

Extra Touch Gourmet Catering

Business and Personal

Extra Touch Gourmet Catering can accommodate nearly any request. Call to discuss your business or personal catering needs. We offer many choices and would be happy to customize any event for you. We take great pride and care in the preparation of our food and we strive to exceed the expectations of every customer. For catering assistance regarding daily business meetings, functions and availability please call (603) 488-6620 and ask for one of our catering specialists. At least a 24 hour notice on all orders is greatly appreciated. Delivery services can be provided.

So what's for Dinner?

We know that this is the eternal question every night of the week for busy people. When feeling pressed for time stop by Extra Touch Gourmet. Choose from our selection of ready-to-go foods that will satisfy every palate. It's a great, healthy alternative to fast food and costs less than eating out. Best of all you can enjoy your meal in the comfort of your own home so pick up a bottle of wine while you are here! We've done the cooking so you can concentrate on the other important details in your life.

Supporting our Local Vendors

We carry many products that are made right here in NH. We support Monadnock Water Company, A&E Roastery, and Van Otis Chocolates. We carry many NH Wines, and we do our best to support local farmers in season.



*Welcome to Extra Touch Gourmet
Café, Catering and Specialty Food Market!*

*Enjoy a casual eating experience in our
comfortable café or take out food to bring home or to the office.*

Our wholesome cuisine is made fresh daily with no preservatives.

*We offer soups made from scratch, lunch and dinner entrees and
desserts as well as a selection of hearty sandwiches and salads.*

Take Out or Eat In

4 Hawthorne Dr.
(Inside the NH Neurospine Institute)
Bedford, N.H. 03110
(603) 488-6620
www.ExtraTouchGourmet.com

Hours:
Mon-Thurs 7am-7pm
Fri 7am-6pm
Sat 10am-3pm

Breakfast

Locally Roasted Organic Coffee

Light, Medium, Dark, Decaf and Flavored **sm. \$1.80 lg. 2.50**

Bakery

Bagels or English Muffins w/butter **\$1.50**

with peanut butter or cream cheese **\$1.75**

Muffins, Scones, Coffeecake, Assorted Pastry **\$1.75 - \$2.50**

Breakfast Sandwiches on Bagels or English

Egg & Cheese **\$2.95**

Egg & Bacon or Ham **\$3.50**

Egg, Meat & Cheese **\$3.65**

Quiche of the Day

Slice **\$3.95**

Mini Crustless Quiche **\$2.95**

Fresh Seasonal Fruit Salad **\$5.95/lb**

Salads

\$6.95

ETG Signature Salad Mixed greens, red grapes, local apples, gorgonzola cheese, red onions, walnuts, grilled chicken, balsamic vinaigrette & cornbread croutons.

Spinach Salad Baby Spinach, cucumbers, mushrooms, scallions, hard boiled eggs, crispy bacon & vidalia onion dressing.

Chef Salad Mixed greens, turkey, ham swiss, cheese, hard boiled eggs, tomatoes cukes & red onions.

Greek Salad Mixed greens, tomatoes, cukes, red onions, green peppers, black olives & feta cheese.

Chicken Caesar Salad Romaine lettuce, Parmesan cheese, homemade croutons & grilled chicken.

Caesar Salad Romaine, Parmesan cheese & our own croutons. **sm. 3.95 lg. 4.95**

Garden Salad Mixed greens, tomato, cukes & red onions. **sm. 3.95 lg. 5.95**

All salads served with our daily bread.

Combo

\$6.75

1/2 & 1/2 Your choice of two... a cup of soup, a small Garden Salad or 1/2 Sandwich or Wrap

Sandwiches & Wraps

\$5.95

Tuna Salad White Albacore tuna mixed with celery, red onion, honey mustard & mayo with lettuce & tomato.

Turkey & Swiss Turkey, swiss cheese, lettuce, tomato & mayo.

Ham & Cheese Baked ham, swiss cheese, lettuce, tomato & honey mustard.

Fresh Veggie Chopped fresh veggies, spinach, honey mustard & cheddar cheese.

Chicken Caesar Grilled chicken, Parmesan cheese & romaine lettuce with our Caesar dressing.

BLT Lots of crispy bacon, lettuce, tomatoes & mayo.

Ham Pita Ham, green apple, cheddar cheese with a cream cheese & walnut spread layered on Pita bread.

The Plain Wayne Chicken Caesar wrap without the cheese.

Egg Salad Hard boiled eggs, a little mayo, salt & pepper & lettuce. ***\$4.95**

Classic Grilled Cheese Swiss & sharp cheddar cheeses with a slice of tomato grilled on your choice of bread. ***\$4.95**

With ham or bacon ***\$5.95**

Signature Sandwiches

\$6.75

The Vermonter Ham, spinach, VT cheddar cheese, honey mustard, onions & chopped apples on a wheat wrap and grilled.

