

2002 Woodland Avenue  
Des Moines, IA 50309



Call ahead and order to-go!  
Café: 515.422.5109

**CAFÉ BREAKFAST** served Mon—Fri 7am—10:30am Weekends 7am—2pm

**PARFAIT** fresh berries, vanilla yogurt and organic blueberry flax granola \$6.99

**STEEL-CUT OATMEAL** served with maple syrup and brown sugar \$4.99 **add** candied walnuts and dried cranberries for \$2

**CHALLAH FRENCH TOAST** house-made South Union challah bread with toasted pecans, powdered sugar and maple syrup \$8.50

**KID'S BREAKFAST** one slice of challah French toast and two slices of bacon **OR** two egg\*, two slices of bacon and toast \$5.50

**The following are served with home-fries or fresh fruit and toast:**

**GATEWAY TOFU SCRAMBLE** seasoned tofu with peppers, onion, mushrooms \$7.99

**GATEWAY OMELET** with chicken, smoked bacon, tomato, onion and gorgonzola cheese \$8.50

**HAM & CHEESE OMELET** with Niman Ranch ham and cheddar cheese \$7.99

**DENVER OMELET** with Niman Ranch ham, onions, peppers, mushrooms and cheddar cheese \$8.50

**PHILLY CHEESESTEAK OMELET** seared steak, provolone cheese, sautéed peppers, onions and mushrooms \$8.99

**TWO EGGS ANY WAY** \* with your choice of smoked bacon, house made pork sausage or Niman Ranch ham \$7.99

**The following are served with home-fries or fresh fruit:**

**MARKET FRIED EGG SANDWICH** two fried eggs, Niman Ranch ham, cheddar, lettuce and tomato on South Union ciabatta \$8.50

**EGGS BENEDICT** toasted South Union ciabatta, Niman Ranch ham, two poached eggs\* and hollandaise sauce \$8.99

**BREAKFAST BURRITO** choice of carne asada steak, grilled chicken or tofu with scrambled eggs, peppers, onion and cheddar cheese, wrapped in a flour tortilla and served with salsa and sour cream \$8.99

**HUEVOS MOTELLENOS** two sunny side up eggs, black beans and corn, ham, salsa, Chihuahua cheese on handmade corn tortillas \$8.99

**SIDE ORDERS** Niman Ranch ham • smoked bacon • pork sausage • fresh fruit • two eggs\* \$2.99  
South Union Italian or whole wheat toast \$1.25 • breakfast potatoes \$2.50

**Appetizers** 10:30am-10pm Everyday

**GATEWAY ONION RINGS** polenta-crust, thinly sliced rings with chipotle ketchup and pesto aioli \$2.99/\$4.99

**SPINACH ARTICHOKE DIP** classic, creamy house-recipe dip, served with toasted pita chips \$6.50

**Soup, Salad & Sandwiches** 10:30am—10pm Everyday

**CHICKEN CORN TORTILLA SOUP OR FRESH MADE SOUP OF THE DAY** served with South Union garlic focaccia bread cup \$2.99 / bowl \$4.99

**THE MARKET SALAD** fresh greens, roasted garlic vinaigrette, feta cheese, tomato, carrot, cucumber and red onion \$4.99/\$8.99  
add grilled or blackened chicken \$2.50

**CRANBERRY WALNUT SALAD** fresh greens, balsamic vinaigrette, Gorgonzola, red onion, candied walnuts and dried cranberries \$4.99/\$8.99  
add grilled chicken \$2.50

**CAFÉ CAESAR SALAD** romaine lettuce, classic Caesar dressing, grated parmesan cheese and focaccia croutons \$3.99/\$7.99  
add grilled or blackened chicken \$2.50

**CILANTRO LIME CHICKEN SALAD** grilled chicken, fresh greens, cilantro lime vinaigrette, parmesan cheese, red onion, carrot, avocado, tomato, corn relish and fried tortilla strips \$6.99/\$11.50

**SANTA FE CHICKEN SALAD** blackened chicken, fresh greens, chipotle ranch dressing, cheddar cheese, red onion, tomato, avocado, spiced black beans and corn relish, served in a tortilla shell \$5.99/\$10.99

