

# Breakfast Sandwiches

## **NEW Mini Waffle Sliders**

Mini Waffles, Choice of Protein (Bacon or Turkey Sausage), Egg, & Cheddar

## **Ham, Avocado, & Arugula Sandwich**

Rye Bread, Ham, Egg, Swiss, Avocado, Arugula, Red Peppers, & Sundried Aioli

## **Egg White, Avocado, & Arugula Sandwich**

Multigrain Bread, Egg White, Avocado, Arugula, & Sundried Aioli

## **Ham & Swiss Egg Melt**

Sourdough, Ham, Swiss, Scrambled Egg, & Sundried Aioli

## **Bacon & Egg Bagel**

Asiago Bagel, Egg White, White Cheddar, Bacon

## **Chorizo & Brioche Sandwich**

Brioche Bun, Chorizo, Scrambled Egg, Scallions, Caramelized Onion, & Sriracha Mayo

## **Build Your Own Breakfast Sandwich**

Croissant or Ciabatta, Choice of Protein (Bacon or Turkey Sausage), Egg, & White Cheddar

## • Avocado Toasts •

### **Caprese Avocado**

Two Pieces of Wheat Toast with Avocado, Fresh Mozzarella, Tomato, Asiago, & Balsamic Glaze

### **Garden Avocado Toast**

Two Pieces of Multigrain Toast with Avocado, Tomato, & Asiago

### **Bacon Avocado Toast**

Two Pieces of Sourdough Toast with Avocado, Bacon & Feta Cheese

## **BREAKFAST FAVORITES**

### **NEW Bacon Cheddar Egg Bites**

Comes with Two Egg Bites & Fresh Fruit

### **Oatmeal Kit**

with Brown Sugar & Granola

### **Acai Bowl**

Comes with Banana, Granola, & Two Toppings of Your Choice  
Strawberries | Blueberries | Raspberries | Pecans | Almonds |  
Coconut | Chia Seeds | Chocolate Chips

## Breakfast Scrambles

Served with Side of Fresh Fruit & Choice of Multigrain, Sourdough, White, Wheat, or Rye Toast

### **All Iowa Scramble**

Eggs, Ham, Bacon, Turkey Sausage & Pepper Jack Cheese

### **Bacon & Cheddar Scramble**

Eggs, Bacon, Cheddar, Onions & Tomatoes

### **Garden Scramble**

Egg Whites, Onion, Spinach, Asiago Cheese, Avocado, Diced Tomatoes, Red Pepper, & Green Pepper

### **Ham & Swiss Scramble**

Eggs, Ham, Swiss, Sour Cream, & Green Onion

### **Fire Roasted Scramble**

Eggs, Fire Roasted Veggies, Spinach, Mushrooms, & Cheddar Cheese

### **Cajun Chicken Scramble**

Eggs, Cajun Chicken, Fire Roasted Veggies, Pepper Jack, & Cajun Sauce

## French Toast

- Traditional • Blueberry •
- Strawberry • Strawberry Banana •
- Chocolate Caramel •

## Breakfast **BURRITOS**

### **Veggie & Egg Burrito**

Eggs, Spinach, Mushrooms, Cheddar, Fire Roasted Veggies, & Sundried Aioli

### **Bacon & Cheddar Burrito**

Eggs, Bacon, Potatoes, Onion, Tomato, Cheddar, Chipotle Mayo

### **Chorizo Breakfast Burrito**

Chorizo, Pepperjack, Signature Sauce, Red Pepper, Potatoes, Red Onion

### **Southwest Chicken Wrap**

Eggs, Chicken, Bacon, Onion, Green Pepper, Potatoes, Cheese Sauce, Cheddar, & Avocado



