

take it on a tray!

large wrap tray [serves 15-25] • \$165

package one 3 chicken caesar, 5 turkey club, 3 chicken salad, 2 b.l.t.g, 2 skinny [chicken]**package two** 5 turkey club, 5 chicken salad, 3 b.l.t.g, 2 tuna**package three** 5 turkey club, 3 b.l.t.g, 3 chicken caesar, 2 tuna, 2 veggies

small wrap tray [serves 8-12] • \$90

package one 2 chicken caesar, 2 turkey club, 2 chicken salad, 2 b.l.t.g**package two** 2 tuna, 2 b.l.t.g, 2 turkey club, 2 chicken salad**package three** 1 veggie, 1 tuna, 2 chicken salad, 2 turkey club, 1 b.l.t.g, 1 skinny [chicken]

office bundles

large one large tray of wraps, 24 bags of chips & 2 dozen mini chocolate cupcakes [serves 15-25] • \$235**small one** small tray of wraps, 10 bags of chips & 1 dozen mini chocolate cupcakes [serves 8-12] • \$122

wraps

chicken caesar

grilled chicken tossed with housemade croutons, ceasar dressing, parmesan cheese, red onion, black olives & romaine lettuce in a wheat wrap

the skinny

grilled chicken, romaine lettuce, cucumber, shredded carrots, tomato, avocado, sprouts, lime & spices in a tomato wrap [can be made without chicken]

turkey club

bacon, cheddar, romaine, tomato, red onion, sprouts, & dijon mustard mayo in a spinach wrap

chicken salad

signature chunky chicken, apples, grapes, celery & red onion tossed in a creamy dressing, romaine lettuce & sugared pecans in a wheat wrap

tuna salad

light tuna made with celery, onion, mayo, romaine, sprouts, swiss, and avocado in a wheat wrap

b.l.t.g

applewood bacon, romaine lettuce, tomato, guacamole & mayo in a spinach wrap

veggie

fiesta spinach artichoke cream cheese, shredded carrots, bell pepper, tomato, cucumber & sprouts in a tomato wrap. [vegan option] sub red pepper hummus

asian

cabbage blend, red bell peppers, cilantro, carrots, chow mein noodles, cashews, tossed in a sesame ginger dressing, in a spinach tortilla

sandwiches

choose any two sandwiches [serves 8-12] • \$95

veggie

fiesta spinach artichoke cream cheese, shredded carrots, bell pepper, tomato, cucumber & sprouts on wheat berry bread. [vegan option] sub red pepper hummus

turkey club

bacon, cheddar, romaine, tomato, red onion, sprouts & dijon mustard mayo on swirl rye

tuna salad

light tuna made with celery, onion, mayo, romaine, sprouts, swiss and avocado on toasted swirl rye

tuna deluxe

tuna salad, cucumber, tomato, spinach leaves, red onion, sprouts, drizzle of balsamic on toasted swirl rye

cucumber sandwich

sprouted wheat bread, cream cheese, roasted red pepper, cucumber, salami [veggie option] no salami

chicken salad

chunky chicken prepared with diced red onions, celery, apples, grapes & tossed with our sweet dressing blend, romaine & sugared pecans on wheat berry

box lunch

brown box it!

this is how it works

We require a minimum of 10 boxed lunches per order, maximum of three wrap or sandwich selections.

Box lunches come with sea salt potato chips, and a mini chocolate cupcake. Wrap Box \$13 | Sandwich Box \$14

need beverages? add .75 per box

choices are [pepsi, diet pepsi, sierra mist, mt dew, diet mt dew, or bottled water]

izze's sparkling fruit juice cans (\$2.75) & bottles (\$3.75)

still hungry? add on fresh fruit cup \$3 • cup of soup \$4

soups to warm your soul quart [serves 4 one cup servings] \$20

chicken enchilada our signature chunky chicken, zucchini, corn, black beans, tomato, creamy & just the right amount of spice! served with tortilla strips & sour cream**red pepper gouda** creamy & full of flavor... vegetarian served with house made croutons

salads [serves 6 - 8]

the skinny

romaine lettuce, tomato, cucumber, shredded carrots, avocado, sprouts, topped with lime & spices. veggie \$40, chicken \$48, shrimp Market

