



Coffee, Tea, Deli, and Gifts

641-446-7711

August 7 to September 30, 2017

Monday

Roasted Pork Philly-Seasoned shredded pork on a toasted hoagie topped with sautéed peppers and onions and drizzled with Garlic Parmesan Sauce. Side options: Cottage cheese, pasta salad, steamed veggies, fruit, or side salad.

Whole: \$9.50 Half: \$7.00 Without side: \$7.50/\$5.00

Broccoli Apple Chicken Salad-A bed of greens loaded with chicken, diced apples, broccoli, dried cranberries, sugared walnuts and red onion served with Apple Vinaigrette Whole: \$8.25 Half: \$4.50

Tuesday

Turkey Bacon Club-Turkey, Bacon, Havarti cheese, Lettuce, Tomato and Garlic Aioli on toasted sour dough Side options: Cottage cheese, pasta salad, steamed veggies, fruit, or side salad.

Whole: \$8.00 Half: \$6.25 Without Side: \$6.25/\$4.50

Cobb Salad-Mixed salad greens, grilled chicken, chopped tomatoes, boiled egg & bacon topped with Feta cheese.

Whole: \$9.00 Half: \$5.00

Wednesday

Southwest Beef Wrap-Roast style beef wrapped in a jalapeno wrap with chipotle mayo and pepper jack cheese. Side options: Cottage cheese, pasta salad, steamed veggies, fruit or side salad.

Whole: \$8.50 Half: 6.00 Without a side: \$6.50/\$4.00

Peach Salad-Fresh sliced peaches, almonds, shredded parmesan cheese, diced chicken, and Balsamic Vinaigrette on a bed of mixed greens. Whole: \$9.00 Half: \$5.00

Thursday

Chicken Quesadilla-Diced chicken, shredded cheese, and peppers on a toasted flour tortilla. Served with salsa, sour cream, and guacamole. options: Cottage cheese, pasta salad, steamed veggies, fruit, or side salad.

Whole: \$9.25 Half: \$5.25 Without a side: \$7.50/\$4.25

Southwest Chopped Salad-Seasoned Chicken, red peppers, corn, black beans, red onion, and avocado served with our homemade Creamy Lime Cilantro dressing. Whole: \$8.50 Half: \$4.50

Friday

Toasted Reuben-Sliced corned beef, sauerkraut and Swiss cheese on toasted rye bread topped with Thousand Island dressing. Side options: Cottage cheese, pasta salad, steamed veggies, fruit or side salad.

Whole: \$8.25 Half: \$6.25 Without a side: \$6.50/\$4.50

Asian Crunch Salad-Chicken and fresh greens topped with red peppers, onions, sugar snap peas, cucumbers, almonds and Asian Noodles. Whole: \$8.25 Half: \$4.50

Saturday

Serving breakfast from 7 a.m.-2 p.m. on SATURDAY ONLY. We will also have the everyday menu options of deli style, kids' meals, chicken salad, tuna salad, etc. available on Saturdays. There will be some specialty breakfast items and lunch items available from time to time.

EVERYDAY MENU OPTIONS

Deli Style Sandwich

Pick 1 Meat: Ham, Beef, or Turkey

Pick 1 Cheese: Provolone, Swiss, Monterrey Jack, Pepper Jack, Cheddar, American,

Pick Bread: Honey Wheat, White, Whole Wheat, Marble Rye, Croissant, Ciabatta, or Wrap

Pick 1 Side: Cottage cheese, pasta salad, steamed veggies, fruit, chips or side salad.

Whole \$7.00 Half-\$5.50 Without side: \$5.00/\$3.50

Additional Meat add \$2.00

Monterrey Club: Turkey, crisp bacon, ham and Monterrey Jack cheese served with mayo, lettuce and tomato on a toasted Ciabatta bun. Whole: \$8.00 Half: \$6.25 Without side: \$6.00/\$4.25

Chef Salad-Ham, turkey, diced tomato, red onion, shredded cheddar and bacon piled on a bed of mixed greens

Whole: \$9.00 Half: \$5.00

Lil' Bit-Mini side salad, mini deli style on dinner roll, cup of fruit \$7.75

Fruit and yogurt plate-Cinnamon bread, yogurt, fruit and honey butter. \$5.50

Chicken Salad on a Croissant

Tuna Salad on Toasted Ciabatta Whole: \$7.00 Half: \$5.50 Without side: \$5.00/\$3.50

Pick 1 Side: Cottage cheese, soup, steamed veggies, fruit, or side salad

Half and Half-Half a specialty sandwich & half specialty salad. Price based on individual items

Garden Plate-Side salad, Cottage cheese, and fruit. Served with a dinner roll. \$6.75

Lunch Box-Hoagie topped with turkey, beef, ham and cheddar cheese with lettuce and tomato

Served with chips and a sweet treat \$7.75

Veggie Wrap-Spinach wrap, choice of salad dressing, lettuce, tomato, shredded cheddar, peppers and onions.

Pick 1 Side: Cottage cheese, soup, steamed veggies, fruit, chips, or side salad

Whole: \$7.00 Half \$5.00 Without side: \$5.00/3.00 Add scoop of chicken salad for \$2.25

For the Kids

Mini

Choice of turkey, beef, salami or ham topped with American cheese on dinner roll.

Served with fruit cup or chips and milk \$4.09

Mac n' Nuggets

Child's portion of mac n' cheese and chicken nuggets. Served with fruit cup and milk \$5.09

Mac n' Fruit-Mac n' cheese served with fruit and milk \$3.00

Nuggets and fruit or chips served with milk \$3.00

Grilled cheese-American or cheddar cheese melted on honey wheat or white bread, served with fruit or chips and milk.

Add Ham for \$1.50 \$4.09

PB&J-Classic creamy peanut butter and grape jelly on white or wheat bread, served with fruit and milk \$3.00

Visit our website at www.fromthegroundcoffee.com or our Facebook page for the latest events and specials!

Hours: Monday-Friday 7 a.m.-3 p.m. Sat. 7 a.m.-2 p.m.

Add coffee, tea, or lemonade to lunch special for \$1.25 Canned pop-\$1.00 (Pepsi Products, Diet Coke, Root Beer)

Chips \$1.25