



GATEWAY MARKET CAFÉ LUNCH AND DINNER MENU

10:30am - 9pm, every day.

2002 Woodland Avenue, DSM / 515.422.5109

SOUPS / SALADS

with South Union Garlic Focaccia.

SOUPS / cup \$4.50 / bowl \$5.99

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 / \$8.49 / \$11.49

CAFÉ CAESAR romaine, Parmesan, croutons, Caesar dressing / \$8.49 / \$11.49

CRANBERRY WALNUT greens, Gorgonzola, spiced walnuts, dried cranberries, balsamic vinaigrette / \$9.49 / \$13.49

GREEK SALAD greens, cilantro tabouli, cucumber, onion, tomato, kalamata olives, red pepper hummus, feta, toasted pita, roasted garlic vinaigrette / \$10.99 / \$14.49

CILANTRO LIME CHICKEN greens, grilled chicken, Parmesan, onion, tomato, carrot, corn relish, avocado, fried tortilla strips, cilantro lime vinaigrette / \$10.99 / \$14.49

SANTA FE CHICKEN greens, blackened chicken, cheddar, black bean salsa, corn relish, tomato, avocado, fried flour tortilla shell, chipotle ranch dressing / \$10.99 / \$14.49

PEANUT CHICKEN greens, grilled chicken, carrot, cucumber, onion, bean sprouts, roasted peanuts, cilantro, spicy peanut dressing / \$10.99 / \$14.49

Make any salad an entrée

+ falafel +\$3 + spiced seitan +\$3

+ chicken (grilled, blackened, fried) +\$3

+ shrimp (grilled, blackened, fried) +\$5

SOUP + SALAD COMBO

Cup of soup and choice of regular Market or Caesar salad / \$10.99

Sub Cranberry Walnut salad +\$1.99

Sub Greek, Cilantro Lime, Santa Fe or Peanut Chicken salad +\$2.99

STARTERS

HUMMUS roasted red pepper hummus, fried pita chips and Parmesan / \$6.49

GUACAMOLE with flour tortilla chips / \$6.99

QUESO with fresh fried flour tortilla chips / \$6.49

ONION RINGS with chipotle ketchup and pesto aioli / \$6.49

FRENCH FRIES battered and fried / \$4.99

+ Smothered in rosemary mushroom beef gravy / \$1

SWEET POTATO WAFFLE FRIES with maple mustard, chipotle ranch / \$6.49

SPINACH ARTICHOKE DIP with fried pita chips and Parmesan / \$6.49

FRIED BRUSSELS SPROUTS with Parmesan and buttermilk ranch / \$7.99

LOADED NACHOS flour tortilla chips, queso, cheddar, black bean salsa, pico de gallo, sour cream, salsa, green onion / \$7.99

DINNERS

FRIED OR ROASTED CHICKEN DINNER

choice of two chef case sides and a buttermilk biscuit.

One pc / \$7.99 Two pc / \$9.99

Two breasts / \$10.99

CHEF CASE DINNER choice of entrée, two Chef Case sides and a buttermilk biscuit / \$9.99

GRILLED SALMON DINNER with two Chef Case sides and a buttermilk biscuit / \$13.99

SPECIALTIES

STEAK & POTATO BURRITO flour tortilla, carne asada, fried potato, queso, pico de gallo, guacamole, mozzarella, cheddar, lettuce, salsa, sour cream / \$12.99

NASHVILLE HOT CHICKEN DINNER one breast and one thigh of lard-fried chicken, Nashville hot sauce, fries, pickles, white bread / \$10.99

FISH & CHIPS cod, fries, malt vinegar, tartar sauce, coleslaw / \$11.49

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

STEAK TACOS (gf*) three corn tortillas, carne asada, mozzarella, cheddar, pico de gallo, avocado, salsa, sour cream / \$10.99

QUESADILLA choice of carne asada, grilled chicken or tofu, flour tortilla, pico de gallo, mozzarella, cheddar, salsa, sour cream, lettuce, avocado / \$10.99

NOODLES

HOUSE RAMEN sesame miso pork broth, tofu, noodles, carrot, scallion, bean sprouts, spinach, corn, boiled egg* / \$10.99
+ chicken, pork belly, shrimp / \$3

