

Soups, Salads, Quiche

Served with a wedge of focaccia bread

Soup of the Day

Ask about today's selection!

Cup..... \$3.55 Bowl..... \$4.75

MG Classic Veggie Chili

A Meeting Grounds classic!

Cup..... \$3.55 Bowl..... \$4.75

Pasta Salad

Available seasonally. Ask about today's selection!

Cup..... \$3.55 Bowl..... \$4.75

Fresh Green Side Salad \$2.95

Lettuce, tomato, red onion, cucumber and croutons

MG Garden Salad..... \$4.95

Lettuce, tomato, red onion, sprouts, cucumber, sunflower seeds and croutons

MG Chef Salad..... \$5.95

Lettuce, ham, turkey, cheddar cheese, tomato, cucumber, red onion and croutons

Caesar Salad \$4.95

Lettuce, red onion, parmesan cheese and croutons with Caesar dressing

With grilled chicken \$5.95

Raspberry Orange Chicken Salad..... \$5.95

Lettuce, grilled chicken, onion, mandarin oranges, sprouts, toasted coconut, with raspberry vinaigrette

Asian Sesame Salad..... \$5.95

Lettuce, grilled chicken, green onion, red peppers, sprouts, toasted almonds, with Asian sesame dressing

Mexican Chicken Salad \$5.95

Lettuce, grilled chicken, tomato, red onion, cheddar cheese, salsa and sour cream

Pita and Hummus Veggie Platter \$5.95

Pita bread and hummus served with lettuce, cucumber, carrots, onion, tomato and sprouts

Quiche of the Day \$4.25

Served hot or chilled. Ask about today's selection!

Hot Sandwiches

Served with seasoned kettle chips or mini carrots

Grilled Italian Chicken Panini

Grilled chicken breast with provolone cheese and sun-dried tomato spread, grilled on focaccia bread

Whole\$6.75 Half\$4.50

Grilled Smoky BBQ Chicken Panini

Grilled chicken breast with bacon, cheddar cheese and BBQ sauce, grilled on focaccia bread

Whole\$6.75 Half\$4.50

Honey Mustard Panini

Grilled chicken breast, provolone cheese, red onion and honey mustard sauce, grilled on focaccia bread

Whole\$6.75 Half\$4.50

Roast Beef and Provolone Panini

Roast beef, provolone cheese, mayo and dijon mustard, grilled on focaccia bread

Whole\$6.75 Half\$4.50

Country Turkey Ranch Panini

Smoked turkey, bacon, provolone cheese and ranch dressing, grilled on focaccia bread

Whole\$6.75 Half\$4.50

Tuna Melt

Tuna salad and your choice of swiss, provolone or cheddar cheese, grilled on your choice of bread

Whole\$5.75 Half\$3.75

Grilled Cheese \$4.00

Cheddar and Provolone cheese on your choice of bread

With tomato \$4.25

With ham \$4.75

Traditional BLT \$5.50

Bacon, lettuce and tomato with mayo, grilled on your choice of bread

Reuben

Corned beef, sauerkraut, swiss cheese and Thousand Island dressing on homemade rye bread

Whole \$6.75 Half \$4.50

Rachel

Smoked turkey, sauerkraut, swiss cheese and Thousand Island dressing on homemade rye bread

Whole \$6.75 Half \$4.50

Cold Sandwiches

Served with seasoned kettle chips or mini carrots

MG Signature Deli Sandwich

Fixed just the way you want it!

Whole \$5.50 Half \$3.50

Choose the main ingredient:

Turkey Roast Beef
Ham Chicken Salad
Veggies w/hummus Tuna Salad
Veggies w/veggie cream cheese

Choose a cheese:

Cheddar Provolone Swiss

Choose veggies:

Lettuce Sprouts
Tomato Cucumber
Red onion

Choose condiments:

Mayo Dijon Mustard Honey Mustard

MG Daily Combo \$5.50

(Does not include chips or carrots)

Choose two:

- 1/2 MG Signature Deli Sandwich
- Cup of Pasta Salad (seasonal)
- Cup of Soup or Chili
- Side Salad

Specialty Wraps

Served with seasoned kettle chips or mini carrots

Chicken Caesar Wrap

Grilled chicken with provolone, parmesan, onion, lettuce, tomato and Caesar dressing

Whole..... \$5.95 Half \$4.25

Asian Sesame Wrap

Grilled chicken, provolone, red pepper, lettuce, tomato, sprouts, onion and a sweet sesame sauce

Whole..... \$5.95 Half \$4.25

Mexican Chicken Wrap

Grilled chicken, cheddar cheese, lettuce, tomato, onion, salsa cream cheese and a side of sour cream

Whole..... \$5.95 Half \$4.25

Turkey and Bacon Wrap

Turkey, bacon, provolone cheese, lettuce, tomato and ranch dressing

Whole..... \$5.95 Half \$4.25

MG Club Wrap

Ham, turkey, roast beef, bacon, cheddar cheese, lettuce, tomato and red onion with mayo

Whole..... \$5.95 Half \$4.25

Garden Veggie Wrap

Lettuce, cheddar and provolone cheese, cucumber, sprouts, onion, tomato and sunflower seeds with choice of hummus or veggie cream cheese

Whole..... \$5.75 Half \$3.75

Did you know...