**CRISPY ASIAN SHRIMP SALAD** seasoned fried shrimp, fresh greens, spicy peanut dressing, red onion, bell pepper, carrot, tomato, toasted peanuts and crispy wonton strips \$6.99/\$11.99

**MEDITERRANEAN SALAD** fresh greens, roasted garlic vinaigrette, feta cheese, cilantro tabouleh, roasted red pepper hummus, Greek olives, red onion, tomato, cucumber and toasted pita chips \$5.99/\$10.50 add grilled or blackened chicken \$2.50

**FRIED CHICKEN SALAD** hand-breaded chicken tenders, fresh greens, blue cheese dressing, tomato, smoked bacon and red onion \$6.99/\$11.50

**CHOOSE TWO!** Choose half of any of the following sandwiches and half of any salad or a cup of soup \$8.99

**The following whole sandwiches are served with your choice of hand-cut fries, traditional potato salad, baby Market or Caesar salad:**

**CHICKEN BACON PANNINI** grilled chicken, smoked bacon, jack cheese, tomato, guacamole, parmesan dressing on toasted country Italian \$9.99

**REUBEN** Your choice of Boar's Head corned beef or turkey, sauerkraut, Thousand Island dressing and Swiss on toasted South Union rye \$9.99

**TURKEY DELI SANDWICH** Boar's Head turkey, Swiss cheese, grain mustard, lettuce, tomato and avocado on toasted South Union wheat \$9.50

**CUBAN** house-roasted pork loin, Niman Ranch ham, Swiss, red onion, pickles, mayo and mustard on grilled South Union ciabatta \$9.50

**HOT ITALIAN SUB** Boar's Head salami, roast beef, cappicola, mortadella, provolone, pepper rings, lettuce, tomato, red onion and mayo on South Union ciabatta \$9.50

**TURKEY BACON CLUB** Boar's Head turkey breast, Swiss, smoked bacon, 1000 Island, lettuce and tomato on grilled South Union Italian bread \$9.99

**CRANBERRY CHICKEN SALAD WRAP** creamy chicken salad with celery, red onion and dried cranberries, with greens in a warm flour tortilla \$9.99

**MEDITERRANEAN WRAP** red pepper hummus, cilantro tabouleh, feta cheese, fresh greens, roasted garlic vinaigrette, Greek olives, red onion, tomato and cucumber in a warm flour tortilla \$9.50

## BURGERS, BBQ AND SPECIALTY SANDWICHES served 10:30 am— 10pm Everyday

The following are served with your choice of hand-cut fries, traditional potato salad, baby Market or baby Caesar salad :

**GATEWAY BURGER** grilled 8 oz George's grind burger\*, Swiss, cheddar or Jack cheese, mayo, lettuce, onion and tomato, on South Union sesame bun \$8.99

**ALL-AMERICAN BURGER** two griddled 1/4 lb. George's grind burgers\*, American cheese, 1000 Island, lettuce, onion, tomato and pickles on a toasted South Union bun \$8.99

**VEGGIE BURGER** grilled house-recipe veggie burger, lettuce, tomato, chipotle dressing and onion rings on a ciabatta bun (vegetarian) \$8.50

**MEMPHIS-STYLE PULLED PORK** house-smoked pork shoulder, BBQ sauce and coleslaw on a South Union sesame bun \$8.50

**KC-STYLE BURNT ENDS BBQ** house-smoked beef brisket, KC-style BBQ sauce and sliced pickles on a South Union bun \$8.50

**VEGAN BAHN MI** Vietnamese BBQ tofu, vegan mayo, sriracha, julienne carrots, cucumbers, red onion, cilantro on a South Union hoagie \$8.50

**IOWA PORK TENDERLOIN** hand-breaded pork tenderloin, sliced pickles and red onion on a South Union sesame bun \$8.99

**KOREAN STEAK SANDWICH** ginger-soy marinated tri-tip steak, house-made kimchi, cilantro and sriracha mayo on toasted ciabatta bun \$10.99

**BLACKEND TUNA** blackened tuna steak, Cajun mayonnaise, lettuce, tomato and red onion on a South Union ciabatta bun \$11.99

**LOBSTER SHRIMP ROLL** traditional New England-style seafood salad on a toasted South Union challah roll \$11.99

**CAPRESE CHICKEN CLUB** grilled marinated chicken breast, provolone cheese, tomato and pesto aioli on South Union garlic focaccia \$8.99

