



GATEWAY MARKET CAFÉ LUNCH AND DINNER MENU

10:30am - 10pm everyday.

2002 Woodland Avenue, DSM / 515.422.5109

SOUPS / SALADS

Served with South Union Garlic Focaccia.

SOUPS / \$3.50 / \$4.99

Chicken Corn Tortilla
Veggie Chili (vegan)

SOUP OF THE DAY

Sun: Chicken Noodle
Mon: Tuscan White Bean (vegan)
Tue: Veggie Tortellini (veg.)
Wed: Pepper Jack Potato (veg.)
Thu: Tomato Basil Bisque (veg.)
Fri / Sat: Clam Chowder

THE MARKET greens, feta, tomato, onion, carrot, cucumber, roasted garlic vinaigrette / \$5.99 / \$9.50

CAFE CAESAR romaine, parmesan, focaccia croutons, Caesar dressing (contains raw egg yolk) / \$5.99 / \$9.50

CRANBERRY WALNUT greens, Gorgonzola, spiced walnuts, red onion, dried cranberries, balsamic vinaigrette / \$6.50 / \$9.99

GREEK SALAD greens, cilantro tabouli, cucumber, onion, tomato, kalamata olives, red pepper hummus, feta, toasted pita, roasted garlic vinaigrette / \$8.50 / \$12.99

CILANTRO LIME CHICKEN greens, grilled chicken, parmesan, onion, tomato, carrot, corn relish, avocado, fried tortilla strips, cilantro lime vinaigrette / \$8.99 / \$13.50

SANTA FE CHICKEN greens, blackened chicken, cheddar, black bean salsa, corn relish, tomato, avocado, fried flour tortilla shell, chipotle ranch dressing / \$8.99 / \$13.50

PEANUT CHICKEN greens, grilled chicken, carrot, cucumber, onion, bean sprouts, roasted peanuts, cilantro, spicy peanut dressing / \$9.50 / \$13.99

Make any salad an entrée / +\$3

+ falafel + spiced seitan
+ chicken (grilled, blackened or fried)

SOUP + SALAD COMBO

Choice of small Market, Caesar or Cranberry Walnut salad and cup of soup / \$9.50

Sub Greek, Cilantro Lime, Santa Fe or Peanut Chicken salad +\$3

STARTERS (SM/LG)

HUMMUS roasted red pepper hummus, fried pita chips with Parmesan / \$3.99 / \$6.99

GUACAMOLE flour tortilla chips / \$5.99 / \$10.99

ONION RINGS chipotle ketchup, pesto aioli / \$4.50 / \$7.50

SPINACH ARTICHOKE DIP fried pita chips with Parmesan / \$4.50 / \$7.50

FRENCH FRIES battered French fries with choice of two dipping sauces: buttermilk ranch, BBQ, maple mustard, and chipotle ranch / \$3.99 + Smothered in rosemary mushroom beef gravy / \$4.99

SWEET POTATO WAFFLE FRIES with maple mustard and chipotle ranch dipping sauce / \$4.99

DINNERS

FRIED OR ROASTED CHICKEN DINNER choice of two chef case sides and a buttermilk biscuit.

One piece / \$6.99
two piece / \$8.99
three piece / \$10.50
two breasts / \$9.99
four wings / \$6.99

ROASTED CHICKEN POT PIE creamy chicken and veggies over a buttermilk biscuit / \$6.99

CHICKEN STRIP DINNER Choice of two chef case sides, a buttermilk biscuit and two dipping sauces: buttermilk ranch, BBQ, maple mustard, and chipotle ranch / \$8.99

SPECIALTIES

GATEWAY FISH & CHIPS cod, fries, malt vinegar, tartar sauce, creamy coleslaw / \$9.99

FISH CORN TACOS (gluten friendly*) three handmade corn tortillas, seasoned tilapia, chipotle coleslaw, tomato, avocado, salsa / \$10.99

STEAK TACOS (gluten friendly*) three handmade corn tortillas, carne asada, mozzarella, cheddar, pico de gallo, avocado, salsa, sour cream / \$9.99

