

SALADS

DRESSINGS: HOMEMADE VINAIGRETTE ♦ HOMEMADE RANCH
1,000 ISLAND ♦ HOMEMADE BLUE CHEESE ♦ Extra dressing 75¢

SMALL LARGE

GARDEN SALAD...Fresh field greens, tomatoes, cucumbers red onions, mushrooms, green peppers and pea shoots.	\$4.99	\$6.59
CHICKEN SALAD...Our homemade chicken salad atop a bed of fresh field greens with tomatoes, cucumbers, red onions and pea shoots	\$5.99	\$8.79
TUNA SALAD...Our homemade tuna salad atop a bed of fresh field greens with tomatoes, cucumbers, red onions and pea shoots.....	\$5.99	\$8.79
CHEF SALAD...Turkey, ham, Swiss and Muenster cheeses atop a bed of fresh field greens with tomatoes, cucumbers, red onions and pea shoots		\$8.79
TBLT SALAD...Turkey and bacon atop a bed of fresh field greens with tomatoes, cucumbers, red onions and pea shoots.....	\$5.99	\$8.79

Fresh in the Cooler...

Salads, Burritos
and Meals to go.

Call us about our
In-Home
Chef Services
& Catering

Homemade SOUPS

Daily soup choices range from the FAMILIAR to the EXOTIC
Seasonally from September to May(ish)

With a little notice, we can provide

MUNCHIES to MEALS

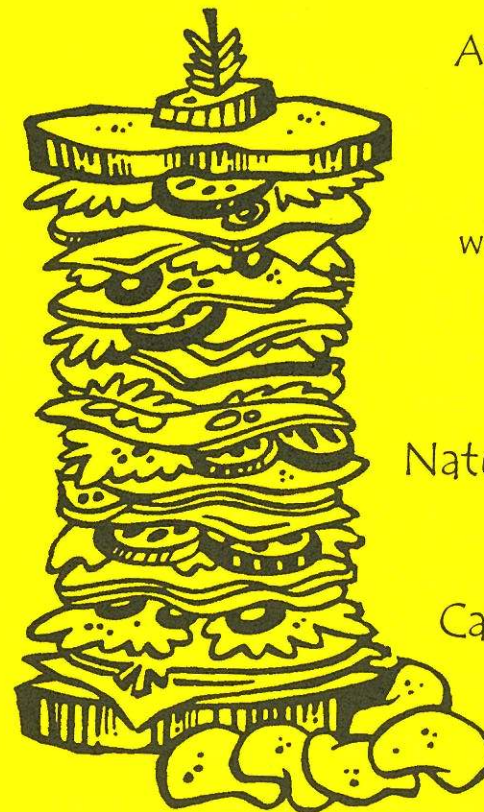
SANDWICHES

Soups & Salads at the

Good Food

S T O R E

& Catering Company



Awesome Home Cooking
With a Gourmet Flair

Check out our website:
www.goodfoodbethel.com

Heat & Eat Meals
Daily Specials
Natural & Gourmet Meals

Beer and Wine
Catering All Occasions
Party Platters

212 Mayville Rd ♦ Route 2 ♦ Bethel

824-3754

CREATE Your Own SANDWICH

Includes main, choice of bread, veggies, cheese & condiment

STEP 1: CHOOSE YOUR PROTEIN (MAIN)

\$9.19

Roast Beef ♦ Corned Beef
Pastrami ♦ Tuna Salad
Chicken Salad

\$8.69

Turkey ♦ Ham ♦ Salami
Capicola ♦ Portobello
Hummus ♦ Veggie Burger
Fakin' Bacon®

STEP 2: CARE FOR CHEESE?

Swiss ♦ Cheddar ♦ American ♦ Muenster ♦ Provolone ♦ Blue Cheese Crumbles

STEP 3: PICK A BREAD

(something to hold on to)

SUB ROLL

BOREALIS SOURDOUGH BREAD: White ♦ Wheat ♦ Multi-Grain ♦ Rye

TORTILLA WRAP: White ♦ Wheat ♦ Spinach

Gluten Free Wrap (add \$1)

STEP 4: CHOOSE A CONDIMENT

Mayo ♦ Garlic Mayo ♦ Chipotle Mayo

Deli Mustard ♦ Pesto ♦ 1000 Island ♦ Hot Pepper Relish

Oil & Vinegar ♦ Horseradish ♦ Nayoanaise

STEP 5: TOP IT OFF WITH

Lettuce ♦ Tomatoes ♦ Red Onions ♦ Mushrooms ♦ Pickles

Green Peppers ♦ Black Olives ♦ Cucumbers ♦ Pea Shoots

Roasted Red Peppers ♦ Caramelized Onions ♦ Banana Peppers

EXTRAS: Cheese \$1.00 Bacon \$1.00 Double Meat \$3.00

OUR SPECIALTIES

Our Specialty Sandwiches are served on a sub roll unless otherwise noted

TURKEY BOMB...Oven roasted turkey, sauteed onions, green peppers, mushrooms, American cheese and mayo..... \$8.99

PORTOBELLO BOMB...Grilled portobello slices, sauteed onions, green peppers, American cheese and mayo..... \$8.99

STEAK BOMB...Shaved steak, sauteed onions, green peppers, mushrooms, American cheese and mayo..... \$9.99

BBQ BEEF & CHEDDAR...Roast Beef heated in our homemade Bourbon BBQ sauce, sautéed peppers and onions and melted cheddar cheese..... \$9.29

BBQ TURKEY & CHEDDAR...Turkey heated in our homemade Bourbon BBQ sauce, sautéed peppers and onions and melted cheddar cheese..... \$8.99

REUBEN...Tender corned beef served on rye toast with 1,000 island dressing, sauerkraut & Swiss cheese..... \$9.19

HOT PASTRAMI...With melted swiss and spicy mustard..... \$9.19

TUNA MELT...White tongol, mayo and tomatoes with melted provolone cheese..... \$8.69

ITALIAN...Ham, salami, capicola, provolone, hot pepper relish, lettuce, onions, tomatoes, green peppers, pickles, black olives, banana peppers, oil & vinegar..... \$9.99

TBLT...Oven roasted turkey, bacon, lettuce, tomato & mayo..... \$9.19

BLT...You must know this one! Bacon, lettuce, tomato & mayo \$7.99

SPICY VEGGIE WRAP...Veggie burger, chipotle mayo, lettuce and tomato in a white, wheat or spinach wrap..... \$8.69

HUMMUS & VEGGIES...Chick pea, lemon and sesame spread with lettuce, tomato, onion, mushrooms, green peppers, cucumbers and pea shoots in a white, wheat or spinach wrap..... \$8.69

VEGGIE WRAP...Muenster cheese & garlic mayo with lettuce, tomato, onion, mushrooms, green peppers, cucumbers and pea shoots in a white, wheat or spinach wrap..... \$7.99

VEGGIE REUBEN...Veggie burger with 1,000 Island dressing, sauerkraut and Swiss cheese on rye toast..... \$8.99

FAKIN' BACON® BLT...Fakin' Bacon®, lettuce, tomato and your choice of regular mayo or nayoanaise..... \$8.69