

the
bistro

at Groton Wellness

Mill Run Plaza
493-495 Main Street
Groton, MA 01450
978-449-9919
grotonwellness.com

SALADS

- Organic House Salad** \$7~
Organic romaine lettuce, organic tomato, organic cucumber, organic red onion, and organic carrots topped with bistro house dressing.
- Wellness Salad** \$8~
Organic romaine, pecans, dried cranberries, organic blueberries, and organic feta cheese topped with blueberry dressing.
- Caesar Salad** \$7~
Organic romaine lettuce, homemade croutons, and our own traditional Caesar dressing.

SANDWICHES & WRAPS

- Asian Chicken Wrap** \$8~
Organic roast chicken, organic Napa cabbage, organic carrots, organic red bell peppers, organic cashews (raw, soaked and slow roasted), with organic raw cheddar cheese. This is seasoned with orange and lime juices with a splash of organic ginger and served in your choice of wrap.
- South of the Border Wrap** \$8~
Organic avocado, raw cheddar, organic brown rice, and organic black beans are seasoned with fresh chopped herbs and spices, and topped with Zukay fermented salsa and served in your choice of wrap.
- Mediterranean Vegetable Wrap** \$8~
Fresh organic hummus, cucumber, organic tomato, organic red onion, artichoke, kalamata olives and feta cheese wrapped and drizzled with extra virgin olive oil and spritz of lemon
- Chicken Caesar Wrap** \$8~
Fresh organic roast chicken, organic romaine lettuce, homemade croutons with a delicious homemade traditional Caesar dressing.
- Harvest Bounty Wrap** \$8~
Fresh organic hummus, organic carrots, raw cheddar cheese, organic spinach, and fresh organic apple
- Lancaster Wrap** \$8~
Natural roast turkey, organic red onions, organic roasted red peppers, organic raw feta Cheese, organic romaine lettuce with Caesar dressing
- September Wrap** \$8~
Natural roast turkey, organic raw cheddar, organic spinach, organic apples, caramelized organic onion, and honey mustard dressing
- North End Wrap** \$8~
Organic roast chicken, organic baby romaine, organic avocado, organic red roasted pepper, with creamy Pesto dressing
- Georgian Wrap** \$8~
Organic roast chicken with caramelized organic onions, raw organic cheddar, organic spinach, fresh grapes, toasted organic Walnuts, with balsamic vinegar and Vidalia onion dressing
- Avocado Cheddar Wrap** \$8~
Fresh Organic avocado slices, raw organic cheddar cheese, organic tomato, organic sprouts and organic lettuce topped with cranberry jelly.
- Avocado Cheddar Sandwich** \$7~
Fresh Organic avocado slices, raw organic cheddar cheese, organic tomato, organic sprouts and organic lettuce topped with cranberry jelly on delicious sourdough bread.
- Rueben not in Russia Sandwich** \$7~
Natural Roast turkey, organic Swiss cheese, organic sauerkraut, with homemade thousand island dressing on sourdough bread then grilled.

- Roast Beef Sandwich** \$7~
Natural roast beef, organic pepper jack cheese, organic lettuce and organic tomato topped with wasabi mayonnaise on sourdough bread.
- Roast Turkey Sandwich** \$7~
All natural roasted turkey, organic lettuce and organic tomato topped with mayonnaise on cranberry harvest pecan sourdough bread.

- Egg Salad Sandwich** \$6.50
Organic free range eggs are hard boiled to perfection and combined with a traditional dressing, served on a bed of organic romaine lettuce sitting on fresh sourdough bread.

- Grilled Cheese Sandwich** \$6~
Local raw organic cheddar cheese on fresh sourdough bread.

- Peanut Butter and Jelly Sandwich** \$4~
Organic peanut butter with sea salt and your choice of organic conserve on sourdough bread.

SOUPS \$3.50/5~

*The Bistro makes all its own savory soups daily. The Bistro has chicken and Rice soup daily as well as two other tasty soup specials of the day. See our webpage for the soups of the day:
www.grotonwellness.com/The_Bistro

- Chicken and Rice Soup** (available daily)
Organic chicken breasts, organic carrots, and organic celery are simmered in a homemade chicken stock (organic or all natural chickens, organic onions, organic celery, organic carrots, organic thyme, organic parsley and bay leaf) that is lightly seasoned and served over organic brown rice.

SIDES

Try these delicious organic, naturally fermented raw sides that are both healthy and support our northeast family farms.

- Real Pickle Sauerkraut** \$.50
Real Pickle Ginger Carrots \$.50
Real Pickle Red Cabbage \$.50
Real Pickle Asian Cabbage \$.50
Zukay Dill and Horseradish Relish \$.50
Zukay Salsa \$.50

ADD ON

- Potato Chips** \$1~/ \$3~
Brown Rice \$1~
Vegetable or Nuts \$1~
Meat or Cheese \$2~
Organic Chicken \$3~
Avocado \$2~
Strawberry or Blueberry \$2~
Raw Nuts \$1~
Dressing \$1~

FRESH FRUIT

- Packaged Organic Fruit** \$3.50
Organic Apple \$.80

Open Monday-Saturday 9-5 *Specials vary daily. Prices subject to change. We use nuts & gluten products on site.

