** Add bacon + **\$1.50**

**SAM'S BREAKFAST SAMMIE:** Ham with melted swiss cheese, basil mayo, tomato, and red onion on choice of bagel, croissant, or toast **\$6.50**

**MORNING 3-WAY:** Triple-decker eggs, bacon, ham, and cheese with mayo, tomatoes, and red onion on choice of sourdough, wheat, or rye **\$9.50**

**BREAKFAST PANINI:** Panini-grilled ham & swiss with dijon mustard and a fried egg **\$7.50**

**STEAK & EGGS:** Tri-tip and eggs with pepper jack cheese, chipotle mayo, and a side of salsa on a toasted Italian roll **\$8.50**

**THE UNCLE STEVE:** Pastrami with provolone cheese, two over easy eggs, caramelized onions, mayo, dijon, lettuce, and tomato **\$8.50**

**BASIC EGG SAMMIE:** Scrambled eggs with choice of cheddar, jack, provolone, or swiss cheese on choice of bagel, croissant, or toast **\$6.50** Add bacon, ham, or smoked turkey + **\$1.50**

### **TOASTED BAGEL:**

With cream cheese **\$2.95**

With cream cheese, tomato, red onion **\$3.95** Open-faced + **\$1.00**

With cream cheese, smoked salmon, tomato, red onion **\$7.95** Open-faced + **\$2.00**

**NUTELLA, PEANUT BUTTER & BANANA:** On toasted sourdough **\$4.95**

**OUR ENVIRONMENTAL COMMITMENT:** In addition to being committed to making the best sammies and salads in the Santa Barbara area, we are committed to do the right thing with respect to the environment. All the single use products we use are made from sustainable, renewable, and compostable materials such as switchgrass, bagasse, and PLA, a plant-based polymer. All our paper products such as napkins, paper towels, letterhead, and business cards, are made from 100% recycled materials, this menu included. We also participate in city and county programs where available, in order to divert waste from landfills back into the soil.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

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**SAMMIES  
SALADS**

### **GOLETA**

**185 S. Patterson Ave**  
(at Hollister)

**Phone: 805-967-8226**

**Fax: 805-681-3354**

### **SB CHAPALA**

**1436 Chapala St**  
(at Micheltorena St)

**Phone: 805-560-9800**

**Fax: 805-560-9803**

### **ISLA VISTA**

**6521 Pardall Rd**  
(at Embarcadero Del Norte)

**Phone: 805-770-2669**

**Fax: 805-770-2116**

### **SB CARRILLO**

**10 E. Carrillo St**  
(at State St)

**Phone: 805-845-4600**

**Fax: 805-845-8074**

**25 YEARS!**

**SOUTH  
COAST  
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DELI BOY!

**SAMMIES  
SALADS**



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**SB CARRILLO • SB CHAPALA • GOLETA • ISLA VISTA**

 **Chicken**

**When in Rome:** Sliced house roasted chicken breast w/ our own toasted almond and sage pesto, lemon mayo, pecorino cheese, and arugula on a toasted Italian roll **\$9.95**

**The Marin:** Sliced house roasted chicken breast w/ melted swiss cheese, our own basil mayo, tomato, pepperoncini, avocado, and alfalfa sprouts **\$9.95**

**Buffalo Chicken Sammie:** Sliced house roasted chicken breast covered in hot wing sauce w/ chipotle mayo, topped with shredded romaine tossed in our own blue cheese dressing served on a toasted Italian roll **\$9.95**

**BBQ Chicken Sammie:** Sliced house roasted chicken breast covered in our own bbq sauce w/ mayo, bacon, avocado, and tomato, topped with romaine lettuce tossed in chipotle ranch on a toasted Italian roll **\$10.95**

**Mr. Green Jeans:** Sliced house roasted chicken breast w/ provolone cheese and kalamata olive tapenade topped w/ kale tossed in our own garlic dressing and parmesan **\$9.95**

**Cobb Salad Sammie:** Sliced house roasted chicken breast and bacon w/ mayo, tomato, avocado, and melted cambozola cheese. Topped w/ chopped romaine tossed in our own green onion gorgonzola dressing, on a toasted Italian roll **\$10.95**

