



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

607 Third Street Wausau WI Ph 715-848-9800 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 Five-point Plan for Special Diets including our own GF Bakery from the "Be Well Bakeshop" (see also #20 below.) At Website, click "Grocery", then "Gluten-Free".

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 Moonshadow 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 starts at 8:00 AM**

- 1 **Weekday Breakfast**
 - **Burritos, Quesadillas, or Bagel** w/ Eggs, Veggies, Cheese
 - **Bagel Bar:** Toast a bagel, smear flavored cream cheese
- 2 **Saturday Breakfast**
 - **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)**

*** 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 or Emy J's
- 5 **Daily Organic Teas**, such as Gunpowder, Rooibos, Sencha

*** Lunch Monday to Saturday starts at 11:00 AM
(See weekly Menus to right)**

- Each Monday to Saturday select from many items including:**
- Two Soups, Two Hot Entrées, Pre-wrapped Sandwiches
 - Plus a Self-serve Salad with over 25 selections.

*** Sunday Brunch starts at 11:00 AM**

- (See weekly Menus to right)**
- Each Sunday select from many items including:**
- Egg Dish, Oat Scone, Potato Lentil Hash, Roasted Veggies
 - Plus Two Soups, Pre-wrapped Sandwiches, and a Salad Bar

*** Bakery such as below plus GF from "Be Well"**

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 06/21/2010

*** Serving a Four-Week Rotation for Lunch & Dinner — DF|Dairy Free, EF|Egg Free, GF|Gluten Free, NF|Nut Free, V|Vegan**

Week 1 Lunch starts at 11 AM

Dinner Entrée at 4:00 PM: Call Store 848-9800 for Chef's Selections.

- MON** **Soup** Vegetarian Chili - DF EF NF V
Soup Spicy Indian Dahl - DF EF GF NF V
Entrée Rumpdethumps - EF GF NF
Entrée Pizza Margherite - EF NF
- TUE** **Soup** Summer Vegetable Soup - EF GF NF
Soup Corn, Bell Pepper & Potato Chowder - EF GF NF
Entrée Sweet Potato & Black Bean Burrito - EF NF
Entrée Veggie Quiche w/ Potato Crust - GF NF
- WED** **Soup** Guillerminas Lentil Soup - DF EF GF NF V
Soup Napa Valley Cheese Soup - EF GF NF
Entrée Black Bean & Cheese Enchiladas - EF NF
Entrée Sweet Potato and Lentil Stew - DF EF GF NF V
- THU** **Soup** African Tomato & Peanut Soup - DF EF GF V
Soup Genoese Minestrone - EF
Entrée Lasagna w/ Tomato Wine Sauce - EF NF
Entrée Quesadilla w/ Onion, Pepper - EF NF
- FRI** **Soup** Rustic Bread & Tomato Soup - DF EF NF V
Soup Zesty Cheddar Vegetable Chowder - EF GF NF
Entrée Russian Vegetable Strudel - NF
Entrée Spicy Mac & Cheese - EF NF
- SAT** **Soup** Spicy Indian Dahl - DF EF GF NF V
Soup French Onion - DF EF NF V - or Chef's Choice
Entrée Pizza w/ Zucchini - EF NF
Entrée Vegetarian Reubens - EF NF
Entrée Oven-baked Sandwiches - EF NF
- SUN** **Entrée** Curried Quiche
Scone Oat Scone w/ Blueberry Lemon

Week 3 Lunch starts at 11 AM

Dinner Entrée at 4:00 PM: Call Store 848-9800 for Chef's Selections.

- MON** **Soup** Santa Fe Chowder - EF GF NF
Soup Creamy Cauliflower Cheddar - EF GF NF
Entrée Vegetarian Reubens w/ Seitan - EF NF
Entrée Hoppin' John, Southern bean dish - EF GF NF
- TUE** **Soup** Country Vegetable Barley w/ Oats - DF EF NF V
Soup Mulligatawny - DF EF GF NF V
Entrée Chilaquile Casserole - EF GF NF
Entrée Tofu Walnut Burger - DF EF V
- WED** **Soup** French Onion Bread Soup - EF NF
Soup Black Bean Soup - DF EF GF NF V
Entrée Greek Style Zucchini Casserole - NF
Entrée Pizza Margherite - EF NF
- THU** **Soup** Vegetable Chowder - EF GF NF
Soup Turkish Spinach Lentil - DF EF NF V
Entrée Sweet Pepper & Cheddar Strata - GF NF
Entrée Tofu Meatloaf w/ Mushroom Gravy - DF EF V
- FRI** **Soup** Tomato Garlic Soup - DF EF GF NF V
Soup Wild Rice & Mushroom Soup - EF GF NF
Entrée Artichoke Heart Cheese Frittata - GF NF
Entrée Lasagna Verdure - EF NF
- SAT** **Soup** Spicy Indian Dahl - DF EF GF NF V
Soup French Onion - DF EF NF V - or Chef's Choice
Entrée Pizza w/ Zucchini - EF NF
Entrée Vegetarian Reubens - EF NF
Entrée Oven-baked Sandwiches - EF NF
- SUN** **Entrée** Wrapped Mexican Egg
Scone Oat Scone w/ Triple Chocolate