BEVERAGES

GT Kombucha	\$3.75
Katalyst Kombucha <i>local product</i>	\$3.75
Steaz and Santa Cruz Organic Teaz	\$1.50
Maine Root <i>local product</i>	\$2.00
Izzie	\$1.65
Mountain Valley Spring Water	\$1.75
Perrier Spring Water	\$1.50

A&E Organic Coffee – *local product*

Small - Decaf or Regular 12 oz **\$1.75**

Large - Decaf or Regular 16 oz **\$2~**

A&E Organic & Gourmet Teas - Cup Pot **\$1.75 \$5~**

Stillman's Milk *local product*

A creamy glass of quality milk from a local family owned dairy with pasture feed cows. It's the next best thing to raw milk.

8oz \$.75 12oz \$1~ 32oz \$1.50

SMOOTHIES

Grape Escape Organic **\$7.50**

Grapes with blueberries mixed with crushed ice.

Tropical Island Organic **\$7.50**

Pineapple, organic mango and banana mixed with crushed ice and a hint of coconut.

Berry Berry Bannaza Organic **\$7.50**

Strawberries, blueberries and bananas mixed with crushed ice and yogurt.

Wellness Smoothie Organic **\$7.50**

Strawberries, blueberries and milk mixed with crushed ice and organic coconut oil.

Four Berry Natural **\$4~**

Raspberry, strawberry, blackberry, blueberry, and other fruit juices mixed with crushed ice.

Strawberry Natural **\$4~**

Strawberry and other fruit juices mixed with crushed ice.

Tropical Mango Natural **\$4~**

Mango, pineapple, banana and other fruit juices mixed with crushed ice.

Tropical Coconut Natural **\$4~**

Pineapple, banana, coconut, and other fruit juices mixed with crushed ice.

Cherry Cranberry Natural **\$4~**

Cherry, cranberry and other fruit juices mixed with crushed ice.

Lemon Ade Natural **\$4~**

Lemons and other fruit juices mixed with crushed ice.

SMOOTHIE BOOSTERS

Give yourself a boost by adding a shot of one of these healthy supplements to your smoothie.

- *Vitamin C to aid in anesthesia recover* **\$.50**
- *Kiefer live cultures to aid digestion* **\$.50**
- *Whey* **\$.50**
- *Wheat Grass Juice* **\$.50**
- *Spirulina* **\$.50**

BREAKFAST

Oatmeal **\$3~**

Organic rolled gluten free oats soaked and slow cooked served with all natural local maple syrup, butter and milk.

-add fresh fruit or walnuts

Poached Eggs **\$4~**

Two eggs cooked poached and served on sourdough toast

Yogurt Parfait **\$6~**

Fresh organic strawberries and blueberries are folded into organic whole milk vanilla yogurt from Seven Stars. This is served with homemade granola made from organic rolled oats, nuts and maple syrup.

Granola **\$4~**

Made from organic rolled oats, organic raw almonds, and walnuts that are soaked, slow roasted, and then combined with local maple syrup and served with creamy local milk.

Breakfast Burrito Wrap **\$6.50**

Three organic free range eggs, onions and peppers and sautéed to perfection, smothered with organic raw cheddar cheese and served in your choice of wrap

*The Groton Wellness Bistro is located within the medical center. If you are coming to spend the day enjoying the medical center, dental center and spa, or simply coming for a quick visit, please plan on stopping to enjoy one of a number of nourishing entrees, homemade soups, and of course a nice selection of hot and cold drinks.

*We strive to use only the freshest and highest quality ingredients including many organic and/or natural whole grains, legumes, vegetables, and meats. These ingredients come from local sustainable farms when possible. Our cooking methods are a result of our desire to blend the sensual qualities of food with a sensible approach to well being.

*All meats are organic or all natural free range, no antibiotics or nitrates administered. Cheeses are organic, raw and local. All sandwiches are served with a choice of organic naturally fermented vegetable, tamari or salsa.

*The Bistro makes all its own savory soups daily. The soups are made from the highest quality organic and natural ingredients with no additives or preservatives. The meat stocks in the soups are made in the Bistro using traditionally prepared bone broths to maximize nutrition and flavor. The vegetable stock is always organic. The chicken and rice soup is available daily and a choice of at least two other soups are made available each day. See our webpage for the soups of the day: www.grotonwellness.com/The_Bistro

*The natural breads used are baked fresh daily. We have selections of all natural sourdough and organic whole grain breads, as well as wheat and gluten free bread.

*The wrap selection at the Bistro include: whole wheat, tomato basil, and spinach wraps. The Bistro also has a gluten free rice wrap available for any dish.

*The Bistro bakes all natural cookies, muffins and/or cakes daily. The Bistro strives to use organic and whole grain products in many of its baked goods for a true treat to finish your eating experience. All gluten free baked goods are prepared in our kitchen and include breads, rolls, cookies, muffins, and cakes

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