



GATEWAY MARKET CAFÉ LUNCH AND DINNER MENU

10:30am - 9pm, every day.

2002 Woodland Avenue, DSM / 515.422.5109

SOUPS / SALADS

with South Union Garlic Focaccia.

SOUPS / cup \$4.99 / bowl \$6.99

Chicken Corn Tortilla

Vegetable Orzo

Corn Chowder

Veggie Chili (vegan)

THE MARKET greens, feta, tomato, onion, carrot, cucumber, roasted garlic vinaigrette / \$9.99 / \$12.99

CAFÉ CAESAR romaine, Parmesan, croutons, Caesar dressing / \$9.99 / \$12.99

CRANBERRY WALNUT greens, Gorgonzola, spiced walnuts, dried cranberries, balsamic vinaigrette / \$10.99 / \$13.99

GREEK SALAD greens, cilantro tabouli, cucumber, onion, tomato, kalamata olives, red pepper hummus, feta, toasted pita, roasted garlic vinaigrette / \$11.99 / \$14.99

CILANTRO LIME CHICKEN greens, grilled chicken, Parmesan, onion, tomato, carrot, corn relish, avocado, fried tortilla strips, cilantro lime vinaigrette / \$11.99 / \$14.99

SANTA FE CHICKEN greens, blackened chicken, cheddar, black bean salsa, corn relish, tomato, avocado, fried flour tortilla shell, chipotle ranch dressing / \$11.99 / \$14.99

PEANUT CHICKEN greens, grilled chicken, carrot, cucumber, onion, bean sprouts, roasted peanuts, cilantro, spicy peanut dressing / \$11.99 / \$14.99

Make any salad an entrée

+ falafel +\$3 + spiced seitan +\$3

+ chicken (grilled, blackened, fried) +\$3

+ shrimp (grilled, blackened) +\$5

SOUP + SALAD COMBO

Cup of soup and choice of regular Market or Caesar salad / \$11.99

Sub Cranberry Walnut salad +\$1.99

Sub Greek, Cilantro Lime, Santa Fe or Peanut Chicken salad +\$2.99

STARTERS

ONION RINGS with chipotle ketchup and pesto aioli / \$6.49

FRENCH FRIES battered and fried / \$4.99

SWEET POTATO WAFFLE FRIES with maple mustard, chipotle ranch / \$6.49

SPINACH ARTICHOKE DIP with fried pita chips and Parmesan / \$6.49

ENTRÉES

BREAKFAST BURRITO

choice of tofu scramble, or chicken or steak with scrambled eggs; with cheddar, bell pepper, onion, salsa, sour cream, flour tortilla / \$10.99

FISH & CHIPS cod, fries, malt vinegar, tartar sauce, coleslaw / \$12.99

CHICKEN STRIP BASKET chicken strips (traditional or Nashville) with your choice of side / \$13.99

FISH TACOS seasoned tilapia, chipotle coleslaw, tomato, avocado, salsa, corn-and-flour blend tortillas / \$11.99

STEAK TACOS carne asada, mozzarella, cheddar, pico de gallo, avocado, salsa, sour cream, corn-and-flour blend tortillas / \$11.99

QUESADILLA choice of carne asada, grilled chicken or tofu; with pico de gallo, mozzarella, cheddar, salsa, sour cream, lettuce, avocado, flour tortilla / \$12.99

NOODLES

HOUSE RAMEN sesame miso pork broth, noodles, carrot, scallion, bean sprouts, spinach, corn, boiled egg* / \$11.99

SPICY PORK BELLY RAMEN roasted smoked pork belly, spicy pork broth, noodles, tofu, kimchi, corn, scallion, bean sprouts, boiled egg*, spinach / \$13.99

PAD THAI (vegan) rice noodles, tofu, scallion, cilantro, lime, bean sprouts, chopped peanuts, garlic chili sauce / \$11.99

CANTONESE STIR FRY egg noodles, carrot, celery, spinach, onion, bell pepper, scallion, garlic, bean sprouts, cilantro, Cantonese brown sauce / \$11.99

Add to your dish

+ chicken +\$3 + pork belly +\$3

+ tofu +\$3 + shrimp +\$5

CHEF CASE SIDES

COLD SIDES / 4.99 / 6.99

Potato Salad Caprese Tomatoes

Creamy Coleslaw Cheese Tortellini

Mixed Fruit Salad

HOT SIDES / 4.99 / 6.99

Mac & Cheese Mashed Potatoes

Jalapeño Creamed Corn

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

* GF - Gluten Friendly: Please inform us if you are trying to avoid gluten. Gateway Market is not a gluten-free facility. Our Gluten-Friendly menu items are made without gluten ingredients on shared equipment and cross contact may occur. We cannot guarantee all items are gluten-free for those highly sensitive.



