

PANINI SANDWICHES

- Borealis Breads (Wells, ME)
italian, organic wheat, or multigrain
- Wildflours Bakery (Brunswick, ME) add 95¢
gluten free
- ...or make it a wrap!
plain, wheat, or spinach
- spread options
roasted red pepper pesto, mayonnaise,
honey mustard or yellow mustard
- Simply Cheesy \$7⁹⁵
tomato, swiss, provolone, and cheddar
- Ham \$8²⁵
lettuce, tomato, swiss, and ham
- Tuna Salad \$8²⁵
lettuce, tomato, swiss, and tuna salad
- The Bella \$8²⁵
spinach, tomato, swiss, red pepper pesto, and sliced mushrooms, with balsamic vinaigrette
- Turkey * \$8⁷⁵
lettuce, tomato, provolone, avocado, and turkey
- BBQ Chicken \$8⁷⁵
lettuce, tomato, provolone, and bbq chicken
- Marquee Moon * \$8⁷⁵
spinach, tomato, onion, fresh guacamole, and turkey
- Cranberry Walnut Chicken Salad \$8⁹⁵
lettuce, tomato, and chicken salad
- Kool Thing * \$8⁹⁵
spinach, grilled red pepper, cheddar, jalapeño, hot sauce, roasted red pepper pesto, and turkey
- Hot Garden Stomp \$8⁹⁵
spinach, tomato, cheddar, grilled artichoke, and roasted red pepper pesto
- served with chips & a pickle
* substitute tofurky® deli slices for 95¢

KIDS CHOICE

- \$7²⁵
- sandwich options:
grilled cheese, turkey & cheese, ham & cheese, or PB&J
includes a drink, chips & a pickle
- other options:
2 tacos, or a cheese quesadilla
includes a drink & chips

SMOOTHIES

- \$6⁵⁰
- Strawberry
orange juice, strawberry, banana, local honey
- PB&J
peanut butter, strawberry, local honey, milk
- Espresso
ghirardelli dark chocolate, espresso, banana, milk
- Chocolate Peanut Butter
ghirardelli dark chocolate, peanut butter, banana, milk
- Apple Walnut
banana, spinach, local honey, walnut, apple, milk
- Superfood
banana, avocado, spinach, local honey, milk
- Pineapple Kale
banana, pineapple, kale, flax seeds, milk

substitute almond or soy milk for 55¢

Our vision for Guthries came from a desire to run a business that supports our family, our community, and our environment. First and foremost, we are fortunate to be family owned, operated, and maintained. The musicians, artists, and craftsmen that have graced our venue are a tribute to local creativity, talent, and expertise. We support Earth friendly choices through our purchase of biodegradable take out containers and utensils, our choice to recycle and compost, and our purchases of produce grown using sustainable practices. We support other locally owned businesses such as Coffee By Design, Homegrown Herb and Tea, Sugar Sugar, Borealis Breads, DamselFly Farms, Black Bear Brewing Company, Sebago Brewing Co., Backyard Farms, and Maine Root Handcrafted Beverages. We are excited to share these things with our patrons, who, with each visit, continue to make Guthries a reality.

We are very proud to be certified as a

'Green Restaurant'

by the Maine Department of Environmental Protection.

For More Information, visit www.maine.gov/dep



115 middle street
lewiston, maine (207) 376-3344 guthriesplace.com

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she doesn't like
guthries
restaurant & café
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AUTUMN 2014
TAKE OUT MENU

COFFEE & ESPRESSO

- Coffee by Design (Portland, ME)
- * house mug includes free refill
- | | small | large |
|----------------|----------------------|----------------------|
| Coffee * | \$1 ⁹⁵ | \$2 ⁵⁰ |
| Cappuccino | \$3 ²⁵ | \$4 ²⁵ |
| Latte | \$3 ²⁵ | \$4 ²⁵ |
| Flavored Latte | \$3 ⁵⁰ | \$4 ⁷⁵ |
| Espresso Shot | ×1 \$2 ⁰⁰ | ×2 \$2 ⁷⁵ |
| Hot Chocolate | \$3 ²⁵ | \$4 ²⁵ |
- add almond or soy milk for 55¢

HAND PACKED TEAS

- Homegrown Herb & Tea (Portland, ME)
- herbal options hot \$3⁰⁰ iced \$3²⁵
- Guthries Blend
organic blackberry, lemon verbena, cranberry powder, hibiscus, orange peel, lemon peel, and dried wild Maine strawberries
- Five Peaks Emerald Green
mild green tea with a gentle, almost fruity taste and sweet finish
- Ginger Snap
cinnamon, clove, ginger and chicory root
- Muddy Maté
organic roasted yerba maté, raw cacao, licorice root, cornflowers and vanilla bean
- Irish Breakfast
blend of organic Assam and Ceylon black teas
- Lemon Squeezer
medley of lemon balm, lemon verbena, lemongrass, thyme and dried lemon peel
- Seasonal Tonics
ask for our current selection