QUESADILLA choice of carne asada, grilled chicken or tofu, flour tortilla, pico de gallo, mozzarella, cheddar, salsa, sour cream, lettuce, avocado / \$9.99

NOODLES

HOUSE RAMEN sesame miso pork broth, tofu, ramen noodles, carrot, scallion, bean sprouts, spinach, corn, boiled egg* / \$9.99
+ chicken, pork belly or shrimp / \$3

VEGGIE RAMEN (vegetarian) sesame miso broth, tofu, ramen noodles, carrot, scallion, bean sprouts, spinach, corn, boiled egg* / \$8.99

TOKYO RAMEN soy pork broth, ramen noodles, corn, scallion, sprouts, spinach, boiled egg* / \$8.99
+ chicken, pork belly, shrimp / \$3

SPICY PORK BELLY RAMEN roasted smoked pork belly, spicy pork broth, ramen noodles, tofu, kimchi, corn, scallion, sprouts, boiled egg*, spinach / \$12.50

PAD THAI (vegan, gluten friendly*) rice noodles, tofu, scallion, cilantro, lime, bean sprouts, chopped peanuts, garlic chili sauce / \$8.99
+ chicken or shrimp / \$3

CANTONESE STIR FRY egg noodles, carrot, celery, spinach, onion, bell pepper, scallion, garlic, bean sprouts, cilantro, Cantonese brown sauce / \$8.99
+ chicken or shrimp / \$3

MARKET MAC & CHEESE (vegetarian) cheddar cheese sauce, toasted bread crumbs / \$5.99 / \$8.99
+ chicken, pork belly, shrimp / \$2 / \$3

* Thoroughly cooking foods of animal origin such as beef, eggs, fish, shellfish and poultry reduces the risk of food-borne illness. Individuals with certain health conditions may be at a higher risk if these foods are consumed raw or undercooked.

* Gluten Friendly: Please inform us if you are trying to avoid gluten. Gateway Market is not a gluten-free facility. Our Gluten-Friendly menu items are made with out gluten ingredients on shared equipment and cross contact may occur. We cannot guarantee all items are gluten-free for those highly sensitive.



GATEWAY MARKET CAFÉ

LUNCH AND DINNER MENU

10:30am - 10pm everyday.

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BURGERS / SANDWICHES

Served with a pickle spear and choice of French fries, chef case side, cup of soup, petite market, Caesar or Cranberry Walnut salad. Sub sweet potato waffle fries (+\$1) or onion rings (+\$2)

ALL-AMERICAN BURGER two grilled quarter pound George's Grind burgers*, American cheese, 1000 island, lettuce, tomato, onion, sliced pickle, sesame bun / \$10.99

MUSHROOM SWISS BURGER
8oz George's Grind burger*, Swiss, sautéed mushroom and onion, rosemary mushroom beef gravy, sesame bun / \$11.99

GATEWAY BURGER 8oz George's Grind burger*, choice of Swiss, cheddar, American, pepper jack or monterey jack cheese, mayo, lettuce, tomato, onion, sesame bun / \$10.99

+ add bacon to any burger / \$1.00

VEGGIE BURGER (veg.) lettuce, tomato, chipotle ranch dressing, onion rings, ciabatta / \$9.99

BLACK BEAN BURGER (vegan)
guacamole, lettuce, tomato, onion, chipotle ketchup, 9-grain bun / \$9.99

GRILLED CHICKEN CLUB bacon, pepper jack, BBQ sauce, lettuce, tomato, onion, 9-grain bun / \$10.99

NEW ENGLAND LOBSTER ROLL lobster shrimp salad, New England roll / \$12.99

MEMPHIS-STYLE BBQ PORK applewood-smoked pulled pork, BBQ sauce, creamy coleslaw, sesame bun / \$8.99

TOFU BAHN MI (vegan) barbecued tofu, vegannaise, sriracha, carrot, cucumber, cilantro, hoagie / \$9.50

