

Combos

Soup & Sandwich

Choice of soup and cold sandwich.

\$8.99

Sandwich & 2 Sides

Choice of deli salad, chips, and gourmet cookie.

\$8.99

Call ahead for pick-up

Daily Specials

Monday ~ Stir Fry Day

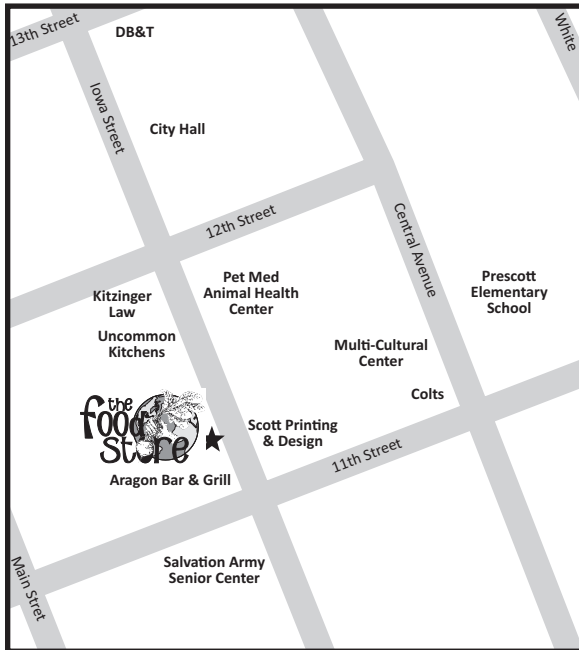
Tuesday ~ Indian Day

Wednesday ~ Burrito Day

Thursday ~ Falafel Day

Friday ~ Local/Grass-Fed Burgers & Fresh-Cut Fries Day

All our foods are made fresh and subject to availability.



printed using environmentally friendly solar energy



Full Grocery

LOWEST GRASS-FED BEEF PRICES IN TOWN

- Local, Grass-fed, & Organic Beef, Pork, & Poultry.
- Local & Organic Dairy Products & Goat Cheese.
- Fresh, Raw, & Roasted Nuts, & Seeds. Dried Fruits.
- Fresh Ground Organic Nut Butters
- Bulk Oils, Grains & Spices
- Supplements & Essential oils
- Flax seed oil, Psyllium seed, Apple Cider Vinegar & Grade B Maple Syrup
- Free Advice

Buying Club Memberships:

- ✓ 8% off all food purchases
- ✓ 15% off case prices
- ✓ \$15 annual fee

Thanks to the folks that helped make this happen: _____
 Advantage Sheet Metal, Bush Refrigeration, DB&T,
 DBQ Fire & Safety, Dubuque City Inspectors, JBC Electric,
 Mountain Top Stone Works, Total Plumbing & Heating,
 Tom Swift, Perry, & everybody else - you know who you are!

Printed on recycled paper.



Breitbach Family Owned Since 1983

Dubuque's Natural & Organic
Grocery ~ Deli

THE FOOD STORE PROUDLY USES
BPI CERTIFIED COMPOSTABLE PACKAGING

(563) 557-1777
1109 Iowa St.
Dubuque, IA 52001

www.dbqfoodstore.com

MENU

- Hours -

Monday-Friday 9 am - 7 pm

Saturday 9 am - 5 pm / Sunday 11 am - 5 pm

- Deli Hours -

11 am - 2 pm Lunch / 5 pm - 7 pm Dinner

Find us on



Soups

Dine-in or carry-out soup is served with sesame flatbread crackers. Call and ask for the soup of the day.

- ▲ **Veggie Chili** 3.99
Hearty and delicious, it's a Food Store Favorite.
- ▲ **Thai Coconut Soup** 3.99
Coconut milk simmered with ginger and fresh lemon grass. With tomato, carrots, tofu, and bamboo shoots.
- ▲ **Creamy Ginger Squash** 3.99
A blend of roasted butternut, acorn, and/or pumpkin, sweet potato and yams, pureed with caramelized onion and ginger, with a touch of fresh grated nutmeg

Salads

- ▲ **Beets, Beans, & Greens** 7.50/lb
Our signature dish: Rosemary balsamic roasted beets with a dash of spice, tossed with navy beans, red onion, raisins, and kale.
- ▲ **Roasted Root Vegetables** 6.99/lb
A medly of butternut squash, potatoes, golden and garnet yams lightly seasoned and tossed in olive oil then oven caramelized.
- ▲ **Tabouli** 8.99/lb
A classic Lebanese salad of fresh parsley, spearmint, tomatoes, cucumber and onion; tossed with quinoa and finished with lemon and extra-virgin olive oil.
- **Tuna Salad** 9.99/lb
Sustainably caught and dolphin safe.

Cold Sandwiches

Made with lettuce/sprouts, tomato, onion, mayo, and mustard on your choice of sprouted grain bread or whole wheat wrap. (Add \$.50 for gluten-free bread or spelt wrap).

- ▲ **Hummus Garden** 7.00
Our fresh hummus, avocado, cucumber, bell pepper & the works
- Turkey Pesto** 7.00
Our House roasted herb-garlic turkey breast alongside our fresh basil-spinach pesto.
- Applewood Ham & Cheddar** 7.00
Truly tasty ham and local cheddar cheese.
- Herbed Turkey & Avocado** 7.00
Our new favorite.
- Tuna Avocado** 7.00
Sustainably caught and dolphin safe tuna salad, with ripe avocado.

Hot Sandwiches

- Tuna Melt** 7.99
Sustainably caught, Dolphin safe tuna salad, grilled tomato & cheddar cheese.
- * **Award-Winning Italian Beef** 8.50
Dry rubbed and slow roasted beef round, sliced thin on a sprouted grain bun with grilled onions and peppers and our spicy giardiniera.
- Hot Ham and Cheddar** 7.99
Melted to perfection

■ Vegetarian ● Gluten-Free ▲ Vegan
*Taste of Dubuque 2011

Deli Items

- Quiche** 2.50 slice / 17 whole
Broccoli, Cheddar, Ham and Veggie.
(Spelt & Gluten-free crust available)
- ▲ **BBQ Tofu or Tempeh** 1.25 ea.
Our house BBQ sauce will make you a believer.
- ▲ **Channa Massala** 6.99/lb
Indian spiced garbanzo beans in a tomato curry.
- ▲ **Hummus**
Garlic **OR** Spicy 6.99/lb
Roasted Red Pepper 7.95/lb
- Sliced Deli Meats**
● Herb Garlic Turkey 14.99/lb
● Smoked Chicken **OR** Ham 12.99/lb
● Roast Beef 17.99/lb

Party Platters available!

~ Meat ~ Fruit ~ Cheese ~ Vegetable ~ Combo

Beverages & Sweets

- ▲ **Fair Trade Organic Coffee** 2.00
Check out the roast of the day, fresh hot!
- **Chai Tea** 2.50
Brewed from whole spices, sweetened with local raw honey.
- Kombucha Tea** 4.59
- Sodas, Spritzers, & OG Juices** 1.29-1.89
- ▲ **Jack's All-Fruit Smoothies** 5.69
House smoothie is seasonal fruit in a banana & orange juice base.
- Add a boost to your smoothie:**
Kale/Spinach .50
Spirulina .75
Iowa-grown Aronia Berry (Super Antioxidant) 1.00

A Variety of Organic Scones, Muffins, & Specialty Cookies Baked Fresh Daily.