

*eat fresh, feel good*

# goodwin's

R E S T A U R A N T



*Historic building and fresh food, served by a staff second to none in a clean and comfortable environment. We aim to make you feel good by serving quality food in unique combinations, giving you a better lunch experience. Our menu will change several times a year to reflect our customer's input and suggestions.*

*Please let us know what you like and how we can serve you better.*

**TASTE THE DIFFERENCE ...**

*Mike Shepard, Owner*

175 North Franklin  
Chicago, IL 60606

*Call ahead for  
pick-up or delivery!*

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*fax* 312.634.1139  
*web* goodwins2go.com  
*email* goodwins2go@sbcglobal.net



# specialty sandwiches

*All specialty sandwiches include a rotating selection of pasta salad, potato salad, cole slaw, potato chips or seasonal fresh fruit. You may substitute salsa, guacamole and chips for \$1.00*

## LYNDON

A Goodwin's favorite. Avocado, leaf lettuce, sliced tomato, Cheddar and Monterey Jack cheese, topped with Thousand Island dressing. Served on toasted rye bread. **\$5.50**

## RAINIER

Sliced turkey breast, crisp bacon, cole slaw, Cheddar cheese and Russian dressing on country white bread. **\$6.75**

## REXBURG

Turkey breast, lean roast beef, bacon, lettuce, Muenster cheese and Russian dressing. Served hot or cold (your choice) on light or dark rye bread. **\$7.00**

## BRIGHTON

Turkey breast, leaf lettuce, cranberry sauce and cream cheese on multi-grain bread. **\$6.50**

## MONTEREY

Crisp bacon, lettuce, tomato and avocado slices with mayonnaise. Served on country white or multi-grain bread. **\$7.00**

## LARKSPUR

Leaf lettuce, tomato, cucumber, avocado slices and mayo (or pesto mayo) on honey oat or multi grain bread. **\$5.00**

## LAGUNA

Albacore tuna, pico de gallo, crisp lettuce and Pepper Jack cheese. Served hot or cold on multi grain bread. **\$6.75**

## CORVALLIS

Sliced turkey breast, leaf lettuce, avocado slices, tomatoes, Cheddar and Monterey Jack cheese with Thousand Island dressing on country white. **\$7.00**

## MAUI

Our turkey walnut salad or chicken salad topped with fresh pineapple on leaf lettuce. Served on a multi-grain bread. **\$6.50**

## SCOTTSDALE

Corned beef, sauerkraut, Swiss cheese and Thousand Island dressing. Served hot on toasted dark rye bread. **\$7.00**

## MADISON

Avocado and tomato slices, leaf lettuce, Monterey Jack cheese and mayo (or pesto mayo) on multi-grain or honey oat bread. **\$5.00**

## NEWPORT

Turkey breast, avocado and tomato slices, with crisp leaf lettuce and mayonnaise. Served on multi-grain bread. **\$6.75**

## PRESCOTT

Sliced turkey breast, leaf lettuce, Monterey Jack cheese, guacamole and tomatoes on multi-grain bread. **\$7.00**

## SPRING GREEN

Roast turkey breast, avocado slices, cream cheese and crumpled bacon. Served on country white or multi-grain bread. **\$7.00**

## PENTWATER CLUB

A double-decker of Black Forest sliced ham and turkey breast, with bacon, lettuce, tomato and mayonnaise on multi-grain or country white bread. **\$7.25**

## MONTECITO

Turkey breast, avocado and tomato slices, Monterey Jack and Cheddar cheese. Served open face and hot on multi-grain bread with lettuce. **\$7.25**

## DURANGO

Grilled chicken breast, leaf lettuce, guacamole, sliced tomato, Provolone cheese and mayonnaise. Served hot on a Kaiser roll. **\$7.00**

## TURKEY RUBEN

Sliced turkey breast, sauerkraut, Swiss cheese and Thousand Island dressing. Served hot on toasted light rye bread. **\$6.75**