# Main Street

CAFÉ & BAKER

## Spring 2026 at 801 Grand

**Open Monday - Friday  
7 am - 2 pm**

**515-282-2796**

 **DOORDASH**  **GRUBHUB**  **Uber Eats** 

**FOR CATERING | BAKERY | EVENTS**

515 • 720 • 1821

# Salads

Comes with a  
Wheat or White Baguette

## NEW Strawberry Poppysseed

Romaine, Chicken, Strawberries, Pineapple, Blueberries, Mandarin Oranges, Sugared Pecans, & Poppysseed Dressing

## NEW Ahi Tuna

Spinach, Spring Mix, Ahi Tuna, Radishes, Cucumber, Tomato, Avocado, Edamame, & Cusabi Dressing

## NEW Strawberry Bacon Cashew

Spring Mix, Bacon, Strawberries, Feta, Cashews, & Champagne Dressing

## NEW Melon Mania Salad

Spring Mix, Arugula, Radishes, Cucumber, Watermelon, Feta, Basil, & Champagne Dressing

## NEW Mediterranean

Spring Mix, Arugula, Mortadella, Salami, Tomato, Onions, Cucumber, Feta, Chickpeas, Balsamic Glaze, & Greek Dressing

## Asian Chicken Salad

Romaine, Napa Blend, Fresh Cilantro, Chicken, Red & Green Peppers, Sesame Seeds, Wonton Strips, Topped with Peanut Sauce & Asian Dressing

## Blackened Chicken Salad

Romaine, Blackened Chicken, Bacon, Pepper Jack, Cheddar, Tomatoes, Croutons, Topped with Creamy Parmesan Dressing

## GS Blackened Salmon

Spinach, Spring Mix, Feta, Red Peppers, Onions, Tomatoes, Cucumbers, Blackened Salmon, & Walnuts, Topped with Lemon Vinaigrette

## FULL SALAD

OR

## 1/2 SALAD & SOUP

## Blackened Chicken Caesar

Romaine, Blackened Chicken, Asiago, Tomato, Onion, & Croutons, Topped with Caesar Dressing

## GS Blackened Shrimp

Romaine, Blackened Shrimp, Hard Boiled Egg, Tomato, Onion, & Avocado, Topped with Yum Yum Dressing

## Chicken Fajita Salad

Romaine, Fajita Chicken, Pepper Jack, Fire Roasted Veggies, Wonton Strips, Pico de Gallo, & Salsa, Topped with Salsa Ranch

## Chipotle Ranch Crunch

Spring Mix, Napa Blend, Craisins, Peanuts, Asiago, Blackened Chicken, Wonton Strips, Topped with Chipotle Ranch

## GS Blueberry Medley

Spring Mix, Napa Blend, Chicken, Feta, Almonds, Sunflower Seeds, Blueberries, Topped with Poppysseed Dressing

## GS Chicken Avocado Cobb

Romaine, Gorgonzola, Chicken, Bacon, Avocado, Hard Boiled Egg, Tomato, Topped with Greek Dressing

## Black Bean Burger Salad

Spring Mix, Spinach, Black Bean Burger, Avocado, Pepper Jack, Black Bean Corn Salsa, Wontons, Topped with Cilantro Lime Dressing & Chipotle Ranch

# Wraps

## NEW BBQ Bliss Chicken Wrap

Blackened Chicken, Thai Rice, Avocado, Napa Blend, Corn Salsa, Wonton Strips, Char Siu Sauce, & Hot Honey

## NEW Turkey Bacon Ranch Wrap

Turkey, Bacon, Lettuce, Tomato, & Ranch

## Asian Wrap

Napa Blend, Cilantro, Chicken, Red & Green Pepper, Asian Dressing, Peanut Sauce, Wonton Strips, & Sesame Seeds

## Turkey Avocado Wrap

Dill Mayo, Roasted Turkey, Avocado, Arugula, Cucumber, & Tomatoes

## Toasted Baja Chicken Wrap

Blackened Chicken, Napa Blend, Pico de Gallo, Avocado, Corn Salsa, Chipotle Mayo, & Basil Pesto

