



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

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* 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.

- Five Initiatives for Special Diets including Gluten Free Bakery from the "Be Well Bakeshop" (see #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
- Pre-wrapped Sandwiches and Wraps
- 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 to support our Foodshed

- Offering Local, Organic, Regional, Raw, Natural, Bulk, and Whole Foods from farmers, producers, bakers, and cheese makers to support our local Foodshed.

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

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

7 Bakery --- Preparing selections every day.

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 & Bakery Catering --- Call Store for details.

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

13 Books --- Variety of books

- Many books, such as from the Moosewood Restaurant, Ithaca, NY: ...a great resource for vegetarian cuisine.
- or "From Asparagus to Zucchini..."

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

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

15 Info-rich website --- www.downtowngrocery.com

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?

- Call the store for details.

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 first Food Entrepreneur is the "Be Well Bakeshop" preparing gluten-free & vegan 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 co-owned by a Farmer and an Architect:

Farmer Blaine Tornow

Moonshadow CSA Farm, MOSA Certified Organic

Architect Kevin Korpela

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

...and run by a Creative and Friendly Team.

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

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*** 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.

*** Hot Breakfast starts at 8:00 AM**

- 1 **Weekday Egg Breakfast**
- **Burritos, Quesadillas, or Bagel** w/ Eggs, Veggies, Cheese
- 2 **Saturday Breakfast**
- **Bran Muffins** with Yogurt, Carrots, and Raisins
- **Burritos, Quesadillas, or Bagel** w/ Eggs, Veggies, Cheese

*** 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**
- 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:

- Chef's Choice Entrée plus Roasted Vegetables
- Plus Two Soups, Pre-wrapped Sandwiches, and a Salad Bar

*** Bakery** (see 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

- Fresh-milled Whole Wheat | Banana Bread | Zucchini Bread

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!

Pizza

- Two sizes of Pizza Crusts for take-home: 8" or 12" size.

Special Selections such as

- Baklava | Fruit Cake | Fudge

Revised 1/16/2012

Serving a Four-Week Rotation for Lunch/Dinner — Kitchen uses common allergens, such as milk, eggs, wheat, soy, and tree nuts.

The recipe ingredients for the selections below do not include common allergens: DF|Dairy Free, EF|Egg Free, GF|Gluten Free, NF|Nut Free, V|Vegan

Week 1 Lunch starts at 11 AM

- MON** **Soup** American Red Bean Soup - DF EF GF NF V
Soup Spicy Peanut Soup - DF EF GF V
Entrée Rumpstethumps - EF GF NF
Entrée Pizza Margherite - EF NF
- TUE** **Soup** Cuban Black Bean Soup - DF EF GF NF V
Soup Corn, Bell Pepper & Potato Chowder - EF GF NF
Entrée Roasted Penne Bake - GF NF
Entrée Veggie Quiche w/ Potato Crust - GF NF
- WED** **Soup** Creamy Sweet Onion Soup - EF GF NF
Soup Mariners Pepperpot Soup - DF EF GF NF V
Entrée Vegan Ranch Baked Potato - DF EF GF NF V
Entrée Sweet Potato and Lentil Stew - DF EF GF NF V
- THU** **Soup** African Tomato & Peanut Soup - DF EF GF V
Soup Pumpkin Vegetable Soup - EF GF NF
Entrée Lasagna w/ Tomato Wine Sauce - EF NF
Entrée Buddha's Garden - DF EF GF NF V
- FRI** **Soup** Rustic Bread & Tomato Soup - DF EF NF V
Soup Guillerminas Lentil Soup - DF EF GF NF V
Entrée Spicy Mac & Cheese - EF NF
Entrée Vegetable Biryani - DF EF GF V
- SAT** **Soup** Spicy Indian Dahl - DF EF GF NF V
Soup Chef's Choice
Entrée Vegetarian Pizza w/ Zucchini - EF NF
Entrée Chef's Choice
Entrée Roasted Vegetables - DF EF GF NF V
- SUN** **Two Soups and an Entrée** Chef's Choice
Entrée Roasted Vegetables - DF EF GF NF V