**Chicken Caesar Sammie:** Sliced house roasted chicken breast w/ mayo and parmesan cheese, topped w/ romaine lettuce tossed in our own garlic dressing on a toasted Italian roll **\$8.95**

**Mark's Panini:** Sliced house roasted chicken breast w/ hot pepper jack cheese, our own garlic-tabasco mayo, house roasted pasilla chile, tomato, and red onion grilled and pressed on your choice of sourdough or wheat **\$9.95**

**Chicken and Pesto:** Sliced house roasted chicken breast w/ fresh mozzarella cheese, house made basil pesto, tomato, and mayo grilled and pressed on your choice of sourdough or wheat **\$8.95**

**Chicken Chipotle Club:** Sliced house roasted chicken breast, applewood smoked ham, and bacon w/ jack cheese, our own chipotle mayo, lettuce, tomato, red onion, and pepperoncini **\$11.95**

**Curried Chicken Salad:** With our own mango chutney mayo, cilantro, and shredded cabbage on a toasted Italian roll **\$9.50**

**The Phatty:** House made chicken salad (all breast meat) w/ our own basil mayo, bacon, and sliced avocado **\$9.95**

 **Turkey**

**Cajun Turkey:** All natural roasted turkey breast w/ our own garlic-tabasco mayo, dijon mustard, tomato, red onion, pickle, and shredded cabbage **\$8.95**

**Turkey w/ Bacon:** All natural roasted turkey breast, bacon, our own sun-dried tomato mayo, lettuce, and tomato **\$9.50** Add sliced avocado + **\$1.25**

**Gobble Gobble:** All natural roasted turkey breast w/ cranberry thyme cream cheese, red onion, and radish sprouts on toasted wheat **\$8.95**

**South Coast Turkey:** All natural roasted turkey breast w/ melted cheddar and provolone, our own basil mayo, red onion, red bell pepper, and lettuce **\$9.50**

**T 'N A Panini:** All natural roasted turkey breast w/ bacon, swiss cheese, avocado, tomato, onion, pepperoncini, mayo, and mustard grilled and pressed on your choice of sourdough or wheat **\$10.95**

**Italian 3-Way:** All natural roasted turkey breast, capicola, salami and provolone cheese w/ our own basil mayo, lettuce, tomato, red onion, and pepperoncini **\$11.95**

 **Beef and Pork**

**Hoagie:** Mortadella, capicola, and cotto salami w/ provolone, tomato, red onion, pepperoncini, lettuce, and our own Italian vinaigrette **\$10.95**

**S.C.D.B.L.T.:** Bacon, our own basil mayo, lettuce, and tomato on toasted sourdough **\$8.50** Add sliced avocado + **\$1.25**

**Roast Beef w/ Horseradish:** Sliced roast beef w/ our own horseradish sauce, red onion, and avocado **\$9.50**

**Dar's Sky High:** Pastrami w/ melted swiss cheese and our own thousand island dressing, topped with cole slaw **\$9.95**

**MMMM Balls:** House made beef and sausage meatballs w/ provolone and tomato sauce (deli boy likes pesto on his balls, let us know if you do too) **\$9.95**

**The Robert Emmet:** Applewood smoked ham w/ provolone, our own basil mayo, red onion, tomato, pepperoncini, lettuce, and Italian vinaigrette on a toasted Italian roll **\$9.95**

**BBQ Pork:** Braised pork shoulder w/ our own sweet and tangy bbq sauce, topped with pickle and cole slaw on a toasted Italian roll **\$9.50**

**Roast Beef Hottie "88":** Roast beef with melted pepper jack, our own garlic-tabasco mayo, lettuce, tomato, and red onion **\$9.95**

**Tri-Tip & Salsa:** Sliced house roasted tri-tip w/ our own chipotle mayo, and SCD salsa **\$9.50**

**Dip Your Tip:** Sliced house roasted tri-tip w/ swiss cheese and our own horseradish sauce on a toasted Italian roll served with au jus **\$9.50**

**The R.B.C.:** Roast beef w/ our own sun-dried tomato mayo, caramelized onion, and cambozola cheese grilled and pressed on your choice of sourdough or wheat **\$9.95**

