



Coffee, Tea, Deli, and Gifts

641-446-7711

December 31, 2018 to March 2, 2018

Monday

Ham & Garlic Parmesan Melt-Toasted sour dough topped with ham, Swiss cheese, lettuce and tomato with garlic parmesan sauce Side options: Cottage cheese, chips, steamed veggies, fruit, or side salad.

Whole: \$9.00 Half: \$5.00 Without Side: \$7.00/\$3.25

Asian Crunch Salad- Grilled chicken and fresh greens topped with red peppers, onion, sugar snap peas, toasted almonds and Asian noodles. Pairs well with our Sweet, Oil, Vinegar and Poppy Seed dressing.

Whole: \$9.25 Half: \$4.75

Tuesday

Mozzarella Chicken Melt-Marinara sauce, Italian seasoned chicken breast, and mozzarella cheese piled on toasted Focaccia Side options: Cottage cheese, chips, steamed veggies, fruit, or side salad.

Whole: \$9.00 Half: \$6.50 Without a side: \$7.00/\$4.50

Apple, Broccoli & Blueberry Salad-A bed of greens loaded with grilled chicken, diced apples, broccoli, blueberries, cranberries, sugared walnuts, and red onion served with Apple Vinaigrette dressing Whole: \$9.50 Half: \$4.75

Wednesday

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

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

Winter Salad-Granny Smith apples, blueberries, celery, walnuts and Feta cheese topped with grilled chicken and served on a bed of greens. Pair it with our Creamy Poppy Seed dressing or Honey Mustard. Whole: \$9.75 Half: \$5.00

Thursday

Hot Pepper Bacon Chicken Waffle-Grilled chicken, hot pepper bacon jam, sliced bacon, honey and pepper jack cheese loaded on a waffle Side options: Cottage cheese, chips, steamed veggies, fruit or side salad.

Whole:\$9.00 Half: \$6.50 Without a side: \$7.00/\$4.50

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

Friday

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

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

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 Soup: Bowl \$5.00 Cup \$3.25

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, 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

Chicken Caesar Salad-A bed of greens loaded with grilled chicken, shredded parmesan cheese, croutons, and Kalamata olives served with Caesar dressing Whole: \$7.50. Half: \$3.75

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-2 slices toast, yogurt, fruit and creamed honey \$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

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