



Coffee, Tea, Deli, and Gifts
641-446-7711
March 4, 2019 to April 26, 2019

Monday

Toasted Reuben-Sliced corned beef, sauerkraut, & Swiss cheese on toasted marble rye bread topped with our homemade Thousand Island dressing. Side options: Cottage cheese, chips, steamed veggies, fruit, or side salad.
Whole: \$8.75 Half: \$6.75 Without Side: \$6.75/\$4.75

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

Tuesday

Turkey Sriracha- Turkey and Monterrey Jack cheese served on toasted Ciabatta and topped with creamy coleslaw and spicy Sriracha sauce. Side options: Cottage cheese, chips, steamed veggies, fruit, or side salad.
Whole: \$9.25 Half: \$6.00 Without Side: \$7.25/\$4.00

Pulled Pork Cobb Salad-A bed of greens loaded with grilled corn, diced tomatoes, egg, seasoned pulled pork and avocado topped with our creamy lime cilantro dressing. Whole: \$9.75 Half: \$5.00

Wednesday

Caprese Chicken Sandwich-Toasted sour dough bread topped with seasoned chicken breast, mozzarella cheese, fresh tomato and basil drizzled with Balsamic Glaze. Side options: Cottage cheese, chips, steamed veggies, fruit, or side salad.
Whole: \$9.00 Half: \$6.50 Without side: \$7.00/\$4.50

Strawberry Bacon Salad- Strawberries, bacon, red onion, and sugared walnuts served on a bed of greens and paired with our Raspberry Vinaigrette dressing Whole: \$10.25 Half \$5.25

Thursday

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

Greek Salad-A bed of greens topped with red onion, Feta cheese, Kalamata olives, diced cucumbers, and grilled chicken with our homemade Greek dressing Whole: \$8.25 Half: \$4.25

Friday

Fish Gyro-Warmed Naan bread stuffed with oven baked fish, diced tomato, red onion, and homemade gyro sauce. Side options: Cottage cheese, chips steamed veggies, fruit, or side salad.
Whole: \$9.00 Half: \$6.50 Without side: \$7.00/\$4.75

Sesame Chicken Salad-Grilled chicken, cabbage, red onion, mandarin oranges, shredded carrots, and toasted almonds on a bed of greens served with our Asian Toasted Sesame Seed Dressing. Whole: \$9.00 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.

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 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