The Irene Ham, lettuce, tomatoes, Harvarti cheese & honey mustard on a sandwich croissant.

Ridgewood Chicken Salad Our famous chicken salad with lettuce & tomatoes.

Gobble Gobble Turkey, lettuce, stuffing & our own cranberry apple spread.

Roasted Veggies Our roasted veggies, spinach, hummus & feta cheese.

Turkey Club Turkey, swiss cheese, lettuce, sliced tomato, bacon & mayo.

Roast Beef Roast beef, lettuce, sliced tomato, onion with a horseradish spread.

Italian Ham, salami, provolone, cheese, tomato, lettuce, red onion, pickles & Italian Dressing.

Tuna Melt Our own tuna salad grilled with cheese and sliced tomato.

****Please note all grills take a minimum of 10 minutes to cook.**

Summer Entrees and Meals

Baked Macaroni & Cheese of the Day Macaroni smothered in our own creamy 3-cheese sauce topped with bread crumbs and baked. Weekly specials may include lobster, southwestern, ham and more! **\$5.95 and up**

Barbecued Chicken Classic barbecued chicken tenders made with our home-made barbecue sauce. Served with one of our daily side salads **\$6.95**

Quiches A slice of one of our daily homemade quiches **\$3.95**
Whole quiches available for order (please call ahead) **\$14.95**

Lobster Roll Large pieces of lobster meat mixed with chopped celery, a little mayo & spices stuffed into a toasted roll. Served with chips and a pickle. **Thursday's and Friday's only.** **\$12.95**

Chili Choices may include our original "Mom's" Chili, Turkey Chili, White Chicken or Vegetarian Chili. Served with Cornbread. **\$ 4.95**

Weekly Entree Specials - Look for our seasonal weekly specials in addition to everyday meals on our website or sign up to receive them via email.

Summer Entree Salads

Make your Salad a meal! Try one of our Entree Salads - a generous mix of greens, satisfying add-ins such as cheese, meats, nuts, avocado and more.
Makes a healthy lunch for the summer!

Summer Berry Pecan Salad Fresh blackberries, fresh raspberries, blueberries, strawberries, toasted pecans, goat cheese, a piece of grilled chicken and avocado served over mixed greens with raspberry vinaigrette dressing and cornbread croutons. **\$7.95**

Taco Salad Lettuce topped with our Chili of the day, Mexican cheese, onions, tomatoes, & a scoop of our Black Bean & Corn Salad. Served with tortilla chips, salsa & sour cream. **\$6.95**

Strawberry Spinach Salad Baby spinach, strawberries, red onions, chicken, feta cheese and walnuts. **\$6.95**

Mediterranean Salad Plate Our marinated Greek veggies with feta & olives, a scoop of tabouleh and hummus, pita bread and a piece of grilled chicken over mixed greens. **\$7.95**

Southwestern Grilled Chicken Salad Our Grilled BBQ Chicken, Black Bean and Corn Salsa, Tomatoes, Scallions, Avocado and cornbread croutons over mixed greens. **\$6.95**

Salad of the Week - Look for our special salad of the week on our website or in our email.

Summer Daily Soup Schedule

Our soups are all made from scratch and make the perfect meal. Most are naturally low in fat, so they are healthy, comforting and warm the soul. **Cup \$3.50 Bowl \$4.50 Quart \$7.25**

Our Chicken Noodle Soup is available every day until we sell out.

<u>Monday</u>	Tomato Basil Chef's Choice
<u>Tuesday</u>	Chilled Soup
<u>Wednesday</u>	Summer Squash Minestrone w/ Pesto Tomato Basil
<u>Thursday</u>	Black Bean Soup
<u>Friday</u>	Chef's Choice Chowder



Freshly Prepared Salads and Sides

Twice Baked Potato Potato skins stuffed with a creamy mix of Idaho & Sweet potatoes topped with a little cheese & bacon or left plain. **\$3.95 ea.**

Black Bean & Corn Salad Black beans, corn, orange bell pepper, red onion, tomatoes avocado, garlic & cilantro tossed w/ extra-virgin olive oil & seasonings. **\$5.95/lb**

Rigatoni and Cucumber Salad Rigatoni pasta tossed with fresh cucumbers, dill and our light and creamy ranch yogurt dressing. **\$4.95/lb**

Tuna Macaroni Salad Elbow macaroni and tuna tossed in our light and creamy dill yogurt dressing. **\$5.95/lb**

Marinated Greek Salad Red and green peppers, cucumbers, onions, tomatoes and black olives marinated in a Greek dressing and topped with feta cheese. **\$7.95/lb**

Tomato and Mozzarella Salad Tomatoes with fresh mozzarella cheese and fresh Basil drizzled with a balsamic glaze. **\$9.95/lb**

Red Potato Salad Red potatoes, celery, scallions and fresh parsley in our own house dressing. **\$3.95/lb**

Subscribe to our e-mail list to receive our weekly specials along with our newsletter and special offers.