

# SALADS • GRAIN BOWLS • WRAPS

## **BUILD YOUR OWN GRAIN BOWL \$11.95**

Choice of grain: brown rice, quinoa, or wheatberries,  
1 protein, 4 additional items, greens, and choice of dressing

## **BUILD YOUR OWN TOSSED SALAD OR WRAP**

**WRAP OR REGULAR \$9.95    LARGE \$11.95**

1 protein, 4 additional items, greens, choice of dressing, tossed

### **THE HEALTHY CHOICE**

Chicken, carrots, broccoli, cucumber,  
tomato, red onion, sunflower seeds, and  
greens tossed with Balsamic Vinaigrette  
Wrap or Regular \$8.95 | Large \$10.95

### **TEX MEX CAESAR**

Chicken, bacon, Pepperjack, Parmesan,  
croutons, and greens tossed with  
Caesar Dressing  
Wrap or Regular \$8.95 | Large \$10.95

### **ASIAN VEGGIE**

Edamame, carrots, cucumber,  
tomato, broccoli, sesame seeds,  
curried wontons, and greens tossed  
with Sesame Ginger Vinaigrette  
Wrap or Regular \$8.95 | Large \$10.95

### **TC SALAD**

Chicken, dried cherries, walnuts,  
red onion, Feta, and greens  
tossed with Cherry Vinaigrette  
Wrap or Regular \$9.95 | Large \$11.95

### **THE FIESTA**

Chicken, fresh salsa, Pepperjack,  
Cheddar, tortilla chips, avocado, and  
greens, tossed with Lime Dill Ranch  
Wrap or Regular \$8.95 | Large \$10.95

### **CHICKEN COBB**

Chicken, bacon, red onion, hard-boiled  
egg, Gorgonzola, sunflower seeds, tomato,  
avocado, greens with Balsamic Vinaigrette  
Wrap or Regular \$9.95 | Large \$11.95

### **SALMON BOWL**

Chilled salmon, hard-boiled  
egg, red onion, capers,  
cucumbers, tomato, quinoa,  
greens, and Lemon-Dill Yogurt  
\$13.95

### **MEDITERRANEAN WHEATBERRY BOWL**

Chickpeas, artichokes,  
olives, red onion, tomato,  
cucumber, wheatberries,  
Feta, greens, and Pesto  
\$11.95

### **SOUTHWEST CHICKEN BOWL**

Chicken, sweet potatoes,  
black beans, avocado,  
tomato, brown rice, greens,  
and Chipotle Crema  
\$11.95

# SANDWICHES

**MAKE IT A COMBO  
CHIPS AND A NORTHWOODS  
SODA \$2.95**

Add bacon or avocado \$1.25  
Add turkey or ham \$2.00  
Gluten free bun \$2.50

## ROASTED TURKEY CLUB

Roasted turkey, bacon, Colby, lettuce, tomato  
and mayonnaise on our fresh  
made bun \$9.95

## THE CUBAN

Roasted pork, ham, Swiss, pepperoncinis,  
pickles, mustard, and mayonnaise on grilled  
Italian "Bay Bread" \$9.95

## CAPRESE SANDWICH

Fresh Mozzarella, tomato, spinach,  
and pesto on multi-grain "Bay Bread" \$8.75

## BLT SANDWICH

Bacon, lettuce, tomato, and mayonnaise on  
our fresh made bun \$7.50

## GRILLED CHEESE

Colby, Havarti, Swiss, and Scallion Cream  
Cheese on grilled Italian "Bay Bread" \$6.95

## TURKEY MELT

Turkey, Havarti, avocado, tomato, and honey  
mustard on grilled Italian "Bay Bread" \$9.50

## THE TWISTED RACHEL

Roasted turkey, Swiss, cole slaw, and  
thousand island dressing on grilled rye  
"Bay Bread" \$9.95

