

2002 Woodland Avenue
Des Moines, IA 50309



Call ahead and order to-go!
Café: 515.422.5109

BEVERAGES

CUP 'O JAVA All available decaf • flavored syrup shot 50¢ • extra espresso shot 75¢

THE MARKET'S SIGNATURE BLEND small \$1.79 • large \$1.99

ESPRESSO small \$1.45 • large \$1.75

LATTE & CAPPUCCINO small \$2.45 • large \$2.95

MISTO small \$1.85 • large \$2.35

MOCHA small \$2.75 • large \$3.25

ASSORTED HOT TEAS one bag \$1.59 • two bags \$1.99

COLD DRINKS

fountain soda \$1.79

Coke & Pepsi bottled soda \$1.49

Horizon Organic milk \$1.50

assorted juices & flavored water \$0.99-\$1.50

assorted soft drinks & bottled teas \$2.00

BREAKFAST served Mon—Fri 7am—10:30am weekends 8am—2pm

QUICHE LORRAINE classic egg tart with Boar's Head bacon, green onion and Swiss cheese \$4.50

QUICHE FLORENTINE classic egg tart with spinach and Swiss cheese \$4.50

PARFAIT fresh berries, yogurt and blueberry flax granola \$6.95

IRISH STEEL CUT OATMEAL served with maple syrup and brown sugar \$4.95

CHALLAH FRENCH TOAST house-made South Union challah bread with toasted pecans, powdered sugar and syrup \$7.95

KID'S BREAKFAST one slice of challah French toast and two slices of Boar's Head bacon **OR** one egg*, two slices of bacon and toast \$4.95

The following are served with breakfast potatoes and toast:

GATEWAY TOFU SCRAMBLE seasoned tofu with scrambled eggs, peppers, onion, mushrooms and cheddar cheese \$7.45

HAM & CHEESE OMELET Niman Ranch ham and cheddar cheese \$7.95

GATEWAY OMELET with chicken, smoked Boar's Head bacon, tomato, onion and Gorgonzola cheese \$8.25

DENVER OMELET Niman Ranch ham, onion, peppers, mushrooms and cheddar cheese \$8.25

TWO EGGS ANY WAY * with your choice of Boar's Head bacon, pork sausage or Niman Ranch ham \$7.25

The following are served with breakfast potatoes:

MARKET FRIED EGG SANDWICH two fried eggs, Niman Ranch ham, cheddar, lettuce and tomato on South Union ciabatta \$8.45

EGGS BENEDICT toasted South Union ciabatta, Niman Ranch ham, two poached eggs* and hollandaise sauce \$8.95

BREAKFAST BURRITO choice of Certified Angus Beef® steak, chicken or tofu, with scrambled eggs, peppers, onion and cheddar cheese, wrapped in a flour tortilla and served with salsa and sour cream \$8.35

HUEVOS RANCHEROS two hand-made corn tortillas topped with two fried eggs, covered with house salsa and cheddar cheese \$8.25

SIDE ORDERS Niman Ranch ham • Boar's Head bacon • pork sausage • fresh fruit \$2.95
South Union Italian or wheat toast • two eggs* • breakfast potatoes \$1.25

SOUP, SALADS & SANDWICHES served 10:30am—9pm every day

FRESH MADE SOUPS served with a wedge of garlic focaccia bread cup \$2.95 / bowl \$4.95

THE MARKET SIDE SALAD greens tossed with tomato, carrot, cucumber, red onion, feta cheese and roasted garlic vinaigrette \$5.05

CILANTRO LIME CHICKEN SALAD seasoned chicken tossed with fresh greens, onion, carrot, avocado and lime cilantro dressing, topped with tomato, fried tortilla strips, Parmesan cheese and corn relish \$9.25 half \$5.65

SANTA FE CHICKEN SALAD blackened chicken tossed with fresh greens, red onion, tomato, cheddar cheese, avocado, spiced black beans, corn relish and chipotle ranch dressing, served in a tortilla shell \$9.45 half \$5.75

CRANBERRY WALNUT SALAD fresh greens tossed with Gorgonzola crumbles, red onion, candied walnuts, dried cranberries and creamy balsamic vinaigrette \$7.95 half \$4.95 add chicken \$2.50

CRISPY ASIAN SHRIMP SALAD seasoned fried shrimp, peanuts, green onion, peppers, carrot, tomato with spicy peanut dressing, topped with crispy fried wonton strips \$9.25 half \$5.65

CHOOSE TWO! half of any salad, half of any of the below sandwiches, cup of soup \$8.95

REUBEN Boar's Head corned beef, sauerkraut, Thousand Island dressing and Swiss on South Union rye \$8.45

TURKEY DELI SANDWICH Boar's Head sliced turkey, Swiss cheese, spicy mustard, lettuce, tomato and avocado on toasted South Union wheat \$8.35

CUBAN roast pork, Niman Ranch ham and Swiss with red onion, pickles, mayo and mustard on grilled South Union ciabatta \$8.35

HOT ITALIAN SUB Boar's Head salami, roast beef, Cappelletta and Mortadella on South Union ciabatta with pepper rings, lettuce, tomato, red onion, provolone and Italian dressing \$8.45