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BURGERS / SANDWICHES

Served with pickle spear and choice of French fries, chef case side, cup of soup, petite Market, Caesar or Cranberry Walnut salad.

Sub sweet potato waffle fries or onion rings (+\$1.99)

ALL-AMERICAN BURGER two quarter pound house-ground George's Grind burgers*, American cheese, 1000 island, lettuce, tomato, onion, sliced pickle, sesame bun / \$14.99

+ add bacon / \$1

GATEWAY BURGER 8oz house-ground George's Grind burger*, choice of Swiss, cheddar, American, pepper jack or Monterey Jack cheese, mayo, lettuce, tomato, onion, sesame bun / \$14.99

+ add bacon / \$1

VEGGIE BURGER (vegetarian) house veggie nut patty, lettuce, tomato, chipotle ranch dressing, onion rings, ciabatta / \$12.99

FALAFEL (vegetarian) falafel, feta, lettuce, tomato, onion, cucumber, tzatziki sauce, flat bread / \$10.99

GRILLED PESTO CHICKEN Swiss cheese, tomato, onion, pesto, ciabatta bun / \$12.99

FRENCH DIP shaved beef, provolone, bolillo roll with au jus / \$14.99

PHILLY CHEESESTEAK sliced steak, provolone, sautéed mushroom, onion and bell pepper, bolillo roll / \$12.99

IOWA PORK TENDERLOIN half-pound pork tenderloin, pickles, onion, sesame bun / \$11.99

NASHVILLE HOT CHICKEN SANDWICH fried chicken strips, Nashville hot sauce, American cheese, mayonnaise, lettuce, sesame bun / \$11.99

AHI TUNA STEAK blackened ahi tuna*, Cajun aioli, lettuce, tomato, onion, ciabatta / \$13.99

PLANT-BASED (VEGAN)

BLACK BEAN BURGER guacamole, lettuce, tomato, onion, chipotle ketchup, ciabatta bun / \$12.99

BEYOND MEAT BURGER Beyond Burger® patty, vegan American cheese, lettuce, tomato, onion, pickle, vegan 1000 island dressing, ciabatta bun / \$12.99

TOFU BANH MI BBQ tofu, carrot, cucumber, cilantro, vegannaise, Sriracha, baguette / \$11.99

PICK TWO / \$14.99

CHOICE OF

Half deli sandwich or half wrap

PLUS

Regular salad (Market or Caesar)

*Sub Cranberry Walnut - +\$1.99

*Sub Greek, Cilantro Lime, Sante Fe or Peanut Chicken Salad - +\$2.99

KID'S MENU

AGES 12 AND UNDER

KID'S SALAD romaine, tomato, carrot, cucumber, ranch / \$6.99

KID'S MAC & CHEESE macaroni, cheddar sauce / \$6.99

CHICKEN STRIPS choice of buttermilk ranch or BBQ sauce / \$6.99

Choice of fries, fresh fruit, or petite Market or Caesar salad with items below.

HAMBURGER 4 oz burger, sesame bun / \$7.99
+ cheese / \$1

GRILLED CHEESE American cheese, white bread / \$6.99

PB&J creamy peanut butter, choice of grape or strawberry jelly / \$6.99

KID'S QUESADILLA mozzarella, cheddar, salsa, flour tortilla / \$6.99

DELI SANDWICHES (HALF / WHOLE)

Served with a pickle spear and choice of French fries, chef case side, cup of soup, petite Market, Caesar or Cranberry Walnut salad.

Sub sweet potato waffle fries or onion rings (+\$1.99)

TURKEY DELI turkey, Swiss, tomato, avocado, lettuce, grain mustard, multigrain bread / \$11.99 / \$13.99

REUBEN corned beef, sauerkraut, Swiss, 1000 island dressing, rye bread / \$11.99 / \$13.99

HOT ITALIAN SUB salami, roast beef, capicola, mortadella, provolone, banana pepper rings, lettuce, onion, tomato, roasted garlic vinaigrette, baguette / \$11.99 / \$13.99

CUBANO smoked ham, braised pulled pork, Swiss, pickle, onion, mayo, mustard, baguette / \$11.99 / \$13.99

B.L.T. bacon, lettuce, tomato, mayo, county Italian bread / \$10.99 / \$12.99

CHICKEN BACON PANINI Monterey Jack, tomato, guacamole, buttermilk Parmesan dressing, country Italian bread / \$11.99 / \$13.99

