

# QwikCafe

by Sequoia

G R E A T F O O D O N · T H E · G O

## Sequoia's First Self-Serve Deli!

1221 18th Street - Next to Sequoia Sandwich  
Skip The Wait - Just Grab & Go!

Open Monday - Friday 10:00am - 3:00pm

Menu Offerings as of May 1, 2017 - Subject to change daily  
We prepare food each morning based on expected demand  
but we do not guarantee these selections.  
No need to call, just stop in and see what's new today!

## SANDWICHES

Paninis & Baguettes heated on request  
in our turbo convection oven!

**Tuna Melt Panini:** Sequoia's  
Albacore tuna salad with pepper-  
jack cheese on ciabatta

**Chicken-Pesto Panini:** Roasted  
chicken, basil pesto, roma tomatoes,  
basil, mozzarella cheese on ciabatta

**Cajun Chicken Panini:** Roasted  
chicken, red bell pepper, spinach,  
provolone cheese & cajun sauce

**Turkey & Cheese Baguette:**  
All natural roasted turkey breast with  
gouda cheese on a LaBrea Bakery  
baguette

**Salami & Cheese Baguette:**  
Dry salami and pepper-jack cheese  
on a LaBrea Bakery baguette

**Ham & Brie Baguette:** Black  
Forest ham and brie cheese on a  
LaBrea Bakery baguette

**Beef Dip:** Tender roast beef with  
baby Swiss cheese on a LaBrea  
Bakery baguette with cup of Au Jus

**Chicken Caesar Wrap:** Roasted  
chicken, romaine lettuce, shaved  
parmesan, caesar dressing, spinach  
wrap

**Turkey Sandwich:** Roast turkey  
breast, Baby Swiss cheese, lettuce,  
tomato, on squaw or multi-grain  
bread



Ham & Brie Baguette

**Tuna Sandwich:** Albacore tuna  
with mayo, celery, red onion, relish,  
lettuce, tomato, on squaw or multi-  
grain bread

**Fresh Veggie Sandwich:**  
Hummus, red peppers, cucumber,  
gouda cheese, roasted eggplant &  
arugula on multi-grain

**Club Sandwich:** Turkey, ham,  
bacon, baby Swiss cheese, lettuce,  
tomato, on multi-grain bread

**Waldorf Chicken Sandwich:**  
Diced chicken, apples, walnuts,  
celery, red onion & mayo on a  
croissant

**Peanut Butter & Jelly:** Creamy  
peanut butter and raspberry jelly on  
multi-grain bread

# SALADS

**DRESSINGS:** Ranch, Caesar, Greek, Balsamic Vinaigrette, Citrus-Champagne Vinaigrette, Toasted Sesame

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**Beet Salad:** Assorted greens, roasted red & gold beets, heirloom tomatoes, feta cheese & glazed walnuts

**Kale-Quinoa Salad:** Baby kale, quinoa, julienned carrots & red peppers, grapes, parmesan & sliced almonds

**California Chicken Salad:** Sliced roasted chicken, assorted greens, cucumbers, carrots, onions, garbanzo beans, feta

**Chicken Caesar Salad:** Sliced roasted chicken, romaine lettuce, shaved parmesan & homemade croutons

**Salmon Salad:** Grilled wild Alaskan salmon, assorted greens, heirloom tomatoes, capers & sliced almonds

**Sesame Chicken Salad:** Sliced roasted chicken, mixed greens & cabbage, water chestnuts, peppers, almonds, oranges

**Tuna Salad:** Sequoia's albacore tuna salad on top of assorted greens with heirloom tomatoes



Beet Salad

# CHILI & SOUP

**Sequoia Chili and Soup of The Day** - 12oz cups

MON...Meatball  
TUES...Chicken-Noodle  
WED...Broccoli Cheese  
THUR...Minestrone  
FRI...Clam Chowder

# BREAD FREE

**Val's Deviled Eggs**

**PROTEIN BOXES:** Hardboiled Eggs, Roast Turkey, Gouda or Brie Cheese, Humus, Veggies & Grapes

# HALF & HALF

**Lite Lunch:** Half of a roast turkey sandwich with a Garden or Caesar Salad

**Lite Lunch Premium:** Half of a roast turkey sandwich with a Beet or Kale-Quinoa Salad

# SIDES

Potato Salad, Broccoli-Raisin Salad, Macaroni Salad, Quinoa Salad, Fresh Fruit

# DESSERTS

Chocolate Cake, Carrot Cake, New Frosted Fudge Brownies

Lemon Bars, Rice Crispy Treats, Cookies - Chocolate Chip, Rainbow Sugar, Oatmeal-Chip-Nut

Banana Pudding, Strawberries & Cream, Greek Yogurt Parfait (with berries & homemade granola)