Week 3 Lunch starts at 11 AM

- MON** **Soup** White Bean Fennel Soup - DF EF GF NF V
Soup Creamy Cauliflower Cheddar - EF GF NF
Entrée Tofu Walnut Burger - DF EF V
Entrée Pissaladiere, a French-style Pizza - NF
- TUE** **Soup** Yellow Split Pea Soup - DF EF GF NF V
Soup Chili & Corn Chowder - EF GF NF
Entrée Vegetable Stuffed Baked Potato - DF EF GF NF V
Entrée Vegetarian Reubens w/ Seitan - EF NF
- WED** **Soup** French Onion Bread Soup - EF NF
Soup Black Bean Soup - DF EF GF NF V
Entrée Greek Style Zucchini Casserole - NF
Entrée Cauliflower Murrancha - DF EF GF NF V
- THU** **Soup** Mushroom Bisque - EF GF NF
Soup Turkish Spinach Lentil - DF EF NF V
Entrée Squash Bread Cheddar Pudding - NF
Entrée Black Bean Chilaquile - EF GF NF
- FRI** **Soup** Root Vegetable Goulasch - DF EF GF NF V
Soup Vegetarian Chili - DF EF NF V
Entrée Artichoke Heart Cheese Frittata - GF NF
Entrée Lasagna Verdure - EF NF
- SAT** **Soup** Spicy Indian Dahl - DF EF GF NF V
Soup Chef's Choice
Entrée Vegetarian Pizza w/ Zucchini - EF NF
Entrée Chef's Choice
Entrée Roasted Vegetables - DF EF GF NF V
- SUN** **Two Soups and an Entrée** Chef's Choice
Entrée Roasted Vegetables - DF EF GF NF V

Week 2 Lunch starts at 11 AM

- MON** **Soup** Budapest Vegetable Soup - DF EF GF NF V
Soup Festive Black Bean Chili - DF EF GF NF V
Entrée Lentil Tacos - DF EF GF NF V
Entrée Savory Zucchini Bake - NF
- TUE** **Soup** Vegetable Chowder - EF GF NF
Soup White Bean & Barley Soup - DF EF NF V
Entrée Chilaquile Casserole - EF GF NF
Entrée Jamaican Jerk Seitan w/ Rice - DF EF GF V
- WED** **Soup** Santa Fe Chowder - EF GF NF
Soup Slow Cooked Vegetable Soup - DF EF GF NF V
Entrée Broccoli and Tofu w/ Peanut Sauce - DF EF GF V
Entrée Layered Italian Bake - NF
- THU** **Soup** Portuguese Kale White Bean Soup - DF EF GF NF V
Soup Crema Andaluz - EF GF NF
Entrée Feta Squash Casserole - GF
Entrée Black Bean & Brown Rice Tacos - DF EF GF NF V
- FRI** **Soup** Lebanese Vegetable Soup - DF EF GF NF V
Soup Wild Rice & Mushroom Soup - EF GF NF
Entrée Florentine Burger
Entrée Broiled Layered Vegetable - EF GF NF
- SAT** **Soup** Spicy Indian Dahl - DF EF GF NF V
Soup Chef's Choice
Entrée Vegetarian Pizza w/ Zucchini - EF NF
Entrée Chef's Choice
Entrée Roasted Vegetables - DF EF GF NF V
- SUN** **Two Soups and an Entrée** Chef's Choice
Entrée Roasted Vegetables - DF EF GF NF V

Week 4 Lunch starts at 11 AM

- MON** **Soup** Chickpea and Spinach Soup - EF GF
Soup Five Bean Soup - DF EF NF V
Entrée Potato Gnocchi w/ Mushroom Gravy - EF NF
Entrée Black Bean & Brown Rice Tacos - DF EF GF NF V
- TUE** **Soup** Lebanese Vegetable Soup - DF EF GF NF V
Soup Wild Rice & Mushroom Soup - EF GF NF
Entrée Sweet Potato & Black Bean Burrito - EF NF
Entrée Dijon Portabella Burger w/ Tofu & Spinach - GF NF
- WED** **Soup** Jambalaya Soup - DF EF GF NF V
Soup Country Vegetable Barley Soup - DF EF NF V
Entrée Feta Spinach Pizza - EF NF
Entrée White Bean & Kale Au Gratin
- THU** **Soup** Minestrone w/ Pesto - EF GF
Soup Three Sisters Chili
Entrée Sweet Pepper Burrito
Entrée Chef's Choice Pasta
- FRI** **Soup** Mexican Pinto Bean Soup
Soup Fennel Carrot Soup
Entrée Mushu Vegetables - DF EF NF V
Entrée Croatian Vegetable Musaka - EF GF NF
- SAT** **Soup** Spicy Indian Dahl - DF EF GF NF V
Soup Chef's Choice
Entrée Vegetarian Pizza w/ Zucchini - EF NF
Entrée Chef's Choice
Entrée Roasted Vegetables - DF EF GF NF V
- SUN** **Two Soups and an Entrée** Chef's Choice
Entrée Roasted Vegetables - DF EF GF NF V