TURKEY BACON CLUB turkey, bacon, Swiss, 1000 island dressing, lettuce, tomato, country Italian bread / \$11.99 / \$13.99

WRAPS (HALF / WHOLE)

CRANBERRY CHICKEN SALAD WRAP roasted chicken, cranberry, celery, mayo, greens, flour tortilla / \$11.99 / \$13.49

MEDITERRANEAN WRAP (vegetarian) hummus, tabouli, feta, greens, onion, tomato, cucumber, kalamata olives, roasted garlic vinaigrette, flour tortilla / \$11.99 / \$13.49
+ add falafel / \$3

CHICKEN COBB WRAP fried or grilled chicken, bacon, hard-boiled egg, Gorgonzola, avocado, tomato, green goddess dressing, greens, flour tortilla / \$11.99 / \$13.49

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GATEWAY MARKET CAFÉ BREAKFAST MENU

Friday, Saturday & Sunday, 8am - 2pm
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SPECIALTIES

with tater tots or fresh fruit.

MARKET EGG SANDWICH

fried eggs, ham, cheddar, lettuce, tomato, ciabatta / \$9.99

BISCUIT SANDWICH scrambled eggs, bacon, American cheese, buttermilk biscuit / \$8.99

BREAKFAST BURRITO

flour tortilla, cheddar, bell pepper, onion and choice of tofu scramble, or chicken or steak with scrambled eggs; with salsa and sour cream / \$10.99

EGGS BENEDICT poached eggs*, ham, hollandaise, ciabatta / \$11.49

HUEVOS MOTULEÑOS

two sunny-side up eggs*, spiced black beans, smoked ham, corn and flour tortillas, salsa, mozzarella / \$11.99

BISCUIT AND GRAVY

open-faced buttermilk biscuit, choice of country (vegetarian) or sausage gravy and two eggs* any way / \$10.99

TOFU BREAKFAST SANDWICH (vegan)

tofu patty, spring mix, avocado, tomato, ciabatta bun / \$9.99

BAKED GOODS

CINNAMON ROLL / \$4.99

CARAMEL PECAN ROLL / \$4.99

DANISH / \$2.99

MUFFIN / \$2.99

BROWNIE / \$2.19

COOKIE / \$2.49

SIDES

TWO EGGS* / \$3.99

SMOKED HAM / \$2.99

SMOKED BACON / \$2.99

SAUSAGE PATTY / \$2.99

FRESH FRUIT / \$2.99

TATER TOTS / \$2.99

BUTTERMILK BISCUIT / \$1.99

TOAST / \$1.49

white, wheat, rye, sourdough

EGGS / OMELETS / TOFU

choice of tater tots or fresh fruit and white, wheat, rye or sourdough toast.

TWO EGGS ANY WAY two eggs*, choice of smoked ham, bacon or sausage / \$9.99

GATEWAY OMELET grilled chicken, bacon, Gorgonzola, onion, tomato / \$10.99

HAM & CHEESE OMELET

smoked ham, cheddar / \$10.99

DENVER OMELET smoked ham, onion, bell pepper, mushrooms, cheddar / \$10.99

KID'S MENU

AGES 12 AND UNDER

KID'S FRENCH TOAST

battered challah bread, maple syrup, powdered sugar, choice of two pieces of bacon or fresh fruit / \$6.99

KID'S EGGS ANY WAY

two eggs*, choice of two pieces of bacon, kid's potatoes or fresh fruit and choice of white or wheat toast / \$6.99

KID SIZED OMELET eggs, cheddar, choice of kid's potatoes or fresh fruit / \$6.99

KID'S BREAKFAST BURRITO

scrambled eggs, cheddar, salsa, flour tortilla, choice of kid's potatoes or fresh fruit / \$6.99

CLASSICS

YOGURT PARFAIT berries, vanilla yogurt, granola / \$7.99

STEEL-CUT OATMEAL

maple syrup, brown sugar / cup \$3.49 / bowl \$5.99

+ add spiced walnuts and dried cranberries / \$2

FRENCH TOAST challah bread, strawberries, toasted pecans, powdered sugar, maple syrup / \$10.99

AVOCADO TOAST (vegan)

avocado, tomato, radish, lime juice, micro greens, chili crunch, multi-grain wheat toast / \$10.99

CATERING

Planning an event? Think of Gateway Market! We offer exceptional food and knowledgeable service to help make your next event a success.

Our one-of-a-kind combination of market, café and catering departments provides unique capabilities that no other central Iowa caterer can match: access to the world's best purveyors, exceptional quality ingredients at fair prices, and some of the area's most experienced food professionals.

Check out our catering menu at gatewaymarket.com, or contact us at catering@gatewaymarket.com.

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