- Meeting Grounds offers free Wireless Internet at both locations
- All of our gourmet coffees can be bought by the pound, whole beans or ground
- Our Waite Park location offers Drive-Thru service
- Meeting Grounds has been locally owned since 1994

Breakfast

Available all day!

Basic Breakfast	\$3.50
Two scrambled eggs with two slices of toast	
With cheese	\$4.00
With ham, bacon or sausage	\$4.75
Add an extra egg.....	\$.50
“Eggspresso” Sandwich	\$3.75
Two scrambled eggs on choice of bagel, croissant or toast. Another Meeting Grounds Classic!	
With cheese	\$4.25
With ham, bacon or sausage	\$4.75
Basic Breakfast Wrap	\$4.25
Two scrambled eggs, cheddar, onion and tomato	
With ham, bacon or sausage	\$4.75
Breakfast Burrito	\$4.50
Two scrambled eggs, your choice of cheese, your choice of veggies and salsa cream cheese	
With ham, bacon or sausage	\$4.95
Granola with milk	\$2.75
Fruit and Yogurt Parfait	\$4.25
Freshly made granola, lowfat vanilla yogurt and fruit	
Bagel (ask about today’s selection).....	\$1.25
With cream cheese	\$1.65

Kids’ Favorites

Served with seasoned kettle chips or mini carrots, and a small milk or chocolate milk

½ Grilled Cheese Sandwich	\$3.50
Cheddar and provolone cheese on choice of bread	
½ MG Deli Sandwich.....	\$3.50
Turkey, roast beef or ham on choice of bread	
½ Peanut Butter and Jelly Sandwich....	\$3.50
On choice of bread	
Kids’ Fruit and Yogurt Parfait	\$3.50
Lowfat vanilla yogurt and fruit	

Homemade Bakery Treats

Check out today’s selection!

Bars	\$1.85
“Death By Chocolate” Brownies	
Seven Layer Bars	Carrot Cake Bars
Lemon Squares	Almond Joy Bars
Salted Nut Bars	Kit Kat Bars
Savanna Bars	<i>and more!</i>
Scones	\$1.85
Raspberry White Chocolate, Lemon Poppy Seed, Triple Chip, Maraschino White Chocolate, Cranberry White Chocolate, Frosted Strawberry, Frosted Cinnamon Apple, and more!	
Biscotti	\$1.25
Almond, Chocolate-Dipped Almond, Cranberry White Chocolate, Chocolate Chip	
Cookies	\$1.25
Chocolate Chip, Frosted Cardamom, Cinnamon Raisin, Snickerdoodle	

Other Desserts

Root Beer Float	\$3.50
Ice Cream Shakes	\$3.75
with espresso.....	\$4.25
Specialty Shakes	\$4.25
with espresso.....	\$4.75

Let Meeting Grounds cater your next meeting or event!

Beverages

	<u>12 oz.</u>	<u>16 oz.</u>	<u>20 oz.</u>
Fresh brewed coffee to go	1.50	1.75	2.00
Mug to stay		1.50	
Café au lait	1.75	2.00	2.25

ESPRESSO DRINKS	<u>1 or 2</u>	<u>2 shots</u>	<u>3 shots</u>
Espresso	1.00	1.50	2.00
“House” cappuccino		2.50	
Cappuccino	2.75	3.10	3.60
Caffe Latte	2.75	3.10	3.60
Caffe Mocha	3.15	3.50	3.90
Specialty Latte	3.40	3.75	4.15
Caffe Miel	3.40	3.75	4.15
Turtle	3.40	3.75	4.15
Caffe Breve	3.25	3.60	4.10
Jump Start	2.15	2.40	2.90
Americano	1.65	1.90	2.40
Machiato		2.00	2.25

Soy add 50¢
 Flavor shots add 25¢
 Extra shot of espresso add 50¢

OTHER HOT DRINKS	<u>12 oz.</u>	<u>16 oz.</u>	<u>20 oz.</u>
Hot Tea	1.50	1.75	2.25
Hot Tea to stay		1.65	
Hot Chocolate	2.30	2.55	2.80
Flavored Steamer	2.30	2.55	2.80
Chai Tea Latte	3.00	3.25	3.75
Hot Cider	2.00	2.50	3.00
Cider with cinnamon & caramel	2.50	3.00	3.50

ICED AND BLENDED DRINKS	<u>16 oz.</u>	<u>20 oz.</u>
Iced Coffee	1.75	1.95
Iced Tea	1.75	1.95
Iced Latte	2.90	3.45
Specialty Iced Latte	3.45	4.05
Iced Mocha	3.25	3.80
Iced Chai Tea	3.45	3.90
Italian Soda	2.50	3.00
Fruit Smoothie (with fruit and juice)	3.75	
(with fruit and fat free yogurt)	4.25	
Squiggle	3.50	
Mocha Squiggle	4.00	



MENU

☪ Breakfast ☪ Lunch
 ☪ Coffee ☪ Espresso
 ☪ Bakery ☪ Catering

Downtown St. Cloud
 27 7th Avenue N.
 (7th & Germain)
 259-5114

Waite Park
 139 West Division
 (next to Great Harvest Bread)
 229-7665