

Burritos \$8

***Happy Cow:** fresh herb roasted vegetables rolled w/rice quinoa pilaf, black bean corn salsa, pinto beans & guacamole

***Humboldt:** rice quinoa, spinach, sprouts, avocado, tomato, cucumber, pinto beans, feta & hummus

Bliss: local wild mushrooms rolled w/red potatoes, feta, roasted red peppers, bacon, tomatoes, spinach & herbed house dressing

Drunken Stampede: bourbon marinated fajita steak rolled w/rice quinoa pilaf, tomato, pepperjack cheese & chipotle ranch

Lonesome Cowboy: fajita steak rolled w/rice quinoa pilaf, caramelized red onions, green chilies, mixed cheese & BBQ sauce

Lonesome Cowgirl: chicken on the cowboy....

Garlic Roasted Chicken: chicken rolled w/rice quinoa pilaf, black beans, corn, avocado, pepperjack cheese & roasted garlic sauce

Good ol` Boy: chicken rolled w/red potatoes, corn, shredded cheese & sausage gravy

Mr. Chizum: chicken, rolled w/rice quinoa pilaf, mixed cheese, black bean corn salsa & guacamole

It's Soooo Gouda: chicken, rolled w/rice quinoa pilaf, roasted red peppers, caramelized red onions, local wild mushrooms, gouda & dijon cream cheese

Flaming D!: bourbon marinated fajita steak rolled w/potatoes, black bean corn salsa, jalapenos, pepper jack cheese & chili sauce

Take-N-Bake

Customized gourmet prepared meals. With 24 hour notice

Chef Eric will customized your meal. Any group size

Enjoy a gourmet dinner in the comfort of your own home.

Entertain friends, celebrate special occasions or treat yourself.

*VEGETARIAN Items

Morning Burritos \$8

until 11:00 a.m.

*Garden Sunrise

egg, fresh herb roasted vegetables, mixed cheese & herbed cream cheese

*Redwood

egg, hash browns, roasted red pepper, spinach, green chilies, pepper jack cheese & hummus

*Mushroom Hunter

egg, local wild mushroom, thyme, caramelized onion, swiss & dijon cream cheese

Ship Wrecker

egg, sausage, ham, bacon, onions, peppers & cheese

*Fiesta

egg, rice quinoa pilaf, black bean corn salsa, pepperjack cheese, cilantro sour cream & guacamole

*Pazzo

egg, caramelized red onion, spinach, zucchini, peas & gorgonzola

*Caprese

egg, fresh mozzarella, tomato, fresh basil, balsamic reduction & basil oil

*B.A.C

egg, spinach, tomato, red onion & light mixed cheese

Soup

House made soup of the day Cup 3 Bowl 4

Soup & 1/2 Sandwich

Turkey or Ham, spring mix, onion, tomato & mayo 7

Pepsi Fountain Products 1.50

Coffee or Juice 1.50

Chips 1

Sides and Extras .50

Add Meat 2

Little Peanuts \$3

-Baked Chicken Strips

-Macaroni and Cheese

-Grilled Cheese

-Grilled Ham & Cheese



109 N. 2nd Ave.
Downtown, Alpena
Inside the
Center Building

(989)358-1400

Dine In or Carry Out
Delivery Available
(Restrictions May Apply)

Monday - Friday 9 a.m. - 7 p.m.
Saturdays 9 a.m. - 5 p.m.
www.thefreshpalategourmet.com

GOURMET CATERING

All catering is customized by

Chef Eric Peterson

Catering for All Occasions

Specializing in Weddings

Elite Events,

Holiday Celebrations

Graduations, Anniversaries,

Luncheons, Business Meetings

Call for Info. & Reservations

Panini

(Available on white or wheat ciabatta)