the med

rotini pasta, fresh spinach, romaine, roasted red peppers, kalamata olives, feta & sweet basil dressing. \$40, chicken \$48, shrimp Market

fiesta

topped with black beans, cheddar cheese, pico de gallo, guacamole, grilled bell peppers and onions, tortilla strips, served with jalapeno ranch. veggie \$48, chicken \$56, shrimp Market

bruschetta

romaine lettuce, tomato, red onion, black olives, feta served with crostinis & balsamic vinaigrette. veggie \$48, chicken \$56, shrimp Market

melon & goat cheese

baby spinach, avocado, red onion, sprinkled with a bit of chile-lime seasoning & sugared pecans. served with a mango-pineapple vinaigrette. veggie \$48, chicken \$56, shrimp Market

garden salad

baby spinach, sprouts, cucumber, tomato, shredded carrots, red onion, egg, parmesan & croutons choose: ranch, caesar, balsamic or oil & vinegar. veggie \$48, chicken \$56, shrimp Market

extra dressings: 1/2 pints: ranch, jalapeno ranch, balsamic, mango pineapple \$6 sweet basil & caesar \$10

want more? we got it!

cream cheese pickles!

kosher pickle smothered in cream cheese, wrapped in a thinly sliced deli meat & sliced for bite-sized enjoyment ~ delish! [75 slices] \$60
VEGETARIAN? No Problem! Enjoy them wrapped in a tortilla!

fruit platter

served with chile lime seasoning \$55

veggies & hummus

carrots, celery, cucumbers [serves 8-12] \$55

chicken skewers [serves 20] \$110

chilled shrimp [serves 20] market

cucumber stacks

fresh cucumber slice topped with red pepper hummus, sprouts and a sprinkle of a chile lime seasoning [serves 20] \$40

whipped feta served with garlic toasts \$65

chicken salad

our signature fruity chicken salad, chunks of chicken, apples & grapes, diced celery & onion in a creamy tangy dressing pint \$16 • quart \$32

blackened tuna

with pickled ginger & wasabi ranch [serves 20] market

chipotle beef lollipops

slow simmered in a chipotle tomato sauce, complimented by a mild white cheese crumble, a black bean sauce & fresh cilantro \$110

lettuce wraps

fresh cantaloupe and avocado, red onion, goat cheese, lime and spice served with mango-pineapple vinaigrette \$85

fajita bar

chicken, steak, carnitas or veggie, tortillas, salsa, pico de gallo, lettuce, cheese, sour cream \$295

chips & dips

blue chips \$7

salsa made in house pint... \$8

roasted red pepper hummus

1/2 pint... \$8 • pint... \$16 • quart...\$30

guacamole

made fresh daily, chunks of avocado, diced tomato, onion, cilantro, fresh lime pint... market • quart... market

spinach artichoke dip

our signature spinach artichoke fiesta cream cheese dip
~ tastes great hot or cold! pint... \$18 • quart...\$36

cupcakes!

made from scratch, melt in your mouth,
your very own handful of yum!

chocolate, red velvet, carrot

jumbo size 1 dozen \$50

mini 4 dozen \$65 • mini dozen \$18

big freakin' cupcake [serves 6-8]

chocolate or red velvet \$18.95

*24 hour notice required

get the skinny

Large orders are on a first come, first serve basis

we request a 24 hour notice for all large orders...however if you have a last minute need, please call us to determine availability.
all catering orders must be secured with a credit card

for catering pick up orders

we are happy to accept cash, corporate checks [no personal checks accepted] visa, mastercard, discover & american express
we request a 24 hour notice for all catering orders...however, if you have a last minute need please call us to determine availability

we deliver!

by appointment

our minimum delivery order is \$75 for your convenience a flat \$15

delivery charge will be added to orders of \$299 or less,

a delivery charge of \$25 for orders over \$300

our delivery personnel will unpack and set up your order at your request

table service available upon request:

if needed we are happy to supply you with picnic ware for an additional charge per setting

store hours:

sunday & monday: closed

tuesday 11-1:30

wednesday & thursday 11-1:30 & 4-7

friday 11-2 & 4-8

saturday noon - 8

to place your order

please call/fax us.

If faxing please be certain your order has been received,

please include your contact information

for questions we may have.

* hours do change for holidays & bad weather

1514 5th avenue downtown moline

phone 309.797.6966 | fax 309.797.6558