

## Breakfast

Available all day!

<b>Basic Breakfast</b> .....	<b>\$3.50</b>
Two scrambled eggs with two slices of toast	
With cheese.....	\$4.00
With ham, bacon or sausage.....	\$4.75
Add an extra egg.....	\$0.50
<b>“Eggspresso” Sandwich</b> .....	<b>\$3.75</b>
Two scrambled eggs on choice of bagel, croissant or toast	
With cheese.....	\$4.25
With ham, bacon or sausage.....	\$4.75
<b>Basic Breakfast Wrap</b> .....	<b>\$4.25</b>
Two scrambled eggs, Cheddar cheese, onion and tomato	
With ham, bacon or sausage.....	\$4.95
<b>Breakfast Burrito</b> .....	<b>\$4.50</b>
Two scrambled eggs, your choice of cheese, your choice of veggies and salsa cream cheese	
With ham, bacon or sausage.....	\$4.95
<b>Granola with milk</b> .....	<b>\$2.75</b>
<b>Fruit and Yogurt Parfait</b> .....	<b>\$4.25</b>
Granola, low fat vanilla yogurt and fruit	
<b>Bagel</b> (ask about today’s selection).....	<b>\$1.25</b>
With cream cheese.....	\$1.65

## Kids’ Favorites

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

<b>1/2 MG Deli Sandwich</b> .....	<b>\$4.25</b>
Turkey, roast beef or ham on choice of bread	
<b>1/2 Peanut Butter and Jelly Sandwich</b> .....	<b>\$3.50</b>
On choice of bread	

## Homemade Bakery Treats

Check out today’s selection!

<b>Bars</b> .....	<b>\$2.00</b>
Seven Layer Bars	Carrot Cake Bars
Lemon Squares	Almond Joy Bars
Salted Nuts Bars	Kit Kat Bars
“Death By Chocolate” Brownies	
And more!	
<b>Scones</b> .....	<b>\$2.00</b>
Raspberry White Chocolate	
Lemon Poppy Seed	
Triple Chip	
Maraschino White Chocolate	
Cranberry White Chocolate	
Frosted Strawberry	
Frosted Cinnamon Apple	
And more!	
<b>Biscotti</b> .....	<b>\$1.50</b>
Almond	
Chocolate-Dipped Almond	
Cranberry White Chocolate	
Chocolate Chip	
<b>Cookies</b> .....	<b>\$1.50</b>
Chocolate Chip	Frosted Cardamom
Cinnamon Raisin	Snickerdoodle
And more!	

## Other Desserts

<b>Root Beer Float</b> .....	<b>\$3.50</b>
<b>Ice Cream Shake</b> .....	<b>\$3.75</b>
With espresso.....	\$4.25
<b>Specialty Shake</b> .....	<b>\$4.25</b>
With espresso.....	\$4.75

Let Meeting Grounds Cater your next meeting or event!

## Beverages

<b>COFFEE</b>	<b><u>12 oz.</u></b>	<b><u>16 oz.</u></b>	<b><u>20 oz.</u></b>
Fresh Brewed Coffee <i>to go</i>	1.50	1.75	2.00
Mug <i>to stay</i>		1.50	
Café au Lait	1.75	2.00	2.25
<b>ESPRESSO DRINKS</b>	<b><u>1 or 2</u></b>	<b><u>2 Shots</u></b>	<b><u>3 Shots</u></b>
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 Shot add 25¢			
Extra Espresso Shot add 50¢			
<b>OTHER HOT DRINKS</b>	<b><u>12 oz.</u></b>	<b><u>16 oz.</u></b>	<b><u>20 oz.</u></b>
Hot Tea	1.50	1.75	2.25
Hot Tea <i>to stay</i>	1.50		
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
<b>ICED AND BLENDED DRINKS</b>	<b><u>16 oz.</u></b>	<b><u>20 oz.</u></b>	
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 North  
(7th Avenue & St. Germain)  
259-5114

[www.meetinggrounds.com](http://www.meetinggrounds.com)

## Soups, Salads, Quiche

Served with a wedge of focaccia bread

### Soup of the Day

Ask about today's selections!

Cup.....\$4.05      Bowl.....\$4.75

### MG Classic Chicken Chili

Cup.....\$4.05      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, cucumber and croutons

### MG Garden Salad.....\$4.95

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

### MG Chef Salad.....\$6.45

Lettuce, ham, turkey, Cheddar cheese, tomato, cucumber, red onion, carrots and croutons

### Caesar Salad.....\$4.95

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

With Grilled Chicken.....\$6.45

### Raspberry Orange Chicken Salad.....\$6.45

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

### Asian Sesame Salad.....\$6.45

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

### Mexican Chicken Salad.....\$6.45

Lettuce, grilled chicken, tomato, red onion, black olives, jalapeños, 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.....\$4.75

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.....\$7.25      Half.....\$5.00

### Grilled Smokey BBQ Chicken Panini

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

Whole.....\$7.25      Half.....\$5.00

### Honey Mustard Panini

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

Whole.....\$7.25      Half.....\$5.00

### Roast Beef and Provolone Panini

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

Whole.....\$6.75      Half.....\$4.50

### Country Turkey Ranch Panini

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

Whole.....\$6.75      Half.....\$4.50

### Tuna Melt

Tuna salad with your choice of Swiss, Provolone or Cheddar cheese, grilled on your choice of bread

Whole.....\$6.25      Half.....\$4.25

### Grilled Cheese.....\$4.50

Cheddar and Provolone cheese on your choice of bread

With tomato.....\$4.75

With ham.....\$5.25

### Traditional BLT.....\$5.50

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

### Reuben

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

Whole.....\$6.25      Half.....\$4.50

### Rachel

Smoked turkey with 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.....\$6.00      Half.....\$4.00

#### Choose the main ingredient:

Turkey      Roast Beef  
Ham      Chicken Salad  
Tuna Salad      Hummus (with veggies)  
Veggie Cream Cheese (with veggies)

#### Choose a cheese:

Cheddar  
Swiss  
Provolone

#### Choose veggies:

Lettuce      Sprouts  
Tomato      Cucumber  
Red Onion

#### Choose Condiments:

Mayo  
Dijon Mustard  
Honey Mustard

### MG Daily Combo.....\$6.25

(Does not include chips or carrots)

Choose two:

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

## Specialty Wraps

Served with seasoned kettle chips  
or mini carrots

### Chicken Caesar Wrap

Grilled chicken, Provolone and Parmesan cheese, onion, lettuce, tomato and Caesar dressing

Whole.....\$6.45      Half.....\$4.75

### Asian Sesame Wrap

Grilled chicken, Provolone cheese, red peppers, lettuce, tomato, sprouts, onion and a sweet sesame sauce

Whole.....\$6.45      Half.....\$4.75

### Mexican Chicken Wrap

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

Whole.....\$6.45      Half.....\$4.75

### Turkey and Bacon Wrap

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

Whole.....\$6.45      Half.....\$4.75

### MG Club Wrap

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

Whole.....\$7.25      Half.....\$5.25

### Garden Veggie Wrap

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

Whole.....\$5.95      Half.....\$3.75

## Did you know...

- Meeting Grounds offers free Wireless Internet
- All of our gourmet coffee can be bought by the pound, whole beans or ground
- We serve fresh local organic produce and goods when available
- Meeting Grounds has been locally owned since 1994