- *Caprese:** fresh tomato, basil, mozzarella, basil oil & balsamic reduction 7
- *Bella:** local wild mushrooms, roasted red peppers, feta, caramelized red onion, spinach & pesto 8
- Antipasto Chicken:** chicken, salami, prosciutto, mild pepper, artichoke, roasted red pepper, provolone & sun dried tomato dressing 9
- Stumbling Steak:** bourbon steak, gorgonzola, caramelized red onions & horseradish sauce 8
- *Veg Head:** fresh herb roasted vegetables, tomatoes, provolone & herbed house dressing 7
- *Veggie Burger:** house-made pinto burger, spicy coleslaw, pepper jack cheese & chipotle dressing 8
- Cuban:** turkey, ham, swiss, coleslaw & chili sauce 8
- West Coast Club:** turkey, ham, bacon, tomato, sprouts, avocado, cucumber, swiss & herbed cream cheese 9
- Pete's Pick:** Bourbon steak, local wild mushrooms, caramelized red onion, gouda & chipotle ranch 9
- Swiss Al:** wild caught albacore tuna, capers, cucumber, red onion, celery, spinach, swiss & dijon cream cheese 7
- Mrs. Turkey Right side:** turkey, red peppers, artichoke hearts, mild peppers, swiss & pesto 8
- *Northern Lights:** pinto burger, avocado, tomato, sprouts, cucumber, provolone & hummus 9
- Smoked Hammer:** ham, spinach, caramelized onion, tomato, smoked gouda & honey mustard 8
- Toasted Ocean:** wild caught crab, lobster, shrimp, red onion, cucumber, celery, roasted red peppers, spinach & lemon-caper dill cream cheese dressing 9

Panini's continued...

Roz Clubearto: all natural chicken, ham, bacon, tomato, red onion, provolone & ranch

Leaning Himminy: all natural chicken breast, quinoa, basil, tomato, fresh mozzarella w/ balsamic reduction & basil oil

War Pony: turkey, mild peppers, jalapenos, spicy coleslaw, pepper jack cheese & chili sauce

Heighty Leigh: turkey, spinach, mild pepper, roasted red pepper, artichoke heart, cucumber, sprouts, swiss & hummus

Sandwich Wheat Ciabatta
Wrap Tomato, Spinach or Wheat
OR Organic Greens Salad

Ocean Fresh: wild caught crab, lobster, shrimp, red onion, cucumber, celery, roasted red peppers, spring greens & lemon-caper dill cream cheese dressing 9

***Summer Sun:** garden vegetables, spring mix, tomato, cucumber, mixed cheese, croutons & house dressing 7

Ranch Hand: turkey, bacon, avocado, cucumber, swiss, tomato, onion, spring greens & chipotle ranch 8

Simply Swell: turkey or ham, spring greens, red onion, tomato, smoked gouda cheese & mayo 7

Smoked Hammer: ham, spinach, caramelized red onion, tomato, smoked gouda cheese & honey mustard 8

Curried Chicken: all natural chicken, cashews, grapes, apples, dried cranberries, spring greens & non fat curry dijon dressing 7

Wild Al: wild caught tuna w/lemon juice, basil oil, capers, cucumber, red onion, celery & spring mix 7

Panzanella Chicken: spring greens, croutons, red onion, tomato, kalamata olives, fresh basil, all natural chicken & red wine vinaigrette 8

Thank you for your support!!

We strive to support local and organic business. Taking care of our customers is our priority! Earth conscious living is our necessity; health, fitness & longevity is our goal.

Love to Live! Live to Love!

- Chipotle Taco:** salad served in baked tortilla shell romaine, chipotle ranch, marinated chicken or steak, tomato, mixed cheese, black bean corn salsa, cilantro lime sour cream & guacamole 9
- Chicken Caesar** romaine, chicken, parmesan, garlic croutons & Caesar dressing 8
- *Candy Apple:** romaine, apple, candied walnuts, dried cherries, gorgonzola, caramelized red onion & port reduction vinaigrette 7
- *Caprese:** spring greens, fresh basil, tomato, fresh mozzarella, basil oil & balsamic reduction 7
- Florentine's Affair:** spinach, quinoa, sprouts, prosciutto, sunflower seeds, grapes, apple & red wine vinaigrette 8
- *Satisfying Sal:** spring greens, quinoa, tomato, carrot, broccoli, cauliflower, celery, cucumber, mild peppers, artichoke hearts, green & kalamata olives, swiss & mediterranean feta dressing 8
- Heighty Leigh:** turkey, spinach, mild pepper, roasted red pepper, artichoke hearts, cucumber, sprouts, feta & hummus 8
- Mrs. Turkey Right side:** turkey, spring greens, swiss, roasted red peppers, artichoke hearts, mild peppers & pesto vinaigrette 8
- Leaning Himminy:** spring greens, all natural chicken breast, quinoa, fresh basil, tomato, fresh mozzarella, balsamic reduction & basil oil 9
- Antipasto Chicken:** chicken, salami, prosciutto, artichoke, roasted red peppers, mild peppers, romaine, provolone & sun dried tomato dressing 9
- Roz Clubearto:** all natural chicken, ham, bacon, spring mix, tomato, red onion, provolone & ranch 9
- War Pony:** spring greens, turkey, mild peppers, jalapenos, coleslaw, pepper jack & chili sauce 8