

## **BREAKFAST SANDWICHES 4.50**

All breakfast sandwiches prepared with 2 Eggs  
and your choice of Meat, Cheese & Bread

CHOOSE 1 BREAD, 1 MEAT & 1 CHEESE

<u>MEAT</u>	<u>CHEESE</u>	<u>BREAD</u>
BACON	CHEDDAR	BAGEL
HAM	PEPPERJACK	CROISSANT
SAUSAGE	SWISS	WRAP

### Breakfast Special

Sandwich & Fresh Brewed Coffee

12 oz-5.00    16 oz-5.50    20 oz-5.75

Croissant	1.50
Bagel & Cream Cheese	2.25
Artisan Oatmeal	3.25
-Made with Brown Sugar & 1 Mix-In-	
Craisins, Raisins, Walnuts, Pecans	
Extra Mix-Ins	.35 Ea
Honey	.50

**Kid's Special** (quesadilla, PBJ, or grilled cheese  
w/100% fruit juice box & fruit cup) 3.00

**ALL MENU ITEMS ARE SERVED ANYTIME**  
**CALL AHEAD AND WE'LL**  
**HAVE IT READY FOR YOU!**

-Gluten-Free Options Available-

# *Well Grounded Café*



WELCOME TO 'THE WELL'

## 260-637-6622

14517 LIMA RD

FORT WAYNE IN 46818

**SPECIALTY COFFEES**

**SANDWICHES**

**SALADS**

**SOUPS**

**BAKERY**

**CATERING**

**--ASK ABOUT OUR DAILY SPECIALS--**

**MONDAY-FRIDAY 6a-4p SAT 8a-2p**

**Website: [Wellgroundedcafe.com](http://Wellgroundedcafe.com)**

## PANINIS

Your choice of meat & cheese on a fresh baked roll. Grilled & topped with slaw, black olives, purple onion, roasted red pepper, tomato and our House-made Dijon Ranch sauce

**Turkey (6.50) Cheddar**  
**Ham (6.00) Pepperjack**  
**Roast Beef (7.00) Swiss**

## WRAPS 6.50

### Amazin Asian

Teriyaki chicken, cabbage, mandarin oranges, green onion, ginger, sesame seeds, rice crackers & House-made sesame ginger sauce

### Ranchero

Chicken breast, black beans, corn, tomato, onion, cheddar, tortilla strips w/our House ranchero sauce.

### Chicken Cordon Bleu

Chicken breast & ham, tomato, onion, roasted red pepper & Swiss cheese w/ ranch dressing

### BLT 1-3.50 2-6.50

Bacon, lettuce & tomato w/ mayonnaise

## CROISSANTS 6.75

### The Deli

Your choice of turkey, ham or roast beef w/your choice of cheese & topped w/ lettuce, tomato & mayo

### \*\*Curried Chicken or Tuna Salad

Our house-made Curry Chicken or Tuna Salad w/ your choice of cheese. Grilled & topped with romaine

## QUESADILLA 4.00

### The Big Cheesy

A flour tortilla filled with cheddar cheese and grilled

### Add-On:

Grilled Chicken Breast 2.00  
Onion, Black Olives, Tomato, Roasted Red Pepper or  
Black Beans & Corn .45 EA

## ARTISAN SALADS Full-8.95 Half-5.75

**Dressings:** Ranch, Balsamic Vinaigrette, Raspberry Vinaigrette, House-made Ranchero, Bleu Cheese, French, Sesame Ginger

### Apple Walnut Bacon

Chicken breast atop Romaine, apples, walnuts, bacon & cheddar w/ balsamic vinaigrette

### Amazin' Asian

Teriyaki chicken atop Romaine with cabbage, mandarin oranges, green onion, ginger, sesame seeds & rice crackers w/ House-made sesame ginger dressing

### Bleu Apple Pecan

Chicken breast atop Romaine with apples, pecans, cranberries & bleu cheese w/ raspberry vinaigrette

### BLT

Romaine topped with Chicken breast, bacon, tomato, cheddar & onion w/ ranch dressing

### Chicken Cordon Bleu

Chicken breast & ham atop Romaine with tomato, onion, roasted red pepper & Swiss cheese w/ranch dressing

### Ranchero

Romaine topped with Chicken breast, black beans, corn, tomato, onion, cheddar & tortilla strips w/ House-made Ranchero dressing

### House Salad 3.75

Romaine, cheddar, tomato, onion & bacon bits w/ choice of dressing

## SOUP OF THE DAY\*\* Cup-3.00 Bowl 4.50

## THIS & THAT

1/2 Salad & 1/2 Panini 8.50

Your choice of salad & panini

1/2 Salad & Soup\*\* Cup-8.25 Bowl-8.95

Your choice of salad & soup of the day

1/2 Panini & Soup\*\* Cup-6.50 Bowl-7.50

Your choice of panini & soup of the day\*\*When Available

**FOLLOW US ON FACEBOOK & INSTAGRAM  
FOR SPECIALS & LOCAL EVENTS.**

### ADD \$2.50 TO

### Make it a

### Special

Any Panini, Wrap  
or Croissant

Includes chips,  
1 additional side  
& Drink

### SIDES:

Potato Salad  
Cottage Cheese  
Fruit/Vegetable Cup  
Cookie  
Brownie  
Chips

### DRINK OPTIONS:

Bottled Water, Soda  
Medium Iced Tea or  
Hot/Iced Tea  
UPGRADE TO Small  
Specialty Beverage  
for 2.50 additional.