

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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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

VISALIA

Spicy Sausalito Turkey Breast and Smoky Boar's Head BBQ Chicken served on toasted whole wheat bread with chipotle pepper puree, our signature chimichurri sauce, lettuce and tomato. **\$7.75**

LYNDON

A Goodwin's favorite. Avocado, leaf lettuce, sliced tomato, Cheddar and Monterey Jack cheese, topped with Thousand Island dressing. Served on toasted marble rye bread. **\$6.00**

RAINIER

Sliced turkey breast, crisp bacon, cole slaw, Cheddar cheese and Russian dressing on country white bread. **\$7.50**

REXBURG

Turkey breast, lean roast beef, bacon, lettuce, Muenster cheese and Russian dressing. Served hot or cold (your choice) on marble rye bread. **\$7.75**

BRIGHTON

Turkey breast, leaf lettuce, cranberry sauce and cream cheese on multi-grain bread. **\$7.25**

LARKSPUR

Featuring our homemade hummus, leaf lettuce, tomato, cucumber and avocado slices on sourdough or multi grain bread. **\$5.50**

LAGUNA

Albacore tuna, pico de gallo, crisp lettuce and Pepper Jack cheese. Served hot or cold on multi grain bread. **\$7.50**

CORVALLIS

Sliced turkey breast, leaf lettuce, avocado slices, tomatoes, Cheddar and Monterey Jack cheese with Thousand Island dressing on country white. **\$7.75**

MAUI

Our turkey walnut salad or chicken salad topped with fresh pineapple on leaf lettuce. Served on a multi-grain bread. **\$7.00**

SCOTTSDALE

Corned beef, sauerkraut, Swiss cheese and Thousand Island dressing. Served hot on toasted marble rye bread. **\$7.75**

MADISON

Avocado and tomato slices, leaf lettuce, Monterey Jack cheese and mayo (or pesto mayo) on multi-grain or sourdough bread. **\$5.50**

NEWPORT

Turkey breast, avocado and tomato slices, with crisp leaf lettuce and mayonnaise. Served on multi-grain bread. **\$7.25**

PRESCOTT

Sliced turkey breast, leaf lettuce, Monterey Jack cheese, guacamole and tomatoes on multi-grain bread. **\$7.75**

SPRING GREEN

Roast turkey breast, avocado slices, cream cheese and crumpled bacon. Served on country white or multi-grain bread. **\$7.75**

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. **\$8.00**

MONTECITO

Turkey breast, avocado and tomato slices, Monterey Jack and Cheddar cheese. Served open face and hot on multi-grain bread with lettuce. **\$8.00**

DURANGO

Grilled chicken breast, leaf lettuce, guacamole, sliced tomato, Provolone cheese and mayonnaise. Served hot on a Kaiser roll. **\$7.75**

TURKEY RUBEN

Sliced turkey breast, sauerkraut, Swiss cheese and Thousand Island dressing. Served hot on toasted marble rye bread. **\$7.50**

RAVINIA

Grilled chicken breast, green leaf lettuce, sliced tomatoes, Muenster cheese and pesto mayo. Served hot on Ciabatta. **\$7.75**

SANTA MARIA

Featuring our homemade tuna salad, lettuce, tomato slices and Cheddar cheese. Served hot on toasted marble rye bread. **\$7.00**

TUCSON

Grilled chicken breast, leaf lettuce, fresh pineapple slices, chipotle mayo and Muenster cheese served hot on a Kaiser roll. **\$7.75**

THE SAUSALITO

Sausalito turkey, lettuce, tomato, avocado, salsa, and Provolone cheese on Ciabatta. **\$8.00**

THE SACRAMENTO

Boar's Head BBQ chicken with leaf lettuce, avocado slices, BBQ sauce and Provolone cheese served hot on Ciabatta **\$8.00**

THE SAN CLEMENTE

Fresh sliced turkey breast with chimichurri sauce, crisp lettuce, tomato and avocado on our signature pretzel roll. A new Goodwin's favorite! **\$7.50**

sandwich board

Featuring Boar's Head brand meats

BREADS

Multi-grain
Sourdough
Country white
Kaiser roll
Marble rye
Pretzel roll
Ciabatta

MEATS

Turkey breast
Imported ham
Corned beef
Roast beef
Chicken breast
Turkey pastrami
Sausalito turkey
BBQ chicken
\$6.75

SALADS

Turkey walnut salad
Chicken salad
Tuna salad
Fat free tuna salad
Egg salad
\$6.75

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

soups / combos

CUP 8oz

\$3.75

BOWL 12oz

\$4.50

SOUP AND 1/2 SANDWICH

A half portion of any sandwich (excluding wraps) and a cup of soup. **\$7.50**

SALAD AND 1/2 SANDWICH

A half portion of any sandwich (excluding wraps) and a garden salad with dressing. **\$7.50**

SOUP AND SALAD

A cup of soup and a garden salad. Served with a roll on request. **\$7.25**

tortilla wraps

SAN MARCOS

Spicy Boar's Head Cajun Turkey, pico de gallo, corn, fresh mango, black beans and shredded cheddar cheese served hot on a whole wheat wrap. **\$7.75**

THE ARCADIA

Boar Head Cajun Turkey Breast, zesty jicama, corn, guacamole and lettuce served cold on a whole wheat tortilla. **\$7.75**

LAREDO

Tender turkey breast, tomatoes and Cheddar cheese. Wrapped in a flour tortilla and served hot. **\$7.50**

SANTA CRUZ

Lean roast beef, Cheddar cheese and tomatoes. Rolled in a flour tortilla and served hot. **\$7.50**

