



Restaurant
Eat Fresh, Feel Good

CATERING



order at www.surfgoodwins.com or 312 634 1134

friendly pick up or fast delivery available | delivered ONTIME with awesome bikers
always serving smiles | last minute orders wanted & needed!



GOURMET SANDWICHES & ARTISAN WRAPS

variety of our most popular, healthy & vegetarian sandwiches with outstanding presentation and ease of service:

\$10.95 per person, includes a free side. minimum 6.

GOURMET SANDWICHES

CORVALLIS

turkey breast, lettuce, avocado, tomato, cheddar cheese & monterey jack cheese with 1000 islands on country white

DURANGO

grilled chicken breast, guacamole, provolone cheese, sliced tomato, lettuce & mayo on brioche roll

MADISON (v)

sliced avocado, tomato, leaf lettuce, monterey jack cheese, pesto mayo on multi-grain

SACRAMENTO

grilled chicken breast, provolone cheese, leaf lettuce, fresh avocado & bbq sauce on ciabatta

SAN CLEMENTE - a chicago classic since 1989!

roasted turkey breast, sliced avocado, lettuce, tomato & chimichurri sauce on our signature pretzel roll

LARKSPUR (v)

garden hummus, leaf lettuce, sliced tomato, sliced cucumber & fresh sliced avocado on multi-grain

ARTISAN WRAPS

FLAGSTAFF

grilled chicken breast, pico de gallo, lettuce, guacamole, sour cream, monterey jack cheese in a flour tortilla

NAPA (ve)

garden hummus, couscous, avocado, red onion, cucumber, leaf lettuce & chimichurri sauce in a flour tortilla

SAN CARLOS

chipotle chicken, fresh mole, red onion, roasted corn, guacamole, sour cream, monterey jack cheese in a flour tortilla

KEY LARGO (v)

spicy black beans, avocado, sour cream, pico de gallo, couscous, chimichurri sauce & provolone cheese in a whole wheat tortilla

SEDONA (v)

spicy black beans, diced tomato, sliced avocado, leaf lettuce & chipotle mayo in a spinach tortilla

KEY WEST

roasted chicken, fresh pineapple, chipotle mayo, pico de gallo, provolone cheese in a whole wheat tortilla

FREE SIDES:

spicy black bean salad

cilantro pasta salad

seasonal fresh fruit

fresh guacamole, spicy salsa & crispy corn tortilla chips





AMAZING SALADS

served as a side or meal. hand-crafted dressing served on the side.
\$6 as a side. \$10 as a meal. minimum 6.

BBQ CHOPPED CHICKEN

grilled corn, spicy black beans, tomato, jack cheese & avocado with bbq-ranch dressing

BLACKENED CHICKEN CAESAR

blackened chicken breast, tomato, romaine lettuce, aged parmesan cheese & rustic croutons with caesar dressing

COBB

chicken breast, tomato, avocado, bacon, bleu cheese with creamy ranch dressing

GARDEN (v)

cheddar cheese, rustic croutons, tomato, cucumber & avocado with vinaigrette

GAVOITA QUINOA (ve gf)

quinoa, almonds, black beans, avocado, cranberries, tomato & jalapenos with champagne vinaigrette

KALE (ve gf)

red cabbage, pepper, red onion, oranges and sunflower seed with citrus dijon vinaigrette

LA PAZ (gf)

grilled chicken, spicy black beans, pico de gallo, monterey jack cheese & avocado with cilantro lime vinaigrette

POMEGRANATE KALE (ve gf)

honey goat cheese, roasted sweet potato, couscous, candied walnuts & cinnamon shallot vinaigrette

PLATTERS TO SHARE

per person pricing. minimum 6.

artisan cheese & gourmet breads - \$8

crudite vegetables with hummus & cajun ranch dip - \$7

grilled cajun shrimp - \$9

cilantro hummus & toasted pita chips with carrots - \$8

seasonal fresh fruit - \$6

all butter cookies & cheesecake brownies - \$6

churros with chocolate & caramel dips - \$6

chips with spicy salsa & fresh guacamole - \$6



BOXED LUNCH - IN A GOODWIN'S BOX!