**Italian Ham Job:** Capicola and provolone w/ our own basil mayo, tomato, and red onion **\$8.95**

**Megan's Grilled Cheese:** Cheddar cheese and bacon, lots of both, grilled and pressed on your choice of sourdough or wheat **\$7.95**

**Viet Nom Nom:** House roasted pork shoulder w/ our own sriracha mayo, cilantro, cucumber, mirin vinaigrette, and pickled veggies on a toasted Italian roll **\$9.95**

 **Vegetarian & Pescatarian**

**Darren's Tuna:** Tuna salad w/ our own garlic-tabasco mayo, jalapeño, tomato, and lettuce on a toasted Italian roll **\$8.50**

**South Coast Veggie:** Our own herb cream cheese, avocado, cucumber, shredded carrot, tomato, red onion, and alfalfa sprouts **\$7.95**

**Cheesy Veggie:** Melted jack and cheddar, house roasted pasilla chile, mayo, cilantro, green onion, lettuce, and tomato **\$8.50**

**Eggplant Sammie:** Sliced breaded and fried eggplant w/ melted provolone, mayo, mustard, lettuce, tomato, pepperoncini, red onion and Italian vinaigrette **\$8.50**

**SCD Grilled Cheese:** Cheddar and jack w/ our own garlic-tabasco mayo, house roasted pasilla chile, tomato, and red onion **\$8.50**

**Caprese:** Fresh mozzarella cheese, mayo, pesto, and tomato grilled and pressed on your choice of sourdough or wheat **\$7.95**

 **Tossed Salads**

**Caesar w/ Chicken:** Romaine w/ shredded parmesan cheese, our own croutons, sliced house roasted chicken breast, and Max and Sam's garlic dressing **\$7.95**

**Mexican Chicken Caesar:** Romaine with sliced house roasted chicken breast, red onion, red bell pepper, jack cheese, blue corn tortilla chips, and our creamy cilantro dressing **\$8.95**

**Keep Calm Kale On:** Chopped kale with hearts of palm, sun-dried tomato, toasted pine nuts, red onion, parmesan & pecorino, and Max & Sam's Garlic Dressing **\$8.95** Add Chicken Breast + **\$2.00**

**Asian Greens with Chicken:** Napa cabbage, green cabbage, and bok choy with sliced house roasted chicken breast, shredded carrot, green onion, cilantro, black sesame seeds, crispy wontons, and our sweet & spicy sesame dressing **\$8.95**

**Cobb Salad:** Chopped romaine with house roasted chicken breast, bacon, tomato, avocado, gorgonzola cheese, hard-cooked egg, and our green onion-gorgonzola dressing **\$9.95**

**Greek Salad:** Romaine with cucumber, feta cheese, kalamata olives, tomato, red onion, artichoke heart and Max & Sam's garlic dressing **\$8.50** Add Chicken Breast + **\$2.00**

**Italian Chopped:** Romaine & red cabbage with sopressata, parmesan cheese, red onion, tomato, and garbanzo beans with our Italian vinaigrette **\$8.95**

**Fowl Play:** Romaine, black beans, corn, green onion, cilantro, and bacon tossed in chipotle ranch dressing with warm sliced house roasted chicken breast smothered in our own sweet & tangy BBQ sauce; topped with crispy onions **\$8.95**

**Buffalo Blue:** Shredded romaine, crumbled blue cheese, red onion, and tomato tossed in our own blue cheese dressing; topped with warm sliced house roasted chicken breast smothered in wing sauce **\$8.95**

**Romaine & Gorgonzola:** Romaine with all natural roasted turkey breast, gorgonzola cheese, chopped walnut, avocado, and our tangy tabasco vinaigrette **\$7.95**

**Garden Salad:** Romaine with red onion, tomato, cucumber, red bell pepper, shredded carrot, and our herb vinaigrette dressing **\$6.95** Add tuna salad or chicken salad + **\$2.50**

**The Ocean Spray:** Arugula and romaine w/ feta cheese, red onion, dried cranberry, and toasted hazelnuts, with our own cranberry vinaigrette **\$8.95**

We take pride in the fact that we make all our dressings from scratch. We use the freshest produce available, sourced locally when possible, procure the highest quality meat and poultry, and use breads baked fresh every day.