



Coffee, Tea, Deli, and Gifts

641-446-7711

October 2 to November 25, 2017

Monday

Beef & Mushroom Melt-Toasted sour dough, sliced beef and Swiss cheese topped with sautéed mushrooms and onions and served with a side of au jus Side options: Cottage cheese, chips, steamed veggies, fruit, or side salad.

Whole: \$9.50 Half: \$5.00 Without side: \$7.50/\$3.25

Creamy Balsamic Pear Salad-Mixed salad greens, pears, parmesan cheese, red onion and bacon served with Creamy Balsamic Dressing Whole: \$8.50 Half: \$4.75

Tuesday

Apple Ham Havarti-Ham, Havarti cheese, sautéed apples and onions topped with honey mustard on a toasted Ciabatta bun Side options: Cottage cheese, chips, steamed veggies, fruit, or side salad.

Whole: \$8.50 Half: \$4.75 Without Side: \$6.50/\$3.25

Oriental Salad-Asian noodles, cabbage, carrots, toasted almonds and chicken served on a bed of greens with Sweet, Oil, Vinegar and Poppy Seed Dressing. Whole: \$9.00 Half: \$5.00

Wednesday

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

Whole: \$8.50 Half: \$6.00 Without a side: \$6.50/\$4.25

Tropical Chicken Salad-A bed of greens topped with chicken, pineapple, mandarin oranges and apples

Whole: \$8.25 Half: \$4.50

Thursday

Chicken Basil Pesto-Italian chicken, basil pesto, and provolone cheese on toasted Focaccia Side options: Cottage cheese, chips, steamed veggies, fruit, or side salad. Whole: \$9.50 Half: \$5.00 Without a side: \$7.50/\$3.75

Orchard Salad-Chicken, diced apples, dried cranberries, toasted pecans and tomatoes on a bed of mixed greens served with Raspberry Vinaigrette Whole: \$9.00 Half: \$5.00

Friday

Doc's Mediterranean Melt-Salami, pepperoni, provolone cheese, and Kalamata olives on toasted marble rye with garlic aioli and stone ground mustard. Want it cold, this sandwich tastes great either way! Side options: Cottage cheese, chips steamed veggies, fruit, or side salad. Whole: \$9.50 Half: \$5.00 Without side: \$7.50/\$3.75

Chicken Caesar Salad-Seasoned, grilled chicken on a bed of greens tossed with parmesan cheese, black olives, and croutons Whole: \$8.00 Half: \$4.25

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.

EXTRA Side: \$2.00 Chips: \$1.25 Cup of Soup: 3.25 Bowl of Soup: \$5.00

EVERYDAY MENU OPTIONS

Deli Style Sandwich

Pick 1 Meat: Ham, Beef, Salami 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, steamed veggies, fruit, chips or side salad.

Whole \$8.50 Half-\$4.50 Without side: \$6.50/\$3.00

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: \$8.75 Half: \$4.50 Without side: \$6.75/\$3.25

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. \$5.25

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, chips, steamed veggies, fruit, or side salad

Garden Plate-Side salad, Cottage cheese, and fruit. Served with a dinner roll. \$7.00

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

Served with chips and a sweet treat \$8.00

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

Pick 1 Side: Cottage cheese, chips, 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

Soup: Cup with roll \$3.25 Bowl with Roll \$5.00

For the Kids

Mini

Choice of turkey, beef, salami or ham topped with American cheese on half hoagie.

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 \$3.25

Nuggets and fruit or chips served with milk \$3.25

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.

Canned Pop \$1.00

Coffee, Tea or Lemonade \$1.50

Milk \$1.25