



www. **Downtown**
Grocery.com



**A Local Organic Grocery Store,
Vegetarian Deli, Bakery,
...and an Everyday Farmers Market**

607 Third Street, Wausau, WI 54403
Phone/Fax (715)848-9800
Email: food@downtowngrocery.com

Open Daily — M-Sa 8-8 Su 11-5



Local partners: Moonshadow Farm CSA and www.ObservatoryDrive.com

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...a Local Organic Grocery & Deli
and an Everyday Farm Market...
* Open Daily: M-Sa 8-8 Su 11-5

*** Downtown Grocery presented in 20 parts:**

**1 "Get your groceries* downtown...
...at Downtown Grocery!"
--- An Everyday Grocery & Farm Market**

** plus items from many Departments:*

- Groceries, Produce, Dairy, Meat, Bulk, Frozen Foods,
- Bakery, Health & Beauty, Beer, Wine, Liquor ,
- Prepared Food, Plenty of Seating, Easy Parking, too!

2 Special Diets --- Gluten-Free, Dairy-Free, Etc.

- View multiple-point approach for Special Diet Concerns such as Gluten-Free and other Food Allergies, click "Grocery" page, then "Gluten-Free" page at website.

3 Case-to-Go Program --- Save Dollars \$\$. \$\$'s on your family budget with a "Case to Go" discount:

- Pre-order a case of any product in store or any product we can find, then receive a nice discount upon pick-up.

4 Kitchen / Deli --- Vegetarian, Fast-Food, Self-Serve

- Serving Breakfast, Lunch & Dinner, Brunch, Bakery.
- We've a Chef in our Kitchen Seven-Days-of-the-Week...
...preparing everyday fresh-made selections.
- Menu's on next page or click "Kitchen" page at website.
- What is a "Vegetarian, Fast Food, Self-Service" Deli?

1. Serve yourself from the following:

- Entrées for Breakfast, Lunch, Dinner, and Brunch
- Two Soups
- Salad Bar with over 25 selections
- Fresh Veggie Wrap and Several Sandwiches
- Bakery, Hot Coffee and Tea
- Plus, select items from all Grocery Departments.

2. Priced per pound (fixed priced items, too)

3. Pay at Cashier and Thank You!

5 Eat Local and Buy Organic --- Support local and organic family farms, such as Moonshadow Farm:

- Downtown Grocery emphasizes Local & Organic items.

6 "House Brand" Products --- Our own products!

- Such as Frozen Pizzas and Pie Crusts w/o Lard
- Prepared using mostly local and/or organic ingredients.
- Door #7 Home-made Soups, 30 fl oz, for a nice price

7 Bakery --- Preparing selections every day.

- See "Schedule" next page or click "Kitchen" at website.

8 Grocery Gift Certificates --- Special gift of food!

9 Gift Baskets --- Customized Gift Baskets:

- What about an Italian Dinner Basket or Snack Basket?

10 Cooking Classes --- Enroll in a cooking class held about once a month in our own Kitchen:

- Click "Info" page, then "Classes" page at website.

11 Deli Platters --- Pre-order a deli platter for your next gathering! Click "Kitchen" page at website.

12 Deli Catering --- Accommodating most requests with a one-week notice, for example:

- Interested in a full pan of "Spicy Mac & Cheese"?
... or a three-dozen cookies? Call store for details.

13 Books and Music --- Variety of books & music:

- Many books from Moosewood Restaurant, Ithaca, NY:
...a great resource for preparing vegetarian cuisine.
- Our most popular book: "From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce"
- Various Putamayo World Music CDs "...it's upbeat, we've seen 5-year olds dancing to it!"

14 Special Events & Promotions --- Held Daily, Weekly, Monthly, see "Promotions" page at website.

15 E-News Archive --- Newsletters sent via email.

- E-News are sent about once a month. Read archive at website OR send an email to receive the next newsletter.

16 Food Links --- Links to info about food, recipes.

17 In the News --- View reports featuring store.

- Click "Info" page, then "In the News" page at website.

18 Farm & Rental Cabin Tours --- Interested in a tour of Moonshadow Farm or Rental Hemlock Cabin?

- Call Blaine Tornow or click "Farm" page at website.

19 Store Tours --- Want a tour lead by the Owners?

- Call Farmer Blaine Tornow or Architect Kevin Korpela.

20 It's a Good Neighbor --- Reinforces downtown!

*** Kitchen Open Daily = Fast-Food Vegetarian
Everyday, we've a Chef in the Kitchen!**

- 1 We use mostly local-organic ingredients whenever possible.
- 2 Stocks for our soups are "made-from-scratch" in our Kitchen.
- 3 Serving **Breakfast, Coffee & Tea, Lunch, Dinner, Brunch.**
- 4 Plus a **Salad Bar, Wrap, Several Sandwiches, Bakery.**
- 5 **Catering available**, contact us for your next event.