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SOUPS

homemade daily 8oz cup \$4²⁵ 16oz bowl \$6²⁵
served with your choice of bread or crackers

SALADS

dressing options

balsamic vinaigrette, lemon basil olive oil, honey mustard,
creamy cilantro lime, or ranch

House \$7⁵⁰
mixed greens, tomato, carrot, onion, cucumber, and
mushroom

Creamy Caesar \$7⁵⁰
lettuce, parmesan, and croutons

Taco \$8⁷⁵
mixed greens, tomato, onion, cheddar jack cheese, taco
shells, with ground beef, chicken or refried beans

Mediterranean Chickpea \$8⁷⁵
baby spinach, tomato, onion, feta cheese, black olives,
and chickpeas

Spinach \$9²⁵
baby spinach, apple, dried cranberry, and feta cheese

Chef \$9²⁵
mixed greens, tomato, carrot, onion, cucumber, ham,
turkey, and provolone cheese

Super Food \$9²⁵
baby spinach, dried cranberry, walnuts, avocado, and
warm sweet potato

Pepper Kale with parmesan cheese \$9²⁵
kale tossed in olive oil & jalapeño sauce, with pineapple,
red pepper, carrot, and chickpeas

Kale & Black Bean \$9²⁵
grilled kale with cilantro lime dressing, avocado, tomato,
black beans, onion, and spicy brown rice

Grilled Mushroom & Artichoke \$9²⁵
mixed greens, mushroom, artichoke, onion, red pepper,
tomato, carrot, and flax seeds

add chicken or smoked tofu for \$1⁹⁵

PICK 2

½ panini, ½ salad, or cup of soup \$9²⁵

½ quesadilla, ½ salad, or cup of soup \$10⁹⁵

BURRITOS

tortilla wrap options
plain, wheat, or spinach

Veggie \$9²⁵
spinach or lettuce, cheese, tomato, brown rice, peppers,
black beans, and salsa

Vegan \$9⁹⁵
spinach, mushroom, onion, peppers, brown rice, avocado,
tomato, refried beans, and salsa

Sweet Potato \$9⁹⁵
added to the veggie

Chicken \$9⁹⁵
added to the veggie

Ground Beef \$9⁹⁵
added to the veggie

BBQ Chicken \$9⁹⁵
added to the veggie

Fiery Crash \$9⁹⁵
kale, cheese, tomato, jalapeño, brown rice, mushroom,
black beans, hot sauce, and salsa
with cumin, cilantro, and lime

BBQ Pulled Pork \$10⁵⁰
added to the veggie

Soultrane \$10⁵⁰
spinach, cheese, pineapple, brown rice, bbq smoked tofu,
black beans, and salsa

Mr. Grieves \$10⁵⁰
spinach, cheese, tomato, avocado, brown rice, refried
beans, black beans, and salsa

served with tortilla chips & fresh salsa
add sour cream, avocado, or jalapeño for 95¢
add fresh guacamole for \$2²⁵

FIESTA BOWLS

Veggie \$7⁹⁵
spinach or lettuce, cheese, brown rice, black beans,
tomato, peppers, and fresh salsa

add guacamole, tofu, sweet potato, refried beans,
chicken, beef, or pork \$2²⁵

served with tortilla chips & fresh salsa
add sour cream, avocado, or jalapeño for 95¢

QUESADILLAS

tortilla wrap options
plain, wheat, or spinach

Jon's Four Cheese \$10²⁵
cheddar, monterey jack, feta, parmesan, and tomato

Veggie \$10²⁵
spinach, cheese, tomato, black beans, onion, black olives,
peppers, and mushroom

The Repeater \$10²⁵
cheese, brown rice, black olives, onion, black beans, and
hot sauce

Tomato Basil & Spinach \$10²⁵
spinach, cheese, basil, feta cheese, tomato, and black
olives

Sweet Potato \$10²⁵
cheese, black beans, and tomato

Chicken or Ground Beef \$10⁷⁵
cheese, black beans, and tomatoes

BBQ Chicken \$10⁷⁵
cheese, black beans, and tomato

Spiced Chicken & Refried Beans \$10⁷⁵
cheese, refried beans, tomato, onion, chicken, cilantro,
and hot sauce

Curried Apple with sweet potato \$10⁷⁵
kale, cheese, apple, dried cranberry, and onion

Spinach, Mushroom & Artichoke \$10⁷⁵
spinach, cheese, artichoke, tomato, and mushroom

BBQ Pulled Pork \$10⁹⁵
cheese, black beans, and tomato

Surfer Rosa \$10⁹⁵
kale, cheese, pineapple, cilantro, peppers, feta cheese,
jalapeño, and chicken or smoked tofu

served with tortilla chips, sour cream & fresh salsa
add fresh guacamole for \$2²⁵

TACOS

4 Hardshell Tacos \$7⁹⁵
ground beef, chicken, or refried beans
with cheese, taco sauce, onion, tomatoes, and lettuce

add sour cream, avocado, or jalapeño for 95¢
add fresh guacamole for \$2²⁵