



**Cartersville's First Natural & Specialty Food Store**

**LUNCH-DINNER-CATERING**

5 East Main Street \* Historic Downtown Cartersville \* Featured Southern Living 2007

Monday-Saturday 11am-8pm

Telephone 770-607-0067 fax 770-607-0041

**SOUPS**

**Soups** Three soups daily just for you!! Small bowl \$2.99 or Large bowl \$5.99!

**Combo** ½ sandwich small soup \$6.99 ½ sandwich & side \$5.99 ½ sandwich \$3.99

Options for ½ sands Chicken, Tuna, Turkey, Veggie on wheat

NO ½ WRAPS NO ½ GRILLS

**Side Salad** Mixed Greens, fresh veggies with dressing \$3.99 Add small soup for \$2.99

**SWHEAT SALADS**

Ranch, Honey Mustard, Balsamic Vinaigrette, Raspberry Vinaigrette,  
Bleu Cheese or House Apple Cider Vinaigrette

**Salad Sampler Plate** Scoop of or famous Chicken or Tuna Salad on mixed greens and seasonal veggies  
and Choice of 2 Sides! \$8.99

**Chicken Salad or Tuna Salad on Greens** Served on mixed greens with seasonal veggies and your  
Choice of dressing \$6.99

**Chicken Caesar Salad** Grilled chicken breast, mixed greens, house seasoned croutons, black olives,  
Parmesan cheese and Caesar dressing \$7.99

**Chef's Salad** Mixed Greens, tomato, onion, ham, turkey, cheddar cheese, swiss cheese and your choice of  
dressing \$7.99

**Large Veggie Salad** Mixed Greens, locally grown fresh vegetables (as available) fresh tomato, onion & your  
choice of dressing \$7.99 OR 1/2 portion for \$4.99

**VEGETARIAN**

**The Veggie** Seasonal Fresh Vegetables, Herb Vegenaise on a Whole Wheat Wrap!  
\$7.99 with side \$8.99 with fries \$5.99 alone Our Vegan Option as well!

**Grilled Havarti Cheese** Local Favorite! Havarti Cheese, Fresh Basil Pesto & Our Garlic Spread  
on Your Choice of Bread \$7.99 with side \$8.99 with fries \$5.99 alone

**Tomato, Basil, Mozzarella** Layered with pesto spread, fresh greens and balsamic vinaigrette  
on Ciabatta bread \$7.99 with side \$8.99 with fries \$5.99 alone

**Black Bean Burger** Our own Recipe with Fresh mango salsa, lettuce and chipotle spread on toasted whole  
wheat Bun \$7.99 with side \$8.99 with fries \$5.99 alone

**Spinach Portabella Mushroom Quesadilla** A whole-wheat tortilla filled with fresh spinach, roasted  
portabella, Swiss cheese and poblano cream \$7.99 with side \$8.99 with fries \$5.99 alone

**CHEF'S SPECIALS LUNCH & DINNER!!**

## **SWHEAT SANDWICHES**

*Sides: Pasta, Potato, Slaw, House Cucumbers or Chips*

*Add Cheese, Portabella, or Extra Veggies to any Sandwich \$.75 Add 1&1/2 ounce meat \$1.50!*

**Grilled Turkey Reuben** *One of Our Favorites! Sliced Turkey, Sauerkraut, Swiss, Stone ground mustard on Marble Rye! \$7.99 with side, \$8.99 with fries \$5.99 alone*

**House Chicken Salad** *The Absolute Best! Served Crisp Mixed Greens, Tomato on Sourdough! \$7.99 with side \$8.99 with fries \$5.99 alone Try it Grilled or as a Melt!*

**Ham & Cheddar** *Spicy Dijon mustard and our homemade Pineapple relish on Marble Rye! Try Grilled! \$7.99 with your choice of side \$8.99 with fries \$5.99 alone*

**Wild Tuna Salad** *Our Tuna salad, Mixed Greens and Tomato on Country White Bread! \$7.99 with side \$8.99 with fries \$5.99 alone*

**Turkey & Swiss** *Turkey, Swiss cheese, Tomato, Onion, Mixed Greens, Roasted Red Pepper Vegenaïse on Wheat berry! \$7.99 with side \$8.99 with fries \$5.99 alone*

**Angus Beef Burger** *Certified Angus Beef Burger with Poblano cheese, lettuce, tomato and onion on whole-wheat bun Substitute cheese? No problem! Add 2 Strips of peppered bacon \$1.00 \$7.99 with side \$8.99 with fries \$5.99 alone*

**Roast Beef & Provolone Cheese** *Grilled Roast Beef and Provolone with sautéed peppers onions, and horseradish spread on sourdough bread \$7.99 with side \$8.99 with fries \$5.99 alone*

**The Cuban** *House Roasted Pork, ham, Swiss cheese, mustard and dill pickles served hot on Sweet Cuban bread \$7.99 with side \$8.99 with fries \$5.99 alone*

**Peppered Bacon BLT** *Crispy bacon, fresh lettuce and thinly sliced tomato piled high on Toasted sourdough with herb vegenaïse \$7.99 with side \$8.99 with fries \$5.99 alone*

## **Children's Menu**

*All served with chips, fries or side!*

**Mac and Cheese! \$3.99      *Homemade Chicken Fingers! \$5.99***  
**Grilled Cheese! \$3.99      *Peanut Butter and Jelly! \$3.99***

## **DRINKS**

**ALL BOTTLED SOFT DRINKS, COFFEE, HOT TEA \$1.50**  
**BREWED SWEET OR UNSWEET TEA \$1.50 (FREE REFILLS)**

**SPECIALS POSTED ON FACEBOOK & TODAY'S FAX**

**CALL FOR CATERING MENU & QUOTES**

**Full menu @ [swheatmarket.com](http://swheatmarket.com)**

**EMAIL: [karihodge@bellsouth.net](mailto:karihodge@bellsouth.net)**

**EMAIL: [tim.thompson@bellsouth.net](mailto:tim.thompson@bellsouth.net)**

**THANK YOU FOR YOUR BUSINESS!!**

**\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS  
MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS**

