

Hiker's Lunch Menu

Superb Sandwiches

Sandwiches prepared on fresh-baked bread as listed below, unless otherwise specified.

Tel: 877 HIKE-PHX
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Hike In Phoenix, LLC



Urban Guided
 Hiking in the
 Valley of the Sun

www.HikeInPhoenix.com
 877 HIKE-PHX

Note specific/special requests on page #3. **This is Page 1**

Name _____

Group _____

Hike Time _____

Hike Date/Day _____

<ol style="list-style-type: none"> 1. Circle either Deluxe (D) or Executive (E) Hiker's Lunch on the right. 2. Under your choice of Deluxe or Executive, circle your choice of either Sandwich (a) or Salad (b). 3. Circle one sandwich OR salad of your choice. (Listed in boxes below.) 4. Fax or email order (see above) 	<p>Deluxe Lunch (D)</p> <ol style="list-style-type: none"> a. Sandwich, served with pasta salad, potato salad, frog eye salad, or potato chips, dill pickle, lettuce, tomato, a sweet treat. (Condiments on the side) b. Salad served with fresh baked cookie. 	<p>Executive Lunch (E)</p> <ol style="list-style-type: none"> a. Same as Deluxe, with fresh cut veggies, a scrumptious vegetable dip and a cheesecake. b. Salad served with Cheesecake.
<p>What is Frog Eye Salad? It's a light and fruity treat that has a custard base with non-dairy whipped cream. Then we throw in some mandarin oranges, pineapple with acini de peppe pasta balls</p>	<p>Club Oven roasted turkey breast and Virginia baked ham topped with bacon, cheddar & provolone cheese on honey wheat bread. Add cranberry sauce? _____</p>	<p>Albacore Tuna The best fancy white albacore tuna (dolphin-friendly of course) with Swiss cheese served on fresh baked sourdough bread.</p>
<p>Hikers Favorite Roast beef, sliced turkey, ham and Swiss cheese loaded up on our freshly baked 13-grain bread.</p>	<p>Turkey Avocado Oven-roasted turkey breast, sliced avocado, sprouts and Swiss cheese on our fresh baked honey wheat bread. Add cranberry sauce? _____</p>	<p>Breast of Turkey Oven roasted, tender white turkey breast piled high on our fresh baked honey wheat bread. Add cranberry sauce? _____</p>
<p>Curry Chicken A delightful blend of sweet and savory spices with a hint of mild curry mixed with fruit and tender chicken breast served on fresh baked sourdough bread.</p>	<p>Cashew Chicken Tender chunks of chicken breast blended with cashews and sweet celery, seasoned to perfection. Served on fresh baked sourdough bread.</p>	<p>Pastrami & Swiss Sliced pastrami and Swiss cheese on our famous 13-grain bread will give you that world-renowned deli taste.</p>
<p>Baked Ham Sugar-cured Virginia baked ham and Swiss cheese on sourdough bread.</p>	<p>BLT Lean bacon next to garden fresh tomatoes and crisp green leaf lettuce. Pile it in between fresh sourdough bread —You'll love it!</p>	<p>BLT Deluxe The incredible BLT made even better with Swiss cheese, avocado and sprouts on honey wheat bread.</p>

<p>Vegetarian Sliced mushrooms, tomatoes, cucumbers, avocado, green pepper and sprouts with provolone and cheddar cheese on our famous honey wheat bread.</p>	<p>Egg Salad A great combination of egg salad, Swiss cheese and sliced avocado on our fresh baked sourdough bread.</p>	<p>Page 2</p>  <p>Urban Guided Hiking in the Valley of the Sun www.HikeInPhoenix.com 877 HIKE-PHX</p>						
<p>Roast Beef Deluxe Lean top round of beef, provolone and cheddar cheese piled high on our fresh baked 13-grain bread.</p>	<p style="text-align: center;">Garden Fresh Salads</p> <p style="text-align: center;">Check off your choice of dressing listed below.</p>	<p>Caesar Salad Garden fresh tomatoes and cucumbers next to grated parmesan cheese and sliced egg all piled up on a crisp bed of Romaine lettuce. Served with our creamy Caesar dressing on the side. Add grilled chicken? _____</p>						
<p>Apple Walnut Salad Sliced apples, candied walnuts, crumbled bacon and mozzarella cheese on a crisp bed of salad greens. Served with poppy seed dressing.</p>	<p>Cobb Salad Chunks of chicken, bacon, olives, tomatoes, sliced egg, jack and cheddar cheese on top of salad greens.</p>	<p>Southwestern Salad Exciting combination of mixed greens, tomatoes, black olives, onion, and shredded cheese served with homemade salsa and tortilla chips. Add grilled chicken? _____</p>						
<p>Mandarin Chicken Salad Tender sliced chicken breast, mandarin oranges and slivered almonds on top of fresh salad greens. Served with sesame ginger dressing on the side.</p>	<p>Chef's Salad a la Sonora Julienne strips of turkey and ham, sliced egg, jack and cheddar cheese, tomatoes and cucumbers on crisp salad greens.</p>	<p>Tuna Salad The finest, fresh white tuna makes this the catch of the day.</p>						
<p>Curry Chicken Salad Assorted greens with fresh vegetables, topped with curry chicken salad.</p>	<p>Sliced Chicken A delicious combination of fresh, crisp salad greens, vegetables and chicken breast.</p>	<p>Cashew Chicken Assorted greens mixed with fresh vegetables, topped with cashew chicken salad.</p>						
<p>Fruit & Yogurt Luscious ripe fruit on a bed of lettuce, complimented by a tart fresh yogurt; perfect for the healthy hiker's appetite!</p>	<p>Veg Out! An array of crisp cut garden veggies next to our famous Ranch dip. Veggie hiker's delight.</p>	<p>Tossed Green Crisp lettuce mixed with red cabbage, grated carrots and fresh vegetables.</p>						
<p>Served with fresh baked bread & your choice of salad dressing below.</p>	<p style="text-align: center;">Thank you for hikin' & eatin' with us! You're going to have a great time.</p>							
<p>Ranch</p>	<p>Lite Ranch</p>	<p>Italian</p>	<p>Lite Italian</p>	<p>Bleu Cheese</p>	<p>Thousand Island</p>	<p>Fat-free Raspberry Vinaigrette</p>	<p>Honey Mustard</p>	<p>Sesame Ginger</p>

Special/specific requests: _____

LIST ANY FOOD ALLERGIES: _____

Your Name _____

Group Name _____

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Phoenix area, Arizona, USA

We reserve the right to substitute your selection where market conditions or circumstances may change the availability of certain foods, or when there is a popular demand for one of the above listed lunches that exhaust our supply for the day and time of your scheduled hike. Additionally, if your order or requests on this order sheet are not concise or are illegible, our staff will have to, due to time constraints in preparation of our freshly made meals, prepare what we fill would be a similar request based on what was submitted. Every attempt will be made to fulfill your request as ordered. We hope you enjoy it.

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