## Toasted Chicken Caesar Wrap

Caesar Dressing, Arugula, Blackened Chicken, Red Onion, Tomatoes, & Asiago

## Buffalo Chicken Wrap

Romaine, Chicken, Gorgonzola, Tomato, Onion, Buffalo Sauce, & Ranch

# Cold Sandwiches

## NEW Dill With It Egg Salad

Egg Salad, Spinach, Dill Pickles, & Dill Pickle Mustard on White Bread

## NEW Mortadella Supreme

Mortadella, Ricotta, Spring Mix, Roma Tomatoes, & Balsamic Glaze on Focaccia

## Turkey Avocado BLT

Sourdough Bread, Mayo, Roasted Turkey, Bacon, Avocado, Lettuce & Tomato

## Apple Chicken Salad

Multigrain Bread, Cranberry Mustard, Apple Chicken Salad, Walnuts, Swiss, Lettuce, Onion & Tomato

# BURGERS

## NEW French Onion Burger

Spinach, Mushrooms, Swiss, Provolone, Garlic Aioli, & Onion Jam on a Cheddar Bun

## Black Bean Burger

Black Bean Burger, Brioche Bun, Salsa, Sour Cream, Wontons, & Pico de Gallo

## Main Street Cheeseburger

Brioche Bun, Beef Burger, Cheese, Lettuce, Tomato, Onion, Pickle

## Frisco Burger

Beef Burger, Parmesan Sourdough, Swiss, Cheddar, Grilled Onions, & Signature Sauce

# TOASTED SANDWICHES

## Roasted Veggies on Sourdough

Roma Tomato, Fire Roasted Veggies, Fresh Mozzarella, & Sundried Tomato Pesto

## Chicken Bacon Cranberry

Ciabatta, Chicken, Bacon, Arugula, Fresh Mozzarella, Maple Bacon Aioli, & Cranberry Mustard

## Chicken & Chipotle

Ciabatta Bread, Chipotle Mayo, Chicken, Bacon, Tomato, & Cheddar

## Turkey Cranberry

Toasted Croissant, Cranberry Mustard, Roasted Turkey, Cheddar, Tomato, Onion, & Spinach

## Turkey Bacon

White Bread, Roasted Turkey, Chipotle Mayo, Bacon, & Cheddar Cheese

## Turkey Reuben

Rye Bread, Signature Sauce, Swiss, Roasted Turkey, & Sauerkraut

## Chicken Pesto

White Bread, Chicken, Mozzarella, Tomato, Pesto, & Basil

## BLT

Multigrain Bread, Mayo, Bacon, Lettuce & Tomato

## Turkey Club

Toasted Croissant, Chipotle Mayo, Roasted Turkey, Bacon, Cheddar, Lettuce, Tomato, & Onion

# Wild Rice Bowls

## NEW Ahi Tuna Bowl

Ahi Tuna, Radishes, Cucumber, Roma Tomato, Avocado, Garlic, Basil, & Cusabi Dressing

## NEW Sweet & Smokey Pork Bowl

Pork Belly, Thai Rice, Carrots, Mango, Napa Blend, Wonton Strips, Sesame Seeds, Scallions, Orange Juice, & Char Siu Sauce

## NEW Viva La Bean Bowl

Black Bean Patty, Fire Toasted Veggies, Napa Blend, Avocado, Cilantro, Scallions, Salsa Verde, & Sour Cream

## GS Honey Dijon Chicken Bowl

Quinoa, Blackened Chicken, Harvest Veggies, Honey Mustard Sauce, Almonds, Craisins, Parmesan Cheese

## GS Quinoa Power Bowl

Quinoa, Harvest Veggies, Stir Fry Veggies, Blackened Chicken, Maple Mustard Vinaigrette, Pumpkin Seeds, & Avocado

## GS Baja Protein Bowl

Choice of Protein (Chicken, Shrimp, or Salmon), Avocado, Fire Roasted Veggies, Pepper Jack, Corn Salsa, & Pico de Gallo, Cilantro Lime Sauce