VEGGIE RAMEN (vegetarian) sesame miso broth, noodles, tofu, carrot, scallion, bean sprouts, spinach, corn, boiled egg* / \$10.99

SPICY PORK BELLY RAMEN roasted smoked pork belly, spicy pork broth, noodles, tofu, kimchi, corn, scallion, bean sprouts, boiled egg*, spinach / \$13.49

TOKYO RAMEN soy pork broth, noodles, corn, scallion, bean sprouts, spinach, boiled egg* / \$10.99
+ chicken, pork belly, shrimp / \$3

PAD THAI (vegan) rice noodles, tofu, scallion, cilantro, lime, bean sprouts, chopped peanuts, garlic chili sauce / \$10.99
+ chicken or shrimp / \$3

CANTONESE STIR FRY egg noodles, carrot, celery, spinach, onion, bell pepper, scallion, garlic, bean sprouts, cilantro, Cantonese brown sauce / \$10.99
+ chicken or shrimp / \$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.

* GF - 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 without 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 - 9pm, every day.

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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 or onion rings (+\$1.99)

ALL-AMERICAN BURGER two quarter pound house-ground George's Grind burgers*, American cheese, 1000 island, lettuce, tomato, onion, sliced pickle, sesame bun / \$12.49

GATEWAY BURGER 8oz house-ground George's Grind burger*, choice of Swiss, cheddar, American, pepper jack or Monterey Jack cheese, mayo, lettuce, tomato, onion, sesame bun / \$12.49

MUSHROOM SWISS BURGER 8oz George's Grind burger*, Swiss, sautéed mushroom and onion, rosemary mushroom beef gravy, sesame bun / \$13.49

+ add bacon to any burger / \$1

PHILLY CHEESESTEAK sliced steak, provolone, sautéed mushroom, onion and bell pepper, bolillo roll / \$12.99

NEW ENGLAND LOBSTER ROLL lobster shrimp salad, New England roll / \$13.99

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

MEMPHIS-STYLE BBQ PORK applewood-smoked pulled pork, BBQ sauce, creamy coleslaw, sesame bun / \$9.99

IOWA PORK TENDERLOIN half-pound pork tenderloin, pickles, onion, sesame bun / \$10.99

NASHVILLE HOT CHICKEN SANDWICH fried chicken strips, Nashville hot sauce, American cheese, mayonnaise, lettuce, sesame bun / \$10.99

VEGGIE BURGER (vegetarian) lettuce, tomato, chipotle ranch dressing, onion rings, ciabatta / \$10.99

FALAFEL (vegetarian) falafel, feta, lettuce, tomato, onion, cucumber, tzatziki sauce, flat bread / \$10.99

AHI TUNA STEAK blackened ahi tuna*, Cajun aioli, lettuce, tomato, onion, ciabatta / \$13.99

PLANT-BASED (VEGAN)

BLACK BEAN BURGER guacamole, lettuce, tomato, onion, chipotle ketchup, 9-grain bun / \$11.99

BEYOND MEAT BURGER
Beyond Burger® patty, vegan American cheese, lettuce, tomato, onion, pickle, vegan 1000 island dressing, ciabatta bun / \$12.99

TOFU BANH MI
BBQ tofu, carrot, cucumber, cilantro, veganaise, Sriracha, baguette / \$10.99

BBQ JACKFRUIT
pulled jackfruit, BBQ sauce, vegan coleslaw, ciabatta bun / \$9.99

PICK TWO / \$12.49

CHOICE OF
Half deli sandwich or half wrap

PLUS
Regular salad (Market or Caesar)

*Sub Cranberry Walnut - +\$1.99

*Sub Greek, Cilantro Lime, Sante Fe or Peanut Chicken Salad - +\$2.99

KID'S MENU

AGES 12 AND UNDER

KID'S SALAD romaine, tomato, carrot, cucumber, ranch / \$4.99

KID'S MAC & CHEESE macaroni, 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 / \$6.99
+ cheese / \$1

GRILLED CHEESE American cheese, 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 / \$5.99

DELI SANDWICHES (HALF / WHOLE)

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 or onion rings (+\$1.99)

CHICKEN BACON PANINI
Monterey Jack, tomato, guacamole, buttermilk Parmesan dressing, country Italian bread / \$10.99 / \$12.49

