



## Coffee, Tea, Deli, and Gifts

641-446-7711

November 27, 2017 to January 20, 2018

### Monday

**Cuban**-Warmed flatbread topped with seasoned pork, ham, Swiss cheese, dill pickles and mustard. Side options: Cottage cheese, chips, steamed veggies, fruit, or side salad. Whole: \$9.50 Half: \$7.00 Without side: \$7.50/\$5.00

**Apple Chicken Salad**-Crisp apples, red seedless grapes, candied pecans and chicken on a bed of greens served with Apple Vinaigrette Dressing Whole: \$8.75 Half: \$4.50

### Tuesday

**Italian Meatball**-Italian meatballs, Mozzarella Cheese and marinara sauce stuffed into a toasted hoagie Side options: Cottage cheese, chips, steamed veggies, fruit, or side salad. Whole: \$9.00 Half: \$4.75 Without Side: \$7.00/\$3..25

**Cobb Salad**-Mixed salad greens, grilled chicken, chopped tomatoes, boiled egg , bacon and shredded cheddar  
Whole: \$9.00 Half: \$5.00

### Wednesday

**Spinach Artichoke Chicken**-Toasted Focaccia, seasoned chicken, sautéed onions and provolone cheese topped with our special spinach artichoke dip Side options: Cottage cheese, chips, steamed veggies, fruit or side salad.  
Whole: \$9.50 Half: \$5.00 Without a side: \$7.50/\$3.75

**A1 Steak Caesar**-Mixed greens topped with toasted walnuts, red onion, tomato, Romano cheese and seasoned steak served with our A1 dressing Whole: \$9.25 Half: \$4.75

### Thursday

**Turkey Cranberry Flatbread**-Turkey, fresh spinach, cranberry sauce, and cream cheese on a warmed flatbread  
Side options: Cottage cheese, chips, steamed veggies, fruit, or side salad.  
Whole: \$8.00 Half: \$6.25 Without Side: \$6.25/\$4.50

**Almond Orange Salad**-Greens, chicken, almonds, mandarin oranges, celery and red onion served with Balsamic Orange dressing Whole: 8.50 Half: 4.50

### Friday

**SW Beef Wrap**-Roast style beef wrapped in a jalapeno wrap with chipotle mayo and pepper jack cheese Side options: Cottage cheese, chips steamed veggies, fruit, or side salad.  
Whole: \$8.50 Half: 6.00 Without a side: \$6.50/\$4.00

**Pork SW Chopped Salad**-Seasoned pork, red peppers, corn, black beans, and red onion topped with guacamole and our creamy lime cilantro dressing Whole: \$9.50 Half: \$5.00

### 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.      Side: Cottage cheese, steamed veggies, fruit, chips or side salad.

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 or soup      \$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](http://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**