

Ask About Our

Daily Soup & Entrée Specials

Burrito Bowl

Homemade pinto beans served over rice with choice of toppings: jalapenos, diced fresh onion, shredded lettuce, salsa and sour cream.

Soup du Jour

Homemade daily with our fresh organic ingredients

Small (6 oz) \$3

Medium (10 oz) \$4

Large (15 oz) \$5

*Our Soup is
Homemade
Daily*

Sides

Sautéed Veggies du Jour \$2⁵⁰

Avocado \$2

Guacamole \$2

Olive Tapenade \$2

Extra Cheese 50¢

Extra Meat \$2

Bag of Chips \$1²⁹



Delivery Available!

carGO
carryout™

phone app



NATURAL FOODS &
A WHOLE LOT MORE

**TOWN
SQUARE
MARKET**

106 E. Jackson Carbondale, IL

Phone: 618-529-2312

Store Hours:

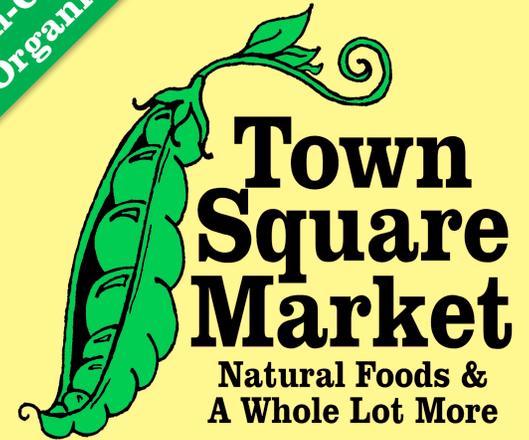
Mon thru Sat 10-7, Sunday 10-3

Call in your order

We'll have it ready for your pickup.

618-529-2312

Non-GMO
Organic



Deli Menu

Deli Hours

Monday – Friday

11am to 3pm



Green Salads

Ask about
Our Daily
Specials

Taco Salad \$6⁵⁰ Bed of organic salad greens with organic beef taco meat, grated cheddar cheese, bell pepper slices, salsa, sour cream and tortilla chips

Chef Salad \$6⁵⁰ Organic salad greens with sliced deli turkey, cheddar cheese, boiled eggs, tomato and choice of dressing

Greek Salad \$6⁵⁰ Organic salad greens with Kalamata olives, cucumber, tomato, feta cheese and Balsamic Vinaigrette

Mixed Greens Salad Bed of organic salad greens with dressing and your choice of toppings

Lunch Salad \$6⁵⁰ (4 toppings)

Side Salad \$5 (2 toppings)

Toppings

blue cheese	cucumber	red bell pepper
carrot, shredded	feta	spinach
celery	eggs, boiled	swiss cheese
cheddar cheese	kalamata olives	tomatoes
corn	onion, chopped	water chestnuts

Homemade Dressings

Blue Cheese	Teriyaki Lime
Balsamic Vinaigrette	Thousand Island
Caesar	

Add sliced turkey or pastrami \$2

Add scoop of tuna, chicken or egg salad \$2

Hot Sandwiches

Pesto Panini \$6 Fresh mozzarella cheese with tomato and pesto grilled on our homemade focaccia bread

Turkey Muffaletta \$6 Sliced turkey with cheddar cheese and olive tapenade on our homemade focaccia bread

Pastrami on Rye \$6 Sliced beef pastrami with Swiss cheese, sauerkraut and Thousand Island dressing on homemade rye bread

Tuna Melt \$5 Homemade tuna salad on a slice of homemade bread with melted cheese

Grilled Cheese \$5 Sliced Swiss and/or cheddar cheese toasted on homemade white bread



Quesadillas

Veggie \$5 Grilled tortilla (flour or corn) with organic pinto beans, cheddar cheese & choice of toppings*

Add Meat \$2 Add your choice of sliced turkey, organic local beef taco meat or taco-seasoned chicken

Nachos Veggie \$5⁵⁰ Organic tortilla chips with organic homemade pinto beans, melted cheese and choice of toppings* **Add Meat \$2**

* **Toppings:** spinach, jalapenos, diced fresh onion, served with salsa and sour cream on the side

Add Avocado or Guacamole \$2



Wraps \$5

Southwest Vegan Wrap spiced organic pinto beans, corn, bell pepper & romaine

Turkey Cheese Wrap sliced deli turkey and romaine lettuce with your choice of cheese: cheddar cheese, swiss cheese or blue cheese dressing

BBQ Chicken Wrap BBQ marinated chicken with grated carrot, dill pickles and romaine lettuce

Mediterranean Chicken marinated chicken breast, with lettuce, kalamata olives, feta

Chicken Salad Wrap Waldorf chicken salad and romaine lettuce with blue cheese

Egg Salad with Pastrami egg salad with beef pastrami, sliced red bell pepper and lettuce

Pastrami Reuben sliced beef pastrami with sauerkraut, lettuce and Thousand Island dressing

Tuna Salad Wrap homemade tuna salad with a slice of cheddar and romaine lettuce

Deli Salads & Sandwiches



Our homemade deli salads are served *à la carte* or as a sandwich on two slices of homemade **rye or white bread** with fresh organic lettuce, tomato and onion.

BLT \$6 grilled pastrami bacon, lettuce and tomato

Waldorf Chicken Salad \$5 organic chicken, cranberries and walnuts in creamy dressing

Turkey/Cheddar Sandwich \$5

Tuna Salad \$5 / Sandwich \$5

Egg Salad \$5 / Sandwich \$5

with local, non-GMO eggs

9/9/18
Prices Subject to Change

✓ 100% GMO-free

✓ Fresh

✓ Organic

✓ Natural

✓ Local

✓ Homemade