## RAVINIA

Grilled chicken breast, green leaf lettuce, sliced tomatoes, Muenster cheese and pesto mayo. Served hot on Ciabatta. **\$7.00**

## SANTA MARIA

Featuring our homemade tuna salad, lettuce, tomato slices and Cheddar cheese. Served hot on toasted rye bread. **\$6.50**

## TUCSON

Grilled chicken breast, leaf lettuce, fresh pineapple slices, chipotle mayo and Muenster cheese served hot on a Kaiser roll. **\$7.00**

## THE SAUSALITO

Sausalito turkey, lettuce, tomato, avocado, salsa, and Provolone cheese on Ciabatta. **\$7.25**

# sandwich board

*Featuring Boar's Head brand meats*

## BREADS

Multi-grain  
Honey oat  
Country white  
Kaiser roll  
Rye  
Bavarian rye  
Ciabatta

## MEATS

Turkey breast  
Imported ham  
Corned beef  
Roast beef  
Chicken breast  
Turkey pastrami  
Sausalito turkey  
**\$6.00**

## SALADS

Turkey walnut salad  
Chicken salad  
Tuna salad  
Fat free tuna salad  
Egg salad  
**\$6.00**

*Condiments: Mayo, fat-free mayo, yellow mustard, dijon, honey mustard and chipotle mayo. Add avocado slices or cheese \$.50*

# soups / combos

## CUP 8oz

**\$3.25**

## BOWL 12oz

**\$4.00**

## SOUP AND 1/2 SANDWICH

A half portion of any sandwich (excluding wraps) and a cup of soup. **\$6.75**

## SALAD AND 1/2 SANDWICH

A half portion of any sandwich (excluding wraps) and a garden salad with dressing. **\$6.75**

## SOUP AND SALAD

A cup of soup and a garden salad. Served with a roll on request. **\$6.50**

# tortilla wraps

*Wraps are served with homemade salsa, guacamole and white corn chips. Additional portion add \$1.75. Sour cream, low fat sour cream or salsa add \$.35. Additional guacamole add \$.65. Your choice of flour, whole wheat, or spinach tortilla.*

## LAREDO

Tender turkey breast, tomatoes and Cheddar cheese. Wrapped in a flour tortilla and served hot. **\$6.75**

## SANTA CRUZ

Lean roast beef, Cheddar cheese and tomatoes. Rolled in a flour tortilla and served hot. **\$7.00**

## VERACRUZ

Diced chicken breast, fresh tomatoes and Cheddar cheese in a flour tortilla and served hot. **\$6.75**

## CATALINA

Our homemade tuna salad, leaf lettuce, tomato slices and Cheddar cheese. Served cold in a soft flour tortilla. **\$6.75**

## SANTA ROSA

Our spicy black bean mix, mesquite chicken breast, pico de gallo, guacamole, sour cream and Provolone cheese. Served hot in a flour tortilla. **\$7.00**

## TEMPE

Mesquite chicken breast, pico de gallo and Provolone cheese. Served hot in a flour tortilla. **\$6.75**

## SANTA FE

Lean roast beef and turkey breast with Cheddar cheese, tomatoes and sour cream. Rolled in a flour tortilla and served hot. **\$7.00**

## EL PASO

Our black bean mix, lettuce, cucumbers, tomatoes and Provolone cheese. Served cold in a flour tortilla. **\$6.00**

## CAESAR WRAP

Turkey or chicken breast, Muenster cheese, avocado slices, diced tomatoes and caesar dressing. Served hot in a soft flour tortilla. **\$7.00**

## SANTA CLARA

Tender mesquite chicken breast, diced tomatoes, Provolone cheese and red onions. Served hot in a flour tortilla. **\$6.75**

## SAN JOSE

Turkey pastrami, diced tomatoes, chipotle peppers, avocado slices and pepperjack cheese. Served hot in a flour tortilla. **\$7.00**