FALAFEL (vegetarian) falafel, feta, lettuce, tomato, onion, cucumber, tzatziki sauce, falafel flat bread / \$9.99

IOWA PORK TENDERLOIN half-pound pork tenderloin, pickles, onion, sesame bun / \$9.99

KOREAN STEAK bulgogi grilled flank steak*, kimchi, cilantro, sriracha mayo, ciabatta / \$12.50

BLACKENED TUNA STEAK Ahi tuna*, Cajun aioli, lettuce, tomato, onion, ciabatta / \$13.99

WRAPS

CRANBERRY CHICKEN SALAD WRAP roasted chicken, cranberry, celery, mayo, greens, flour tortilla / \$8.50 / \$10.50

CHICKEN COBB WRAP
fried or grilled chicken, bacon, hard-boiled egg, gorgonzola, avocado, tomato, green goddess dressing, greens, flour tortilla / \$8.99 / \$10.99

MEDITERRANEAN WRAP (veg.)
hummus, tabouli, feta, greens, onion, tomato, cucumber, kalamata olives, roasted garlic vinaigrette, flour tortilla / \$7.99 / \$9.99
+ add falafel / \$3

PICK TWO

PICK ONE
1/2 deli sandwich or 1/2 wrap

PLUS ONE MORE
Large chef case side or small green salad (Market, Caesar or Cranberry Walnut) *Sub Greek, Cilantro Lime, Sante Fe or Peanut Chicken Salad - +\$3

CHEF CASE SIDES (COLD)

\$3.50 / \$4.99
CILANTRO TABOULI
CAPRESE TOMATOES
TRADITIONAL POTATO SALAD
CREAMY COLESLAW
QUINOA SALAD
ROASTED BEETS
CHEESE TORTELLINI
MIXED FRUIT SALAD

CHEF CASE SIDES (HOT)

\$3.50 / \$4.99
JALAPEÑO CREAMED CORN
MAC AND CHEESE
SEASONAL VEGETABLE
POTATOES O'BRIEN
MASHED POTATOES

DELI SANDWICHES (SM/LG)

Served with a pickle spear and choice of French fries, chef case side, cup of soup, petite market, Caesar* or cranberry walnut salad. Sub sweet potato waffle fries (+\$1) or onion rings (+\$2)

CHICKEN BACON PANINI monterey jack cheese, tomato, guacamole, buttermilk parmesan dressing, country Italian bread / \$8.99 / 10.99

TURKEY DELI rotisserie turkey, Swiss, tomato, avocado, lettuce, grain mustard, multigrain bread / \$7.99 / \$9.99

TURKEY BACON CLUB rotisserie turkey, bacon, Swiss, 1000 island dressing, lettuce, tomato, country Italian bread / \$8.99 / \$10.99

PORK BELLY CUBANO
smoked ham, smoked roasted pork belly, Swiss, pickle, onion, mayo, mustard, baguette / \$8.50 / \$10.50

REUBEN corned beef, sauerkraut, Swiss, 1000 island dressing, rye bread / \$8.99 / \$10.99

HOT ITALIAN SUB salami, roast beef, cappicola, mortadella, provolone, banana pepper rings, lettuce, tomato, onion, roasted garlic vinaigrette, baguette / \$7.99 / \$9.99

KIDS MENU

KID'S SALAD romaine, tomato, carrot, cucumber, buttermilk ranch / \$4.50

KID'S MAC & CHEESE macaroni, creamy cheddar sauce / \$5.99

CHICKEN STRIPS choice of buttermilk ranch or BBQ sauce / \$5.99

Choice of fries, fresh fruit, or petite market or Caesar* salad with items below.

HAMBURGER 4 oz burger, sesame bun / \$5.50 (+ cheese / \$1)

GRILLED CHEESE American cheese, toasted white bread / \$5.99

PB&J creamy peanut butter, choice of grape or strawberry jelly / \$4.99

KID'S QUESADILLA mozzarella, cheddar, salsa, flour tortilla / \$5.50



GATEWAY MARKET CAFÉ BREAKFAST MENU

Mon - Fri, 7am - 10:30am; Sat and Sun, 7am - 2pm
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SANDWICHES / SPECIALTIES

choice of home fries or fresh fruit.