*** Breakfast and it's Fast, Affordable, Self-Serve:**

- 1 **Weekday Breakfast starts at 8 AM every Mon through Fri.**
 - **Burritos, Quesadillas, or Bagel** w/ Eggs, Veggies, Cheese
 - **Hot Oat Cereal** (Seasonal) with Oats, Raisins, Cinnamon
- 2 **Saturday Breakfast starts at 8 AM**
 - **Bran Muffins** with Yogurt, Carrots, and Dried Fruits
 - **Quesadillas** w/ Eggs, Veggies, Cheese
 - **Hot Oat Cereal** (Seasonal) with Oats, Raisins, Cinnamon

*** Coffee & Tea typically serving these selections:**

- 1 **Local-roasted Regular Coffee:** New Roots, Ringle, WI
- 2 **Local-roasted Decaf Coffee:** New Roots, Ringle, WI
- 3 **Mocha Java Coffee:** a classic blend from Africa & Indonesia
- 4 **Hazelnut Coffee:** a traditional flavored coffee
- 5 **Daily Organic Teas**, such as Gunpowder, Rooibos, Sencha

*** Sunday Brunch on a Four-week Menu Rotation:**

Week #1 Entrée: Curried Quiche

Scone: Lemon Poppy Seed

Week #2 Entrée: Herbed Cream Cheese Frittata

Scone: Cranberries, White Chocolate, Orange Zest

Week #3 Entrée: Wrapped Mexican Egg

Scone: Raisins, Nutmeg, Cinnamon

Week #4 Entrée: Grilled Pepper Frittata

Scone: Orange Zest and Semi-Sweet Chocolate

Plus: Potato/Lentil Hash, Roasted Veggies, Soups, Sandwiches

*** Bakery such as the sampling listed below:**

Everyday Bread: Baguettes, Multi-Grain, Roasted Garlic, Pan Bigio, Rolls

TUESDAY

- Fresh-milled Whole Wheat Bread Loaves | Triple Berry Muffins
- Lemon Berry Muffins | Banana Bread | Fruit Cake (*Seasonal*)
- Baklava (*Monthly*) | Date Bars | Peanut Bars | Brownies

THURSDAY

- Cowboy Cookies | Carrot Cake | Toffee Bars | Hello Dolly Bars

FRIDAY

- Multi-Grain Energy Bars | Chewy Date Bars | Pies

SATURDAY

- Bran Muffins w/ Yogurt, Carrot | Sweet Potato Muffins

SUNDAY

- Scones with a rotating selection of flavors Revised 12/09/2009

*** Serving a Four-Week Menu Rotation for Lunch & Dinner — Check website or call 848-9800 for current Week**

Week 1 Lunch starts at 11 AM

Dinner Entrée Rotation at 4:00 PM: such as Lasagna or Mac & Cheese

MONDAY

- **Soup:** Vegetarian Chili
- **Soup:** Spicy Indian Dahl
- **Entrée:** Rumpdethumps is a hearty casserole
- **Entrée:** Pizza Margherite w/ Mozzarella

TUESDAY

- **Soup:** Summer Vegetable Soup
- **Soup:** Corn, Bell Pepper & Potato Chowder
- **Entrée:** Sweet Potato & Black Bean Burrito
- **Entrée:** Veggie Quiche w/ Mashed Potato Crust

WEDNESDAY

- **Soup:** Guillerminas Lentil Soup
- **Soup:** Napa Valley Cheese Soup
- **Entrée:** Black Bean and Cheese Enchiladas
- **Entrée:** Sweet Potato and Lentil Stew

THURSDAY

- **Soup:** African Tomato & Peanut Soup
- **Soup:** Genoese Minestrone
- **Entrée:** Lasagna w/ Tomato Wine Sauce
- **Entrée:** Quesadilla w/ Onion, Pepper

FRIDAY

- **Soup:** Rustic Bread & Tomato Soup
- **Soup:** Zesty Cheddar Vegetable Chowder
- **Entrée:** Russian Vegetable Strudel w/ Phyllo
- **Entrée:** Spicy Mac & Cheese

SATURDAY

- **Soup:** Spicy Indian Dahl
- **Soup:** French Onion, Seasonal / Chef's Choice
- **Entrée:** Pizza w/ Zucchini, Tomato, Cheese
- **Entrée:** Vegetarian Reubens w/ Swiss on Rye
- **Entrée:** Oven-baked Sandwiches

SUNDAY BRUNCH starts as 11 AM plus Two Soups, Salad Bar

Week 3 Lunch starts at 11 AM

Dinner Entrée Rotation at 4:00 PM: such as Lasagna or Mac & Cheese

MONDAY

- **Soup:** Santa Fe Chowder
- **Soup:** Creamy Cauliflower Cheddar
- **Entrée:** Vegetarian Reubens w/ Seitan
- **Entrée:** Hoppin' John, Southern bean dish

