



www. **Downtown**
Grocery.com



A Local Organic Grocery Store

plus a Vegetarian Deli, Bakery, an Everyday Farmers Market

Downtown Grocery
607 Third Street, Wausau, WI 54403
Phone/Fax (715) 848-9800
Email food@downtowngrocery.com
Web www.DowntownGrocery.com
Facebook www.facebook.com/DowntownGrocery

Open Daily — M-Sa 8-8 Su 11-5



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

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Revised 04/21/2010



607 Third Street Wausau WI Ph 715-848-9800 M-Sa 8-8 Su 11-5

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

* Downtown Grocery presented in 21 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
 - 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:

- We emphasize fresh, local, organic, and/or regionally grown & raised products to support our local Foodshed.

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 "Bakery" on 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.

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

11 Deli Platters --- Pre-order a deli platter

- Contact us to pre-order for your next gathering!

12 Deli Catering --- Call Store for details.

- Interested in a pan of Spicy Mac & or a dozen cookies?

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

- Many books, such as from the Moosewood Restaurant, Ithaca, NY: ...a great resource for vegetarian cuisine.
- Various Putamayo World Music CDs "...it's upbeat,

14 "Become a Fan" --- Log-on to Facebook

Read updates on news, events, classes, and products.

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

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 Tours of the Farm and Rental Hemlock Cabin

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

19 Store Tour --- Interested in a tour of the store?

- Contact Co-owners Blaine Tornow or Kevin Korpela.

20 Community Kitchen Incubator Project

- The "Community Kitchen Incubator Project" provides a commercial kitchen for rent by local food entrepreneurs to assist them in up-starting their food-related venture.

- Our 2010 Food Entrepreneur is the "Be Well Bakeshop" preparing gluten-free breads, bars, and cookies.

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

- Downtown Grocery is an "old-fashioned corner grocery" with a big-window storefront, wood floors, tin ceilings.

- It's run by a Farmer & an Architect:

Farmer Blaine Tornow

Moonshadow Farm CSA. MOSA Certified Organic

Architect Kevin Korpela

ObservatoryDrive.com, "...an idea services firm."

...and a Team of creative-friendly Chefs & Organizers.

- A Local Organic Grocery, Vegetarian Deli, Bakery, and an Everyday Farmers Market open Seven-Days-a-Week!

* 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 **Coffee & Tea, Breakfast, Lunch, Dinner, Brunch.**
- 4 **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
 - **Bagel Bar:** Toast a bagel, smear flavored cream cheese
- 2 **Saturday Breakfast starts at 8 AM**
 - **Bran Muffins** with Yogurt, Carrots, and Raisins
 - **Quesadillas** w/ Eggs, Veggies, Cheese
 - **Bagel Bar:** Toast a bagel, smear flavored cream cheese
- 3 **Hot Oat Cereal (Seasonal) Monday to Saturday at 8 AM**

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

- 1 **Local-roasted Regular Coffee:** New Roots, Ringle, WI
- 2 **Local-roasted Regular Coffee:** Emy J's, Stevens Point, WI
- 3 **Local-roasted Regular Coffee:** Kickapoo, Viroqua, WI
- 4 **Local-roasted Decaf Coffee:** New Roots, Ringle, WI
- 5 **Daily Organic Teas**, such as Gunpowder, Rooibos, Sencha

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

Week #1 Entrée: Curried Quiche
Scone: Blueberry Lemon

Week #2 Entrée: Herbed Cream Cheese Frittata
Scone: Cranberries, White Chocolate, Orange Zest

Week #3 Entrée: Wrapped Mexican Egg
Scone: Triple Chocolate

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

Bars & Brownies

- Toffee Bar | Hello Dolly Bar | Peanut Butter Brownie | Date Bar

Breads & Pizza

- Fresh-milled Whole Wheat | Banana Bread | Frozen Pizzas

Cakes

- Carrot | Vegan Chocolate | Fruit | Banana Chocolate | Zucchini

Cookies

- Cowboy Cookies | Chewy Oatmeal Raisin Cookie

Muffins

- Triple Berry | Sweet Potato | Zucchini | Bran-Carrot-Yogurt

Pies

- Dutch Apple | Pecan | Pumpkin | Pie Crusts for take-home, too!

Scones & Special Selections

- Sunday Scones | Baklava | Fudge

Revised 04/21/2010

* **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 at 4:00 PM: Call Store, 848-9800, for Current Selections.

- 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**

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Week 3 Lunch starts at 11 AM

Dinner Entrée at 4:00 PM: Call Store, 848-9800, for Current Selections.

- 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**

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Week 2 Lunch starts at 11 AM

Dinner Entrée at 4:00 PM: Call Store, 848-9800, for Current Selections.

- 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**

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Week 4 Lunch starts at 11 AM

Dinner Entrée at 4:00 PM: Call Store, 848-9800, for Current Selections.

- 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/ Guacamole
 - **Entrée:** Mushu Vegetables
 - **Entrée:** Squash & Cheddar Bread Pudding

- 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**

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