MARKET EGG SANDWICH fried eggs, ham, cheddar, lettuce, tomato, ciabatta / \$8.50

BISCUIT SANDWICH scrambled eggs, bacon, American cheese, buttermilk biscuit / \$7.50

EGGS BENEDICT poached eggs*, ham, hollandaise, ciabatta / \$8.99

BREAKFAST BURRITO choice of steak, grilled chicken or tofu and scrambled eggs, cheddar, bell pepper, onion, flour tortilla, salsa / \$9.99

HUEVOS MOTULEÑOS two sunny-side up eggs*, spiced black beans, smoked ham, handmade corn tortillas, salsa, mozzarella / \$8.99

BISCUITS AND GRAVY two buttermilk biscuits, choice of country (vegetarian) or sausage gravy and two eggs* any way / \$8.50

BAKED GOODS

CINNAMON ROLLS / \$3.50
Cream Cheese Frosting,
Caramel Pecan Roll

DANISH / \$2.75
Cream Cheese, Mixed Berry,
Cherry, Cinnamon Apple

MUFFINS / \$2.50
Blueberry, Lemon Poppy Seed,
Raisin Bran, Coffee Cake

BROWNIES / \$1.99
Dark Chocolate, Dark Chocolate
Walnut, White Chocolate Blondie

COOKIES / \$1.99
Chocolate Chip, Molasses, Monster,
Peanut Butter, Triple Dark Chocolate,
White Chocolate Macadamia,
Oatmeal Raisin, Snickerdoodle

SIDES

TWO EGGS* / \$2.99

SMOKED HAM / \$2.99

SMOKED BACON / \$2.99

SAUSAGE PATTY / \$2.99

FRESH FRUIT / \$2.99

HOME FRIES / \$2.50

TOAST (white, wheat, rye) / \$1.25

BUTTERMILK BISCUIT / \$1.25

EGGS / OMELETS / TOFU

choice of home fries or fresh fruit and white, wheat or rye toast.

TWO EGGS ANY WAY two eggs*, choice of smoked ham, bacon or sausage / \$8.50

GATEWAY OMELET grilled chicken, bacon, Gorgonzola, onion, tomato / \$8.50

HAM & CHEESE OMELET smoked ham, cheddar / \$7.99

DENVER OMELET smoked ham, onion, bell pepper, mushrooms, cheddar / \$8.99

TOFU SCRAMBLE (vegan) seasoned tofu, bell pepper, onion, mushroom / \$7.99

KID'S MENU

KID'S FRENCH TOAST battered challah bread, maple syrup, powdered sugar, choice of two pieces of bacon or fresh fruit / \$5.50

KID'S EGGS ANY WAY two eggs*, choice of two pieces of bacon, kid's potatoes or fresh fruit and choice of white or wheat toast / \$5.50

KID'S OMELET eggs, cheddar, choice of kid's potatoes or fresh fruit / \$5.50

KID'S BREAKFAST BURRITO scrambled eggs, cheddar, salsa, flour tortilla, choice of kid's potatoes or fresh fruit / \$5.99

CLASSICS

YOGURT PARFAIT fresh berries, vanilla yogurt, granola / \$6.99

STEEL-CUT OATMEAL maple syrup, brown sugar / \$4.99

+ add spiced walnuts and dried cranberries / \$2.00

FRENCH TOAST battered challah bread, strawberries, toasted pecans, maple syrup / \$8.50

CATERING

Planning an event? Think of Gateway Market! We offer exceptional food and knowledgeable service to help make your next event a success.

Our one-of-a-kind combination of market, café and catering departments provides unique capabilities that no other central Iowa caterer can match: access to the world's best purveyors, exceptional quality ingredients at fair prices, and some of the area's most experienced food professionals.

Check out our catering menu at gatewaymarket.com, or contact us at catering@gatewaymarket.com.

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