## BBQ PULLED PORK SANDWICH

On our fresh made bun \$7.95

# SOUP

**CUP \$3.95**

**BOWL \$5.95**

**QUART \$10.95**

**GALLON \$37.95**

**SERVED WITH A  
WEDGE OF FRESH BREAD  
EXTRA BREAD  
\$.50 PER PIECE**

## SOUP AND 1/2 SANDWICH

Cup of soup and choice of:  
Grilled Cheese, Turkey, or Ham  
Northwoods Soda \$9.25

# BURRITOS AND TACOS

MADE ON A TORTILLA, GRILLED UNTIL CRISP • GLUTEN FREE TACO OPTION

ADD AVOCADO \$1.25 • ADD SOUR CREAM \$.75

## CHICKEN • BEEF • PLAIN

With seasoned red beans, brown rice, fresh salsa, Cheddar, and Pepperjack \$8.95

Plain \$6.95

MAKE IT "NAKED" IN A BOWL

## KITCHEN TACO

Your choice of chicken or beef with fresh salsa, Cheddar, and Scallion Cream Cheese \$4.95

## BUFFALO CHICKEN TACO

Chicken tossed in buffalo sauce, Bleu Cheese, Scallion Cream Cheese, red onion and Cheddar \$4.95

# MEAL SOLUTIONS

READY BY 10:30AM DAILY

## BEEF BRISKET

with demi sauce and two sides \$10.95

## ROASTED TURKEY

with gravy and two sides \$9.95

## SPINACH SUNDRIED TOMATO MEATLOAF

with gravy and two sides \$9.95

## BBQ PULLED PORK

with two sides \$9.50

## MAC ATTACK

Mac and cheese piled with BBQ pork & Cheddar \$7.95  
Add bacon or Avocado \$1.25

## CHICKEN POT PIE

\$8.95 Add mashed potatoes and gravy \$1.50

# SIDES

SIDE SALAD	\$4.25	COLE SLAW	\$3.50
WHITE CHEDDAR MAC & CHEESE	\$4.95	SEASONED RED BEANS & RICE	\$3.50
MASHED POTATOES & GRAVY	\$3.50	TODAY'S VEGETABLE	\$3.50
SAUSAGE & SAGE STUFFING	\$3.50	SEASONED BROWN RICE	\$3.50

# BREAKFAST

MON-FRI UNTIL 10:30 AM • SATURDAY ALL DAY

## SANDWICHES

### BLT PLUS EGG

Scrambled egg, bacon, lettuce, tomato with sriracha aioli on toasted multi-grain "Bay Bread" \$5.50

### THE COWBOY

Homemade biscuit, scrambled egg, and Colby Cheese \$4.75

Add bacon or sausage \$1.25

### THE BASIC

Colby, Scallion Cream Cheese, scrambled egg on grilled Italian "Bay Bread" \$4.75

Add bacon or sausage \$1.25

### THE FLORENTINE

Ham, spinach, Swiss, tomato, pesto, scrambled egg, grilled on multi-grain "Bay Bread" \$5.95

## BURRITOS AND TACOS

AVOCADO \$1.25 • SOUR CREAM \$.75  
MAKE YOUR BURRITO "NAKED" IN A BOWL

### KITCHEN BURRITO

Scrambled egg, Pepperjack, Cheddar, fresh salsa, rolled in a tortilla, grilled until crisp \$5.75

### MAKE IT LOADED

ADD BACON, SAUSAGE, AND POTATOES \$1.25

### BEEF BURRITO

Brisket, potatoes, Scallion Cream Cheese, Cheddar, sriracha aioli, and scrambled egg rolled in a tortilla, grilled until crisp \$6.95

### THE GRINGO TACO

Bacon, sausage, Cheddar, Scallion Cream Cheese, and scrambled egg \$4.50

## MAKE A MEAL

### SCRAMBLED EGGS & TWO SIDES \$5.95

Breakfast potatoes | Bacon | Toast | Sausage

Additional Sides \$1.95

FRESH FRUIT, OVERNIGHT OATS, AND YOGURT PARFAITS  
AVAILABLE IN THE DELI CASE!