



## Coffee, Tea, Deli, and Gifts

641-446-7711

April 29 to June 21, 2019

### Monday

**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: \$8.50 Half: \$5.50 Without Side: \$6.50/3.50

**California Steak Salad**-Tomatoes, onions, sautéed zucchini, red onion, shredded parmesan cheese and grilled steak topped with balsamic vinaigrette and guacamole on a bed of greens Whole: \$11.00 Half: \$5.50

### Tuesday

**Doc's Mediterranean Melt**-Two hearty slices of marble rye loaded with salami, pepperoni, provolone cheese, olives, stone ground mustard and garlic aioli Side options: Cottage cheese, chips, steamed veggies, fruit, or side salad.

Whole: \$9.50 Half: \$5.75 Without Side: \$7.50/\$3.75

**Summer Salad**-Fresh greens topped with grilled chicken, strawberries, mandarin oranges, blueberries and slivered almonds served with creamy poppy seed dressing Whole: \$10.50 Half: \$5.25

### Wednesday

**Southwest Beef Wrap**-Roasted beef topped with pepper jack cheese & chipotle mayo, served on a jalapeno wrap. Too spicy? Ask for no heat and we'll fix you right up! Side options: Cottage cheese, chips, steamed veggies, fruit, or side salad. Whole: \$9.25 Half: \$6.25 Without side: \$7.25/\$4.25

**Caribbean Salad**- Sliced red peppers, grilled chicken, dried cranberries, mandarin oranges, and grilled pineapple on a bed of fresh greens. Pairs best with our honey lime dressing. Whole: \$ 9.00 Half: \$4.50

### Thursday

**BBQ Chicken**-A toasted pretzel bun loaded with our sweet and smoky shredded BBQ chicken, pepper jack cheese, lettuce, tomato, and red onion Side options: Cottage cheese, chips, steamed veggies, fruit, or side salad.

Whole: \$8.00 Half: \$5.25 Without Side: \$6.00/\$3.25

**Garden Caesar Salad**-Grilled chicken, cucumber, diced tomato, black olives and shredded parmesan piled on a bed of fresh greens and served with our creamy Caesar dressing Whole: \$9.00 Half: \$5.00

### Friday

**Roasted Pork Philly**-Smoked, seasoned pork, sautéed onions and peppers piled on a toasted hoagie and topped with our special garlic parmesan sauce Side options: Cottage cheese, chips steamed veggies, fruit, or side salad.

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

**Chicken Citrus Salad**-Fresh strawberries, sugar snap peas, mandarin oranges, pecans and grilled chicken on a bed of greens and served with raspberry vinaigrette Whole: \$10.25 Half: \$5.25

### 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, 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](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**