PORK BELLY CUBANO smoked ham, smoked roasted pork belly, Swiss, pickle, onion, mayo, mustard, baguette / \$10.99 / \$12.49

HOT ITALIAN SUB salami, roast beef, capicola, mortadella, provolone, banana pepper rings, lettuce, onion, tomato, roasted garlic vinaigrette, baguette / \$10.99 / \$12.49

TURKEY DELI turkey, Swiss, tomato, avocado, lettuce, grain mustard, multigrain bread / \$10.99 / \$12.49

REUBEN corned beef, sauerkraut, Swiss, 1000 island dressing, rye bread / \$10.99 / \$12.49

TURKEY BACON CLUB
turkey, bacon, Swiss, 1000 island dressing, lettuce, tomato, country Italian bread / \$10.99 / \$12.49

WRAPS (HALF / WHOLE)

CRANBERRY CHICKEN SALAD WRAP roasted chicken, cranberry, celery, mayo, greens, flour tortilla / \$10.99 / \$12.49

CHICKEN COBB WRAP
fried or grilled chicken, bacon, hard-boiled egg, Gorgonzola, avocado, tomato, green goddess dressing, greens, flour tortilla / \$10.99 / \$12.49

MEDITERRANEAN WRAP (vegetarian) hummus, tabouli, feta, greens, onion, tomato, cucumber, kalamata olives, roasted garlic vinaigrette, flour tortilla / \$9.99 / \$11.49
+ add falafel / \$3

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GATEWAY MARKET CAFÉ BREAKFAST MENU

Friday, Saturday & Sunday, 7am - 2pm

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SPECIALTIES

with home fries or fresh fruit.

MARKET EGG SANDWICH

fried eggs, ham, cheddar, lettuce, tomato, ciabatta / \$8.99

BISCUIT SANDWICH scrambled eggs, bacon, American cheese, buttermilk biscuit / \$7.99

EGGS BENEDICT poached eggs*, ham, hollandaise, ciabatta / \$10.99

BREAKFAST BURRITO

flour tortilla, cheddar, bell pepper, onion and choice of tofu scramble, or chicken or steak with scrambled eggs; with salsa and sour cream / \$9.99

HUEVOS MOTULEÑOS

two sunny-side up eggs*, spiced black beans, smoked ham, handmade corn tortillas, salsa, mozzarella / \$10.99

BISCUIT AND GRAVY

open-faced buttermilk biscuit, choice of country (vegetarian) or sausage gravy and two eggs* any way / \$8.99

BAKED GOODS

CINNAMON ROLLS / \$3.50

Cream Cheese Frosting, Caramel Pecan Roll

DANISH / \$2.75

Cream Cheese, Mixed Berry, Cherry, Cinnamon Apple

CROISSANTS / \$2.49

ALMOND CROISSANTS / \$3.49

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 / \$2.99

BUTTERMILK BISCUIT / \$1.49

TOAST

(white, wheat, rye, sourdough) / \$1.49

EGGS / OMELETS / TOFU

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

TWO EGGS ANY WAY two eggs*, choice of smoked ham, bacon or sausage / \$9.49

GATEWAY OMELET grilled chicken, bacon, Gorgonzola, onion, tomato / \$9.49

HAM & CHEESE OMELET

smoked ham, cheddar / \$9.49

DENVER OMELET smoked ham, onion, bell pepper, mushrooms, cheddar / \$9.49

TOFU SCRAMBLE (vegan)

seasoned tofu, bell pepper, onion, mushroom / \$9.49

KID'S MENU

AGES 12 AND UNDER

KID'S FRENCH TOAST

battered challah bread, maple syrup, powdered sugar, choice of two pieces of bacon or fresh fruit / \$5.99

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 / \$5.99

KID SIZED OMELET

eggs, cheddar, choice of kid's potatoes or fresh fruit / \$5.99

KID'S BREAKFAST BURRITO

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

CLASSICS

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

STEEL-CUT OATMEAL

maple syrup, brown sugar / cup \$2.99 / bowl \$4.99

+ add spiced walnuts and dried cranberries / \$2

FRENCH TOAST challah bread, strawberries, toasted pecans, powdered sugar, maple syrup / \$9.99

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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