

SALADS • GRAIN BOWLS • WRAPS

BUILD YOUR OWN GRAIN BOWL \$12.95

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 \$10.95 LARGE \$12.95

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 \$9.95 | Large \$11.95

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 \$9.95 | Large \$11.95

TC SALAD

Chicken, dried cherries, walnuts,
red onion, Feta, and greens
tossed with Cherry Vinaigrette
Wrap or Regular \$10.95 | Large \$12.95

THE FIESTA

Chicken, fresh salsa, Pepperjack,
Cheddar, tortilla chips, avocado, and
greens, tossed with Lime Dill Ranch
Wrap or Regular \$9.95 | Large \$11.95

CHICKEN COBB

Chicken, bacon, red onion, hard-boiled
egg, Gorgonzola, sunflower seeds, tomato,
avocado, greens with Balsamic Vinaigrette
Wrap or Regular \$10.95 | Large \$12.95

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
\$12.95

SOUTHWEST CHICKEN BOWL

Chicken, sweet potatoes,
black beans, avocado,
tomato, brown rice, greens,
and Chipotle Crema
\$12.95

SANDWICHES

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

Add bacon or avocado \$1.50
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" \$8.95

BLT SANDWICH

Bacon, lettuce, tomato, and mayonnaise on
our fresh made bun \$7.95

GRILLED CHEESE

Colby, Havarti, Swiss, and Scallion Cream
Cheese on grilled Italian "Bay Bread" \$7.50

TURKEY MELT

Turkey, Havarti, avocado, tomato, and honey
mustard on grilled Italian "Bay Bread" \$9.95

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 \$8.95

SOUP

CUP \$3.95

BOWL \$5.95

QUART \$10.95

GALLON \$39.95

**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 \$9.50

BURRITOS AND TACOS

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

ADD AVOCADO \$1.50 • 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 \$5.25

BUFFALO CHICKEN TACO

Chicken tossed in buffalo sauce, Bleu Cheese, Scallion Cream Cheese, red onion and Cheddar \$5.25

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 \$9.95

MAC ATTACK

Mac and cheese piled with BBQ pork & Cheddar \$9.95
Add bacon or Avocado \$1.50

CHICKEN POT PIE

\$8.95 Add mashed potatoes and gravy \$1.95

SIDES

SIDE SALAD	\$4.50	COLE SLAW	\$3.95
WHITE CHEDDAR MAC & CHEESE	\$4.95	SEASONED RED BEANS & RICE	\$3.95
MASHED POTATOES & GRAVY	\$3.95	TODAY'S VEGETABLE	\$3.95
SAUSAGE & SAGE STUFFING	\$3.95	SEASONED BROWN RICE	\$3.95

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" \$5.95

THE COWBOY

Homemade biscuit, scrambled egg, and Colby Cheese \$4.95
Add bacon or sausage \$1.50

THE BASIC

Colby, Scallion Cream Cheese, scrambled egg on grilled Italian "Bay Bread" \$4.95
Add bacon or sausage \$1.50

THE FLORENTINE

Ham, spinach, Swiss, tomato, pesto, scrambled egg, grilled on multi-grain "Bay Bread" \$6.95

BURRITOS AND TACOS

AVOCADO \$1.50 • 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 \$5.95
Add bacon or sausage \$1.50

MAKE IT LOADED

ADD BACON, SAUSAGE, AND POTATOES \$2

BEEF BURRITO

Brisket, potatoes, Scallion Cream Cheese, Cheddar, sriracha aioli, and scrambled egg rolled in a tortilla, grilled until crisp \$7.95

THE GRINGO TACO

Bacon, sausage, Cheddar, Scallion Cream Cheese, and scrambled egg \$4.95

MAKE A MEAL

SCRAMBLED EGGS & TWO SIDES \$5.95

Breakfast potatoes | Bacon | Toast | Sausage
Additional Sides \$1.95