

Breakfast

Quiche of the Day	\$4.75
Served hot or chilled. Ask about today's selection!	
Granola with milk	\$2.75
Fruit and Yogurt Parfait	\$3.95
Granola, low fat vanilla yogurt and fruit	
Bagel (ask about today's selection).....	\$1.25
With cream cheese.....	\$1.65

Wraps

Chicken Caesar Wrap	\$5.50
Seasoned baked chicken, Provolone and Parmesan cheese, onion, lettuce, tomato and Caesar dressing	
Mexican Chicken Wrap	\$5.25
Seasoned baked chicken, Cheddar cheese, lettuce, tomato, onion, side of salsa and sour cream	
Turkey Ranch Wrap	\$5.25
Turkey, ham, Provolone cheese, lettuce, tomato and ranch dressing	
Garden Veggie Wrap	\$4.95
Lettuce, Swiss and Provolone cheese, cucumber, spinach, onion, tomato, and sunflower seeds with choice of dressing	

Did you know...

- Meeting Grounds offers free Wireless Internet
- All of our gourmet coffee can be bought by the pound, whole beans or ground
- Meeting Grounds has been locally owned since 1994

Let Meeting Grounds cater your next meeting or event!

Soups

Soup of the Day	
Ask about today's selections!	
Cup.....	\$3.55
Bowl.....	\$4.75



Salads

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, spinach, cucumber, carrots, sunflower seeds and croutons with choice of dressing	
MG Chef Salad	\$6.25
Lettuce, ham, turkey, Cheddar cheese, tomato, cucumber, red onion, carrots and croutons with choice of dressing	
Caesar Salad with Chicken	\$6.25
Lettuce, red onion, Parmesan cheese, seasoned baked chicken and croutons with Caesar dressing	
Asian Sesame Salad	\$6.25
Lettuce, seasoned baked chicken, red peppers, spinach, tomato, red onion, toasted almonds, with Asian sesame dressing	
MG Signature Chicken Salad	\$6.25
Served on a bed of fresh greens with tomato	

Cold Sandwiches

Ham and Cheddar	\$5.25
Served on wheat bread. Lettuce, tomato and onion available on the side with mustard or mayo.	
Turkey and Provolone	\$5.25
Served on whole grain bread. Lettuce, tomato and onion available on the side with ranch or mayo.	
MG Signature Chicken Salad	\$5.75
Served on a croissant. Sweet and savory with raisins and toasted almonds. Lettuce and tomato available on the side.	
MG Signature Sub	\$6.50
A hearty sub with ham, turkey, Provolone and Cheddar. Lettuce, tomato and onion available on the side with mustard or mayo	
MG Combo	\$5.75
Half of our popular turkey and provolone on whole grain bread with lettuce, tomato, cucumber and a side of mustard and mayo. Combined with a cup of the soup of the day.	

Hot Sandwiches

Grilled Italian Chicken Panini	\$6.25
Seasoned baked chicken breast with Provolone cheese and sun-dried tomato spread, grilled on focaccia bread	
Country Turkey Ranch Panini	\$5.75
Smoked turkey with ham, Provolone cheese and ranch dressing, grilled on focaccia bread	
Grilled Cheese	\$3.50
Cheddar and Provolone cheese on wheat bread	
With tomato.....	\$3.75
With ham.....	\$4.25

Bakery Treats

Beverages

Bars.....\$2.00

- Seven Layer Bars
- Lemon Squares
- Salted Nuts Bars
- “Death By Chocolate” Brownies
- And more!
- Carrot Cake Bars
- Almond Joy Bars
- Kit Kat Bars

Scones.....\$2.00

- Raspberry White Chocolate
- Lemon Poppy Seed
- Triple Chip
- Blueberry
- Cranberry White Chocolate
- Apple Spice
- Pumpkin
- And more!

Biscotti.....\$1.50

- Almond
- Chocolate-Dipped Almond
- Cranberry White Chocolate
- Chocolate Chip
- Low Fat Almond

Cookies.....\$1.50

- Chocolate Chip
- Cinnamon Raisin
- Soho
- Frosted Cardamom
- Snickerdoodle
- And more!

Focaccia Bread (loaf).....\$4.80

Slice.....\$0.60

Pastries

Caramel Monkey Bread.....\$1.85

Kringlar.....\$2.25

Sweet Breads.....\$1.85

Banana, Pumpkin or Berry

COFFEE 12 oz. 16 oz. 20 oz.

- Fresh Brewed Coffee *to go* 1.00 1.75 2.00
- Mug *to stay* 1.50
- Café au Lait 1.75 2.00 2.25

ESPRESSO DRINKS 1 or 2 2 Shots 3 Shots

- Espresso 1.00 1.50 2.00
- Cappuccino 2.75 3.10 3.60
- Caffé Latte 2.75 3.10 3.60
- Caffé Mocha 3.15 3.50 3.90
- Specialty Latte 3.40 3.75 4.15
- Caffé Miel 3.40 3.75 4.15
- Turtle 3.40 3.75 4.15
- Caffé 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¢

All drinks also available iced!

OTHER HOT DRINKS 12 oz. 16 oz. 20 oz.

- Hot Tea 1.00 1.75 2.25
- Hot Tea *to stay* 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

BLENDED DRINKS 16 oz. 20 oz.

- 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

DESSERT DRINKS 16 oz.

- Root Beer Float 3.50
- Ice Cream Shake 3.75
- With Espresso 4.25
- Specialty Shake 4.25
- With Espresso 4.75



Menu



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

Crafts Direct Waite Park
 620 Sundial Drive
 257-5604

www.meetinggrounds.com