TUESDAY

- **Soup:** Country Vegetable Barley w/ Oats
- **Soup:** Mulligatawny
- **Entrée:** Chilaquile Casserole
- **Entrée:** Tofu Walnut Burger from Moosewood

WEDNESDAY

- **Soup:** French Onion Bread Soup
- **Soup:** Black Bean Soup
- **Entrée:** Greek Style Zucchini Casserole
- **Entrée:** Pizza Margherite w/ Fresh Mozzarella

THURSDAY

- **Soup:** Vegetable Chowder
- **Soup:** Turkish Spinach Lentil
- **Entrée:** Sweet Pepper & Cheddar Strata
- **Entrée:** Tofu Meatloaf w/ Mushroom Gravy

FRIDAY

- **Soup:** Tomato Garlic Soup
- **Soup:** Wild Rice & Mushroom Soup
- **Entrée:** Artichoke Heart Cheese Frittata
- **Entrée:** Lasagna Verdure, full of surprises

SATURDAY

- **Soup:** Spicy Indian Dahl
- **Soup:** French Onion, Seasonal / Chef's Choice
- **Entrée:** Pizza w/ Zucchini, Tomato, Cheese
- **Entrée:** Vegetarian Reubens w/ Swiss on Rye
- **Entrée:** Oven-baked Sandwiches

SUNDAY BRUNCH starts as 11 AM plus Two Soups, Salad Bar

Week 2 Lunch starts at 11 AM

Dinner Entrée Rotation at 4:00 PM: such as Lasagna or Mac & Cheese

MONDAY

- **Soup:** Budapest Vegetable Soup
- **Soup:** Spicy Indian Dahl
- **Entrée:** Polynesian Sweet & Sour Veg. w/ Rice
- **Entrée:** White Bean and Kale Gratin

TUESDAY

- **Soup:** Lebanese Vegetable Soup
- **Soup:** Festive Black Bean Chili
- **Entrée:** Creole Beans & Rice
- **Entrée:** Sweet Potato, Black Bean, Corn Burrito

WEDNESDAY

- **Soup:** Santa Fe Chowder
- **Soup:** Root Vegetable Soup, Seasonal
- **Entrée:** Chilaquile Casserole
- **Entrée:** Ukrainian Vegetable Strudel

THURSDAY

- **Soup:** Portuguese Kale & White Bean Soup
- **Soup:** Crema Andaluz
- **Entrée:** Savory Zucchini Bake
- **Entrée:** Acorn Squash Feta Casserole, Seasonal

FRIDAY

- **Soup:** Turkish Spinach Lentil Soup
- **Soup:** Roasted Squash Soup
- **Entrée:** Rumpdethumps is a hearty casserole
- **Entrée:** Spicy Mac & Cheese

SATURDAY

- **Soup:** Spicy Indian Dahl
- **Soup:** French Onion, Seasonal / Chef's Choice
- **Entrée:** Pizza w/ Zucchini, Tomato, Cheese
- **Entrée:** Vegetarian Reubens w/ Swiss on Rye
- **Entrée:** Oven-baked Sandwiches

SUNDAY BRUNCH starts as 11 AM plus Two Soups, Salad Bar

Week 4 Lunch starts at 11 AM

Dinner Entrée Rotation at 4:00 PM: such as Lasagna or Mac & Cheese

MONDAY

- **Soup:** Sweet Potato Minestrone
- **Soup:** Davina Steins Vegetable Soup
- **Entrée:** Black Bean Chilaquile
- **Entrée:** Cauliflower Pie w/ Potato, Spinach, Basil

TUESDAY

- **Soup:** Five Bean Soup - packed full of protein
- **Soup:** Wild Rice & Mushroom Soup
- **Entrée:** Curried Sweet Potato Roti
- **Entrée:** Feta-Spinach Pizza

WEDNESDAY

- **Soup:** Provençal Vegetable Soup
- **Soup:** Chickpea and Spinach Soup w/ Garlic
- **Entrée:** Pepper Cheese Enchiladas
- **Entrée:** Broccoli and Tofu w/ Peanut Sauce

THURSDAY

- **Soup:** Minestrone w/ Pesto
- **Soup:** American Red Bean Soup w/ Gaucomole
- **Entrée:** Mushu Vegetables
- **Entrée:** Eggplant Parmesan

FRIDAY

- **Soup:** Savannah Bisque - a lush-smooth soup
- **Soup:** Thai Style Lentil and Coconut Soup
- **Entrée:** Pissaladiere, a French Style Pizza
- **Entrée:** Squash Gratin, Seasonal / Chef's Choice

SATURDAY

- **Soup:** Spicy Indian Dahl
- **Soup:** French Onion, Seasonal / Chef's Choice
- **Entrée:** Veg. Pizza w/ Zucchini, Tomato, Cheese
- **Entrée:** Vegetarian Reubens w/ Swiss on Rye
- **Entrée:** Oven-baked Sandwiches

SUNDAY BRUNCH starts as 11 AM plus Two Soups, Salad Bar