## LISA'S WRAP

A little bit of turkey breast, diced tomatoes, fresh guacamole, onions, cucumbers and ranch dressing. Served cold and rolled in a soft spinach tortilla. **\$7.00**

## NOGALES

Turkey breast, lettuce, avocado, pico de gallo, sour cream and havarti dill cheese. Served hot or cold in a flour tortilla. **\$7.00**

## VENTURA

Lettuce, onions, tomatoes, avocado slices and sliced cucumbers. Wrapped in a soft flour tortilla and served cold. **\$6.00**

## THE FLAGSTAFF

Chicken breast, pico de gallo, guacamole, sour cream, leaf lettuce and Monterey Jack cheese. Served hot in a flour tortilla. **\$7.00**

## THE SEDONA

A vegetarian wrap with our spicy black bean mix, green leaf lettuce, diced tomatoes, avocado slices and chipotle mayo, served cold in a spinach wrap. **\$6.00**

## THE TAHOE

Homemade turkey walnut salad, crispy bacon, diced tomatoes, lettuce and cucumbers, served cold in a flour tortilla. **\$6.75**

## THE FRESNO (in season)

Fresh asparagus with turkey breast, diced tomatoes, red onion, sour cream and Muenster cheese served hot in a whole wheat tortilla. **\$7.00**

## THE VAIL

Mesquite chicken breast, lettuce, avocado, BBQ sauce and Provolone cheese, served hot in a flour tortilla. **\$7.00**

## KEY WEST

Mesquite chicken breast, fresh pineapple, pico de gallo, chipotle mayo and Provolone cheese, served hot or cold in a whole wheat tortilla. **\$7.00**

## ROSIE'S SLOPPY VEGGIE WRAP

Our spicy black bean mix, pico de gallo, guacamole, sour cream, salsa and Provolone cheese. Served hot or cold in a whole wheat tortilla. **\$6.50**

*Featuring Newman's Own® Salad Dressings: Golden Italian, Light Italian, Creamy Italian, Ranch, Light Ranch, Thousand Island, Honey Mustard, Creamy Caesar, Blue Cheese, Balsamic Vinaigrette, Raspberry Vinaigrette, and French.*

# salad bowls Extra dressing or avocado slices \$.50

## CHEF SALAD

Diced fresh turkey breast and ham, grated Cheddar and Swiss cheese, tomatoes and cucumbers on a bed of crisp assorted greens. **\$6.75**

## CHICKEN CAESAR SALAD

Diced chicken breast and tomatoes, shredded Provolone and croutons on mixed greens. **\$6.75**

## COBB SALAD

Diced chicken breast, tomatoes, grated Cheddar cheese and Swiss cheese on a bed of crisp assorted greens. **\$6.75**

## SONOMA SALAD

A scoop of tuna salad or diced chicken breast, with pico de gallo, shredded Provolone and avocado slices on crisp romaine lettuce. **\$7.00**

## GARDEN SALAD

Assorted greens, grated cheese, croutons, tomato and cucumber slices. **\$5.25**

## GARDEN SALAD WITH A TWIST

Add a scoop of tuna, turkey walnut, chicken or egg salad to our garden salad. **\$6.75**

## THE AVALON SALAD

Our homemade chicken salad, tuna salad or turkey walnut surrounded by seasonal fruit. **\$6.75**

## LA PAZ SALAD

Featuring a scoop of our spicy black bean mix, pico de gallo, shredded Provolone cheese and avocado slices on crisp romaine lettuce. **\$6.00 add chicken breast \$1.25**

# beverages

Izzy Natural Sparkling Juices  
(Blackberry, Clementine,  
Grapefruit, Lemon)  
**\$2.00**

Martenelli's Apple Juice  
Martenelli's Sparkling Juice  
Spring Water  
IBC Root Beer  
IBC Cream Soda  
**\$1.75**