## GS Blackened Salmon Bowl

Olive Oil, Salmon, Lemon Juice, Tomatoes, Avocado, Onion, & Cucumbers

## Thai Chicken Rice Bowl

Peanut Sauce, Scallions, Carrots, Peanuts, Chicken, Mozzarella, Cilantro Lime Sauce

## GS Blackened Shrimp Bowl

Olive Oil, Garlic, Lemon Juice, Blackened Shrimp, White Wine, Basil, Onion, Roma Tomato, Spinach, Red Pepper Flakes

# PASTAS & MAC N' CHEESE

Served with a Fresh Baked Baguette

## NEW Shrimp Primavera

Shrimp, Stir Fry Veggies, Spinach, Alfredo, Parmesan, & Italian Seasoning

## NEW Lemon Chicken Ricotta

Chicken, Spinach, Ricotta, Alfredo, Lemon Juice, & Crushed Red Pepper Flakes

## Alfredo with Chicken

Olive Oil, Penne Pasta, Chicken, Red Peppers, Alfredo Sauce, Asiago, & Pistachios

## Cajun Chicken

Cajun Chicken, Penne Pasta, Fire Roasted Veggies, Alfredo, & Cajun Sauce

## Blackened Salmon

Blackened Salmon, Penne Pasta, Garlic, Lemon Juice, Olive Oil, Basil, Veggie Mix, Tomatoes, & Parmesan

## Shrimp Pesto

Shrimp, Penne Pasta, Alfredo Sauce, Pesto, Spinach, Asiago, & Diced Tomato

## Maple Bacon Mac

Chicken, Bacon, Cheddar, Pepperjack, Brown Sugar, Maple Aioli, & Pecans

## Hot Honey Mac

Chicken, Bacon, Tomatoes, Bread Crumbs, Hot Honey, & Hot Honey Sauce

## White Cheddar Mac

Cavatappi Noodles & Cheese Sauce

## Brisket Mac

Beef Brisket, BBQ Sauce, Cheddar, & French Onions

## Chicken Bacon Ranch Mac

Chicken, Bacon, Ranch, Diced Tomato, & Scallions

## Buffalo Mac

Chicken, Buffalo Sauce, Bacon, Tomato, Gorgonzola Cheese, & Ranch Dressing

**DAILY SOUPS** • Broccoli Cheese (GF) • Tomato Bisque •  
Cup or Bowl: Comes with  
your choice of Wheat or White  
Baguette • Chicken Noodle • French Onion (GF) •  
• Wicked Thai • Red Lentil Vegetable (V) •  
• Chicken Enchilada (GF)

•Comes with Choice of Side•

## NEW Southwest Chicken Philly

Blackened Chicken, Fire Roasted Veggies, Pepperjack, Cilantro, Black Bean Corn Salsa, & Salsa Verde on a Hoagie

## Spinach Artichoke Grilled Cheese

Spinach Artichoke Dip, White Cheddar, & Provolone on Sourdough

## Chicken Bacon Ranch

Chicken, Bacon, Pepperjack, Ranch, & Tomato on Parmesan Sourdough

## Turkey Bacon Avocado

Signature Sauce, Swiss, Cheddar, Tomato, Roasted Turkey, Bacon, & Avocado on Parmesan Sourdough

## Grilled Cheese

Cheddar, Swiss, Asiago, Tomato & Onion on Sourdough

## French Dip

Roast Beef, Bacon, Sauteed Onion, Asiago, Provolone, & Worcesterchire Sauce on a Hoagie Bun

## Parmesan Roast Beef

Roast Beef, Cajun Sauce, Pepperjack, Provolone, and Fire Roasted Veggies on Parmesan Sourdough

## Salmon Melt

Dill Mayo, Blackened Salmon, Tomato, Onion, Avocado, & Cucumbers on Parmesan Sourdough