SANDWICHES served 10:30 am— 9pm every day

- CRANBERRY CHICKEN SALAD WRAP** creamy chicken salad with celery, red onion and dried cranberries, with lettuce in a flour tortilla \$8.35
- MEDITERRANEAN VEGETABLE WRAP** house-made roasted red pepper hummus, lettuce, tomato, cucumber, feta cheese, kalamata olives and tabouli wrapped in a flour tortilla \$8.45
- TURKEY BACON SANDWICH** sliced turkey breast, Swiss cheese, Boar's Head bacon, and Thousand Island dressing with lettuce and tomato served grilled on South Union garlic focaccia \$8.45
- BLACKENED TUNA SANDWICH** fresh tuna steak cooked to order, topped with Cajun mayonnaise, lettuce, tomato and onion on a South Union ciabatta bun \$10.15
- LOBSTER SHRIMP ROLL** traditional New England-style seafood salad on a toasted South Union challah roll \$10.15
- THE 'ORIGINAL' SLOPPY JOE** shaved Boar's Head pastrami topped with creamy coleslaw, Boar's Head horseradish mustard, Thousand Island dressing and Swiss cheese on toasted South Union rye \$8.45
- GRILLED CHICKEN SANDWICH** grilled marinated chicken breast topped with caramelized onions, mushrooms, Boar's Head bacon and melted provolone on a toasted South Union bun with a side of KC-style BBQ sauce \$8.75
- GATEWAY BURGER** George's grind of brisket and chuck* with Swiss, cheddar or Monterey Jack cheese on a toasted South Union bun with lettuce, tomato, mayonnaise, onion and pickle \$7.75
- ALL-AMERICAN BURGER** two griddled 1/4 lb. George's grind burgers* with American cheese, Thousand Island dressing, lettuce, onion, tomato and pickles on a toasted South Union bun \$7.75
- VEGETARIAN BURGER** house-recipe burger made with tofu, cheddar cheese, mushrooms and pecans, topped with lettuce, tomato, chipotle dressing and onion strings on a ciabatta bun \$7.75
- MEMPHIS-STYLE PULLED PORK** smoked Niman Ranch pork shoulder, BBQ sauce and coleslaw on a South Union bun \$8.45
- IOWA PORK TENDERLOIN SANDWICH** a classic, hand-breaded pork tenderloin fried golden brown, served on a toasted South Union bun \$7.95
- GATEWAY STEAK SANDWICH** herb-marinated Certified Angus Beef® ribeye* with sautéed peppers, onions and melted Provolone cheese on South Union ciabatta \$8.25
- KC-STYLE BURNT ENDS BBQ SANDWICH** smoked beef brisket with KC-style BBQ sauce on a South Union bun with sliced pickles \$8.25
- KID'S MENU** kid-size Gateway mac & cheese \$4.50
with fries: PB&J or grilled cheese on white bread, chicken strips or kid's hamburger* \$4.50
- SIDE ORDERS** french fries, jalapeño creamed corn, pit-smoked beans, baby Market salad, old-fashioned potato salad, coleslaw \$2.25

SPECIALTIES served 10:30am—9pm every day

- ROASTED RED PEPPER HUMMUS** house-made, served with pita chips, cucumber, olives and feta cheese \$4.95
- GATEWAY ONION RINGS** polenta-crust, thinly sliced rings with chipotle ketchup and pesto aioli \$4.95
- SPINACH ARTICHOKE DIP** classic, creamy house-recipe dip, served with pita chips \$6.35
- GATEWAY FISH AND CHIPS** traditional battered fish with house-cut chips, served with tartar sauce, malt vinegar and coleslaw \$9.95
- MARKET MAC & CHEESE** old-fashioned cheddar cheese sauce with pasta, topped with toasted bread crumbs and served with garlic focaccia bread \$8.95
- PESTO CHICKEN PASTA** grilled chicken breast and penne pasta tossed in a light pesto cream sauce with sautéed onions, mushrooms, asparagus and basil chiffonade, served with garlic focaccia bread \$8.65
- VEGETARIAN ENCHILADAS** tortillas filled with corn, squash, potato, mushrooms, onions and peppers, topped with chiliquiles sauce, lettuce, avocado, cheddar cheese, served with sour cream and salsa \$8.45
- FISH CORN TACOS** three house-made corn tortillas filled with seasoned white fish, chipotle coleslaw, tomato, avocado and salsa \$10.95
- STEAK QUESADILLA** Certified Angus Beef® carne asada, jalapeños, pico de gallo, mozzarella and cheddar in a crispy flour tortilla served with cilantro sour cream, lettuce, avocado and salsa di árbol \$8.95
- VEGETARIAN PAD THAI** rice noodles tossed with seasoned tofu, green onion, cilantro, bean sprouts, garlic, chili paste and soy sauce with peanuts and lime \$7.95 add shrimp or chicken \$2.50
- HOUSE RAMEN** sesame-miso broth with fresh ramen noodles, tofu, carrot, scallions, bean sprouts, spinach, corn, bamboo shoots and hard-cooked egg \$8.50 add shrimp or chicken \$2.50
- VEGETARIAN HOUSE RAMEN** vegetarian sesame-miso broth with fresh ramen noodles, tofu, carrot, scallions, bean sprouts, spinach, corn, bamboo shoots and hard-cooked egg \$8.50
- TOKYO-STYLE RAMEN** traditional soy-based broth with fresh ramen noodles, corn, spinach, bamboo shoots, green onion, bean sprouts, hard-cooked egg, and your choice of tofu, shrimp or chicken \$9.25
- CANTONESE STIR-FRY** yellow egg noodles tossed in Cantonese brown sauce with garlic, ginger, scallions, bean sprouts, celery, carrot, bamboo shoots, spinach, red onion, red bell pepper and cilantro \$7.95 add tofu, shrimp or chicken \$2.50

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