Week 2 Lunch starts at 11 AM

Dinner Entrée at 4:00 PM: Call Store 848-9800 for Chef's Selections.

- MON** **Soup** Budapest Vegetable Soup - DF EF GF NF V
Soup Spicy Indian Dahl - DF EF GF NF V
Entrée Polynesian Sweet-Sour Veggies - DF EF NF V
Entrée White Bean and Kale Gratin - EF GF
- TUE** **Soup** Lebanese Vegetable Soup - DF EF GF NF V
Soup Festive Black Bean Chili - DF EF GF NF V
Entrée Creole Beans & Rice - DF EF NF V
Entrée Sweet Potato Black Bean Corn Burrito - DF EF NF V
- WED** **Soup** Santa Fe Chowder - EF GF NF
Soup Root Vegetable Soup - DF EF GF NF V
Entrée Chilaquile Casserole - EF GF NF
Entrée Ukrainian Vegetable Strudel - NF
- THU** **Soup** Portuguese Kale White Bean Soup - DF EF GF NF V
Soup Crema Andaluz - EF GF NF
Entrée Savory Zucchini Bake - NF
Entrée Roasted Vegetables - DF EF GF NF V
- FRI** **Soup** Turkish Spinach Lentil Soup - DF EF NF V
Soup Columbian Black Bean Soup - DF EF GF NF V
Entrée Rumpdethumps - EF GF NF
Entrée Spicy Mac & Cheese - EF NF
- SAT** **Soup** Spicy Indian Dahl - DF EF GF NF V
Soup French Onion - DF EF NF V - or Chef's Choice
Entrée Pizza w/ Zucchini - EF NF
Entrée Vegetarian Reubens - EF NF
Entrée Oven-baked Sandwiches - EF NF
- SUN** **Entrée** Herbed Cream Cheese Frittata
Scone Oat Scone w/ Cranberries & White Chocolate

Week 4 Lunch starts at 11 AM

Dinner Entrée at 4:00 PM: Call Store 848-9800 for Chef's Selections.

- MON** **Soup** Sweet Potato Minestrone - DF EF NF V
Soup Davina Steins Vegetable Soup - DF EF NF V
Entrée Black Bean Chilaquile - EF GF NF
Entrée Cauliflower Pie w/ Potato - GF NF
- TUE** **Soup** Five Bean Soup - DF EF GF NF V
Soup Wild Rice & Mushroom Soup - EF GF NF
Entrée Curried Sweet Potato Roti - EF NF
Entrée Feta-Spinach Pizza - EF NF
- WED** **Soup** Provencal Vegetable Soup - EF GF NF
Soup Chickpea and Spinach Soup w/ Garlic - EF GF
Entrée Pepper Cheese Enchiladas - EF NF
Entrée Broccoli and Tofu w/ Peanut Sauce - DF EF GF V
- THU** **Soup** Minestrone w/ Pesto - EF GF
Soup American Red Bean Soup - DF EF GF NF V
Entrée Mushu Vegetables - DF EF NF V
Entrée Mexican Bean Stuffed Peppers - DF EF GF NF V
- FRI** **Soup** Savannah Bisque - EF GF NF
Soup Thai Style Lentil & Coconut Soup - DF EF GF NF V
Entrée Pissaladiere, a French Style Pizza - NF
Entrée Panang Pang Curry - DF EF GF V
- SAT** **Soup** Spicy Indian Dahl - DF EF GF NF V
Soup French Onion - DF EF NF V - or Chef's Choice
Entrée Pizza w/ Zucchini - EF NF
Entrée Vegetarian Reubens - EF NF
Entrée Oven-baked Sandwiches - EF NF
- SUN** **Entrée** Grilled Pepper Frittata
Scone Oat Scone w/ Orange & Semi-Sweet Chocolate