VERACRUZ

Diced chicken breast, fresh tomatoes and Cheddar cheese in a flour tortilla and served hot. **\$7.50**

CATALINA

Our homemade tuna salad, leaf lettuce, tomato slices and Cheddar cheese. Served cold in a soft flour tortilla. **\$7.50**

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. **\$7.75**

TEMPE

Mesquite chicken breast, pico de gallo and Provolone cheese. Served hot in a flour tortilla. **\$7.50**

SANTA FE

Lean roast beef and turkey breast with Cheddar cheese, tomatoes and sour cream. Rolled in a flour tortilla and served hot. **\$7.75**

CAESAR WRAP

Turkey or chicken breast, Muenster cheese, avocado slices, diced tomatoes and caesar dressing. Served hot in a soft flour tortilla. **\$7.75**

SAN JOSE

Turkey pastrami, diced tomatoes, chipotle peppers, avocado slices and pepperjack cheese. Served hot in a flour tortilla. **\$7.75**

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. **\$7.75**

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. **\$7.50**

CHICKEN CAESAR SALAD Diced chicken breast and tomatoes, shredded Provolone and croutons on mixed greens. **\$7.25**

COBB SALAD Diced chicken breast, tomatoes, grated Cheddar cheese and Swiss cheese on a bed of crisp assorted greens. **\$7.50**

SONOMA SALAD A scoop of tuna salad or diced chicken breast, with pico de gallo, shredded Provolone and avocado slices on crisp romaine lettuce. **\$7.75**

GARDEN SALAD Assorted greens, grated cheese, croutons, tomato, cucumber slices, and avocado. **\$6.00**

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.

THE NAPA

A tasty blend of our homemade hummus and couscous, with leaf lettuce, avocado, onion, cucumber and chimichurri sauce. Served in a flour tortilla. **\$7.00**

NOGALES

Turkey breast, lettuce, avocado, pico de gallo, sour cream and pepperjack cheese. Served hot or cold in a flour tortilla. **\$7.75**

THE FLAGSTAFF

Chicken breast, pico de gallo, guacamole, sour cream, leaf lettuce and Monterey Jack cheese. Served hot in a flour tortilla. **\$7.75**

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. **\$6.75**

THE TAHOE

Homemade turkey walnut salad, crispy bacon, diced tomatoes, lettuce and cucumbers, served cold in a flour tortilla. **\$7.50**

THE VAIL

Mesquite chicken breast, lettuce, avocado, BBQ sauce and Provolone cheese, served hot in a flour tortilla. **\$7.75**

KEY WEST

Mesquite chicken breast, fresh pineapple, pico de gallo, chipotle mayo and Provolone cheese, served hot or cold in a whole wheat tortilla. **\$7.75**

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. **\$7.00**

THE CANCUN

Our all natural couscous with pico de gallo, diced cucumbers, avocado slices, sour cream, crisp lettuce and pepperjack cheese in a spinach wrap. **\$6.75 add Sausalito turkey \$1.25**

THE KEY LARGO

Featuring our spicy black bean mix with avocado slices, sour cream, pico de gallo, couscous, chimichurri sauce and provolone cheese, served hot in a whole wheat tortilla. **\$7.25**

THE SANTA MONICA

Featuring our oven gold turkey, leaf lettuce, fresh mango, yellow corn, pico de gallo, cilantro dressing and pepper jack cheese. Served hot on a spinach tortilla. **\$7.75**

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.

GARDEN SALAD WITH A TWIST Add a scoop of tuna, turkey walnut, chicken or egg salad to our garden salad. **\$7.50**

THE AVALON SALAD Our homemade chicken salad, tuna salad or turkey walnut surrounded by seasonal fruit. **\$7.50**

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. **\$6.75 add chicken breast \$1.25**

THE ASPEN Our spicy black bean mix, fresh asparagus, diced pineapple, pico de gallo, avocado, and Provolone cheese, with romaine lettuce **\$7.00**

THE PASADENA Spicy black bean mix, couscous, fresh pineapple, pico de gallo, and Provolone cheese with crisp romaine lettuce. **\$6.75**

beverages

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

Martenelli's Apple Juice
Martenelli's Sparkling Juice
IBC Root Beer
IBC Cream Soda
\$2.00

La Croix Sparkling Water
\$1.50

Coke, Diet Coke, 7UP,
Diet 7UP, Dr. Pepper,
Ginger Ale, Diet Ginger Ale,
Lemonade, Spring Water
\$1.10

Milk (skim or 2%)
\$.75

desserts

Turtle Brownies **\$2.00**
Chocolate Chip Brownies **\$2.00**
Toffee Cookie **\$1.50**
Sugar Cookie **\$1.50**
Oatmeal Raisin Cookie **\$1.50**
Chocolate Chip Cookie **\$1.50**
Lemon Knots **\$.95**
Carmelitas **\$.95**

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

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.

\$8.50 per person

WRAP TRAY

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

\$8.50 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.

\$9.00 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.

\$8.00 per person

DESSERT TRAY

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

\$2.50 per person

salads

CHEF, CHICKEN CAESAR, COBB OR SONOMA

Small serves 5-10 people **\$28.00**

Medium serves 10-20 people **\$38.00**

Large serves 20-30 people **\$48.00**

GARDEN SALAD

Small serves 5-10 people **\$21.00**

Medium serves 10-20 people **\$31.00**

Large serves 20-30 people **\$41.00**

FRESH FRUIT TRAY

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

\$3.00 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.

\$3.50 per person

BASIC PLUS FRUIT OR JUICE

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

\$4.75 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.

\$6.00 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. **\$9.50 per person**