\$13 per person. minimum 6.

**GOURMET SANDWICH, ARTISAN WRAP OR
AMAZING SALAD INCLUDES:**

dirty chips
pasta salad
crisp apple
all butter cookies

*we rotate so all are different but labeled. no worries.

*sub chips, salsa and guacamole for dirty chips and pasta salad





BREAKFAST SANDWICH & WRAPS

\$7 per person. sliced & wrapped in halves to share.
served with salsa. minimum of 6.

THE VENICE

chunky peanut butter, crisp bacon, honey &
bananas on texas toast

ANCHOR BAY

scrambled eggs, chipotle sauce, monterey jack
cheese, black forest ham, crisp bacon, caramelized
onions & pico de gallo in whole wheat wrap

CHANNEL ISLANDS

scrambled eggs, smoked bacon, cheddar cheese
& grilled tomatoes on toasted everything bagel

RINCON BEACH (v)

scrambled eggs, arugula, grilled tomatoes,
caramelized onions, monterey jack cheese &
sliced avocado on toasted whole wheat

PASO ROBLES

scrambled eggs, grilled chicken breast, hickory
smoked bacon, cilantro sauce, cheddar cheese
& fresh arugula in spinach wrap

GOLETA (v)

thick french toast with berry compote &
maple syrup

SEASIDE (v)

texas toast, guacamole, scrambled eggs &
chipotle sauce

SOMETHING EXTRA

**vanilla parfait w/ rustic
granola & seasonal fruit** \$5

seasonal fresh fruit bowl \$5

bagels & cream cheese \$5
plain, onion, cinnamon,
everything, egg, jalapeno

warm donuts \$4
glazed, chocolate, sugar,
bacon chocolate

orange juice \$3

GOURMET COFFEE

\$31 for 1 gallon artisan brew
served with all fixings on side

costa rican terraza
best in loop!

mexican altura
bold

papua new guinea
crisp & flavorful

hawaiian peaberry
smooth



HOT FOOD

\$14 per person. minimum 6.
really good stuff! like really good!

CUBAN REUBEN'S

house braised pork shoulder, black forest ham, coleslaw, aged swiss cheese, roasted jalapeno pickle relish & whole grain mustard on a grilled french roll

TOMATILLO CHICKEN TACO'S

natural grilled chicken breast with sour cream, guacamole, tomatillo salsa & cilantro on flour tortilla's

MIKE'S QUESADILLA'S

roasted pork, grilled chicken or vegetarian with grilled vegetables, spicy black beans, monterey jack cheese & zesty chipotle creme fraiche

CHICKEN FAJITA'S

roasted pork, grilled chicken or vegetarian with sauteed peppers, onions, fresh cilantro, served with spicy black beans, sour cream, hot salsa & flour tortillas

DRINKS

- \$2 fiji water
- \$2.5 smart water
- \$1.5 can soda - coke, diet coke, ginger ale, sprite
- \$2 la croix - berry, coconut, grapefruit, lemon, lime, pure
- \$2.5 san pellegrino - blood orange, lemon, orange, pomegranate

Wacker & Lake

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Tel 312 634 1134 | Fax 312 634 1139

Monday - Friday

7:00am - 2:00pm

join our loyalty program!
get free stuff!



menu expires 11.28.17 GOODWIN'S restaurants & catering. facility process tree nuts. contents may contain trace amounts of peanuts, wheat, soy and dairy ingredients. prepared and delivered food should be stored at 40 degrees fahrenheit and consumed within one hour of delivery. prices are subject to change without notice. refer to cancellation and other policies on our website @ www.surfgoodwins.com. actual photographs depict serving suggestions only. all rights reserved 1989-2017.