La Croix Sparkling Water  
**\$1.50**

Coke, Diet Coke, Sprite,  
Diet Sprite, Ginger Ale,  
Diet Ginger Ale  
**\$1.10**

Brewed Iced Tea  
Lemonade  
Milk (skim or 2%)  
**\$ .75**

# desserts

Turtle Brownies **\$1.75**  
Chocolate Chip Brownies **\$1.75**  
Toffee Cookie **\$1.50**  
Sugar Cookie **\$1.50**  
Oatmeal Raisin Cookie **\$1.50**  
Chocolate Chip Cookie **\$1.50**  
Lemon Knots **\$ .95**  
Carmelitas **\$ .95**

## goodwin's catering

### lunch trays

Trays are for five or more people.

#### SPECIALTY SANDWICH TRAY

A combination of basic and specialty sandwiches from our lunch menu. The Specialty Sandwich tray is served with mayo and spicy mustard. Pasta salad, cole slaw, potato salad or chips are included.

**\$8.00 per person**

#### WRAP TRAY

A selection of wraps from our menu, served cold with our homemade salsa, guacamole and a bowl of chips.

**\$8.00 per person**

#### MEAT AND CHEESE TRAY

Choose from turkey breast, ham, chicken breast, corned beef, roast beef, tuna, Swiss cheese, Cheddar cheese, tomato slices, dill pickles, mayonnaise and spicy mustard and an assortment of fresh bread. Served with a choice of cole slaw, potato salad, chips or pasta salad.

**\$8.50 per person**

#### FRESH VEGETABLE TRAY (10 OR MORE)

Fresh cauliflower, green pepper, zucchini, tomato, broccoli, celery and carrots cut into bite sized pieces. This tray is served with a veggie dip.

**\$3.00 per person**

#### CHEESE TRAY

Bite sized chunks of Swiss, Monterey Jack, Cheddar and Muenster cheese, arranged on a tray with seasonal fresh fruit.

**\$3.50 per person**

#### AVALON TRAY

Scoops of homemade tuna, turkey walnut, chicken and egg salad on a tray, garnished with fresh fruit and green leaf lettuce. Served with a selection of fresh bread.

**\$7.75 per person**

#### DESSERT TRAY

A selection of our fresh brownies, cookies and lemon knots.

**\$2.25 per person**

*These offerings are intended as suggestions to help you plan your next business lunch or supper meeting around the conference table. Although you may have same day service, we would appreciate the order a day in advance. Credit cards are welcome. Call us: (312) 634-1134*

### salads

#### CHEF, CHICKEN CAESAR, COBB OR SONOMA

Small serves 5-10 people **\$26.00**

Medium serves 10-20 people **\$36.00**

Large serves 20-30 people **\$46.00**

#### GARDEN SALAD

Small serves 5-10 people **\$19.00**

Medium serves 10-20 people **\$29.00**

Large serves 20-30 people **\$39.00**

#### FRESH FRUIT TRAY

Seasonal fresh fruit served bite sized, on a bed of crisp leaf lettuce.

**\$2.75 per person**

### breakfast

#### GOODWIN'S BASIC

A delicious selection of fresh pastries, bagels, muffins, croissants and scones. The Goodwin's Basic breakfast tray includes cream cheese and butter.

**\$3.00 per person**

#### BASIC PLUS FRUIT OR JUICE

Add sliced seasonal fruit or a variety of fresh juices to the Goodwin's Basic breakfast.

**\$4.50 per person**

#### BASIC PLUS JUICE AND FRUIT

Start with the Goodwin's Basic and add a variety of fresh juice and sliced fruit or fruit salad.

**\$5.75 per person**

### box lunches

The individualized solution to your next small or large business lunch or early evening meeting. Your choice of any sandwich or wrap on our menu, a side salad, pickle, chips and dessert. **\$9.00 per person**