**VEGETARIAN GYRO** seared spiced seitan, feta cheese, red onion, lettuce, tomato and tzatsiki sauce in a warm flatbread (vegetarian) \$8.50

**SIDE ORDERS** hand-cut fries, baked beans, jalapeño creamed corn, old-fashioned potato salad, coleslaw \$2.50

## CAFÉ SPECIALTIES served 10:30am—10pm Everyday

**TOKYO-STYLE RAMEN** traditional soy-based pork broth, fresh ramen noodles, corn, spinach, bamboo shoots, scallion, bean sprouts, hard-cooked egg and your choice of tofu, shrimp or chicken \$9.99

**HOUSE RAMEN** sesame-miso pork broth, fresh ramen noodles, tofu, carrot, scallions, bean sprouts, spinach, corn, bamboo shoots and hard-cooked egg \$9.99 add shrimp or chicken \$2.50

**VEGETARIAN RAMEN** vegetarian sesame-miso broth, fresh ramen noodles, tofu, carrot, scallions, bean sprouts, spinach, corn, bamboo shoots and hard-cooked egg \$8.99

**GATEWAY FISH AND CHIPS** traditional battered fish, hand-cut chips, tartar sauce, malt vinegar and coleslaw \$9.99

**MARKET MAC & CHEESE** old-fashioned cheddar cheese sauce, macaroni and toasted bread crumbs. Served with garlic focaccia \$8.99

**CHICKEN BACON MAC & CHEESE** macaroni, grilled chicken, smoked bacon, three cheese sauce and toasted bread crumbs. Served with garlic focaccia \$10.99

**LOBSTER MAC & CHEESE** butter poached lobster, tomato, three cheese sauce and toasted bread crumbs. Served with garlic focaccia bread \$12.99

**VEGETARIAN ENCHILADAS** flour tortillas filled with roasted corn, yellow squash, potato, mushrooms, onions and peppers, topped with chiliquiles sauce, and cheddar cheese, lettuce and avocado. Served with sour cream and salsa \$8.50

**STEAK TACOS** three hand-made corn tortillas, carne asada, pico di gallo, avocado, mozzarella and cheddar cheese served with sour cream and salsa \$9.99

**FISH CORN TACOS** three handmade-made corn tortillas, seasoned white fish, chipotle coleslaw, tomato, avocado and salsa \$10.99

**QUESADILLAS** griddled flour tortilla filled with jalapeños, pico de gallo, mozzarella, cheddar and your choice of **carne asada steak, grilled chicken or tofu**. Served with sour cream, lettuce, avocado and salsa \$9.99

**PAD THAI** rice noodles, seasoned tofu, scallion, cilantro, bean sprouts, garlic, chili paste and soy sauce with peanuts and lime (vegetarian) \$8.99 add shrimp or chicken \$2.50

**THAI CURRY NOODLE BOWL** rice noodles, seasoned tofu, scallion, bell pepper, carrot, bean sprouts and red curry coconut sauce with cilantro and lime \$8.99 add shrimp or chicken \$2.50

**CANTONESE STIR FRY** yellow egg noodles tossed in Cantonese brown sauce with garlic, ginger, scallions, bean sprouts, celery, carrot, bamboo shoots, spinach, red onion, bell pepper and cilantro (vegetarian) \$8.99 add seasoned tofu, shrimp or chicken \$2.50

## KID'S MENU served 10:30am—10pm Everyday — Available for kids 12 and under

**KID'S MAC & CHEESE** macaroni with old-fashioned cheddar cheese sauce \$5.99

**HAMBURGER** 4 oz grilled burger on a sesame bun with choice of fries, fresh fruit or baby Market or Caesar salad \$5.50

**CHEESEBURGER** 4 oz burger with American cheese on sesame bun with choice of fries, fresh fruit or baby Market or Caesar salad \$5.99

**CHICKEN TENDERS** hand-breaded chicken tenders with fries and choice of BBQ sauce or parmesan ranch dressing \$5.99

**KID'S GRILLED CHEESE** Italian bread and American cheese with choice of fries, fresh fruit or baby Market or Caesar salad \$5.50

**PB&J** Italian bread with creamy peanut butter and grape jam with choice of fries, fresh fruit or baby Market or Caesar salad \$4.99

*\*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.\**