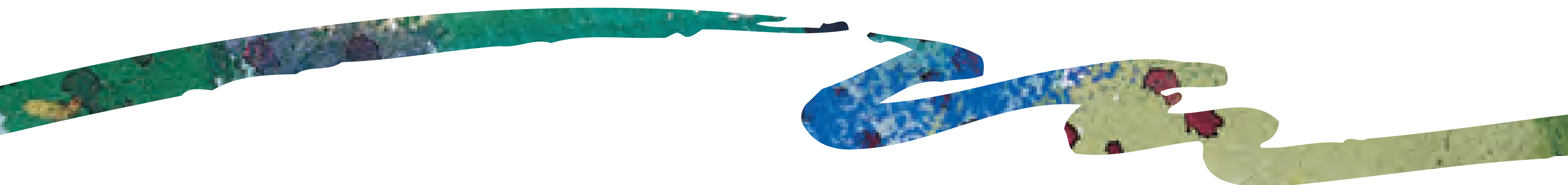


BREAKFAST



BAGEL 3.95 | WITH SMOKED SALMON 7.95

Plain, sesame, cinnamon raisin or everything bagel with cream cheese

FRUIT CUP 6.95 | 7.95

FRESH BERRIES 8.95

YOGURT PARFAITS 7.45 | 8.45

Yogurt with fresh berries and grapes, topped with granola

OATMEAL 4.45 | 5.45

TOAST

SERVED UNTIL 11 A.M.

FARMSTEAD 7.95

Avocado, hard boiled eggs, onions and sliced tomatoes

AVOCADO TOAST 8.95

Multigrain toast, avocado, fresh mozzarella, sliced tomatoes and balsamic glaze

HOT BREAKFAST

SERVED UNTIL 11 A.M.

CLASSIC SANDWICH 7.95

Egg souffle, ripe tomatoes and cheddar

BEYOND SAUSAGE WRAP 11.95

Egg, Beyond sausage and cheddar

RANCHERO BURRITO 10.95

Scrambled eggs, black beans, cheddar, avocado, and salsa

THE WORKS SANDWICH 12.95

Bagel with cream cheese, avocado, smoked salmon, hard boiled egg, tomato, red onion, arugula, and everything bagel seasoning

GREEK WRAP 9.95

Scrambled eggs, spinach, mushrooms, and feta

COMBO BREAKFAST 11.95

Two Mediterranean Frittatas with potatoes

A LA CARTE

MEDITERRANEAN FRITTATA 6.95

Sautéed zucchini, bell peppers and spinach baked with farm fresh eggs, basil and crumbled feta

ROASTED POTATOES 5.95

ADD TO ANY SANDWICH FOR 2.00

COFFEE, TEA & ESPRESSO

HOT BEVERAGES

	12oz	16oz	20oz
DARK OR LIGHT ROAST, OR DECAF	3.95	4.25	4.55
CAFÉ AU LAIT	4.75	5.75	6.75
HOT CHOCOLATE	5.95	6.45	6.95
CAFÉ LATTE SMALL 2 SHOT/LARGE 4 SHOT	5.75		6.75
CAFÉ AMERICANO SMALL 2 SHOT/LARGE 4 SHOT	4.95		5.95
CAPPUCCINO SMALL 2 SHOT/LARGE 4 SHOT	5.75		6.95
CHAI TEA LATTE		6.95	
MATCHA LATTE		7.95	
SIGNATURE LOOSE TEA		4.95 ANY SIZE	
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	2oz	4oz	
ESPRESSO	4.25		
EXTRA DOUBLE SHOT	3.95		
CORTADO		4.95	

ICED BEVERAGES

	16oz	24oz	32oz
COLD BREWED ICED COFFEE	5.95	6.45	7.45
TURBO STRONG COLD BREW ICED COFFEE	6.45	6.95	
ICED CAFÉ AMERICANO SMALL 2 SHOT/LARGE 4 SHOT	4.45	5.45	
ICED CAFÉ LATTE SMALL 2 SHOT/LARGE 4 SHOT	5.45	6.95	
ICED CHAI LATTE	5.95	6.95	
FRESH BREWED ICED TEA	4.95	5.45	5.95
ARNOLD PALMER	5.95	6.45	6.95
FRESH PRESSED LEMONADE	5.95	6.45	6.95
FLAVOR SHOTS	ALL .95		

PRESSED SANDWICHES

BEGINS AT 11 A.M.

SERVED WITH MULTIGRAIN OR WHOLE WHEAT BREAD

GRILLED CHEESE

Sliced tomatoes and cheddar cheese

10.95

CAPRESE

Fresh mozzarella, ripe tomatoes, arugula and pesto

13.95

CALIFORNIA

Avocado, tomato, red onions, cheddar cheese, and sweet chili sauce

13.95

WILD PLANET TUNA

Organic Wild Planet Tuna, arugula, and cheddar cheese

15.95

MARKET SOUP

6.45 / 6.95

ADD A MARKET SOUP

to any Market salad, sandwich,
pressed sandwich, or hot plate

5.95 / 6.45



SIGNATURE SANDWICHES

GRILLED PESTO CHICKEN 15.95

Sliced grilled chicken breast, pesto, sliced tomatoes, baby spinach and lemon herb aioli on a baguette

BUFFALO CHICKEN 15.95

Grilled chicken tossed in a spicy buffalo sauce with a carrot celery slaw, green leaf lettuce and ranch dressing on a tomato wrap

CURRIED CHICKEN WRAP 15.95

Grilled curried chicken, green leaf and cranberry horseradish sauce on a spinach wrap

ROAST TURKEY AVOCADO 15.95

Sliced roast turkey breast with sliced avocado, baby spinach and roasted red pepper aioli on multigrain bread

SMOKED TURKEY CHIPOTLE 15.95

Sliced smoked turkey breast, sweet potato chips, sliced tomatoes, arugula and chipotle dressing on ciabatta

SWEET CAROLINE 15.95

Roast turkey with honey drizzled roasted sweet potatoes, sliced Gala apples, green leaf lettuce and honey mustard poppy seed aioli on whole wheat bread

ROAST BEEF ROMESCO 16.95

Prime cut slow roasted beef, garlic aioli, arugula, pickles and Spanish Romesco on ciabatta

PARISIAN PASTRAMI 16.95

Pepper crusted pastrami, Dijon, Five Spiced pickled fennel and artisan greens on baguette

SERVED HOT

PULLED CHICKEN 16.95

Slow roasted Carolina BBQ chicken, house made slaw, and pickled onions

BBQ PULLED BEEF 17.95

Slow roasted hickory pulled BBQ beef, house made slaw, and pickled onions

FRENCH DIP 17.95

Roast beef with horseradish cream sauce served on a ciabatta baguette with french onion au jus

PANAMA 18.95

BBQ Beef, avocado, sweet potato chips, crispy onions and chipotle on a wrap

create your own SANDWICH

14.95 includes 3 toppings | any additional toppings are .75 each

CHOOSE YOUR PROTEIN:

BUFFALO CHICKEN | **GRILLED CHICKEN** | **SMOKED TURKEY**
ROAST TURKEY | **PASTRAMI** | **ROAST BEEF**

BREAD

Whole wheat
Multigrain
Ciabatta
Wraps
Bulkie Roll

LETTUCE

Leaf Lettuce
Arugula
Baby Spinach

SAUCES

Lemon Herb Aioli
Roasted Red Pepper Aioli
Horseradish Mayonnaise
Ranch
Romesco Sauce
Pesto
Mayo
Dijon Mustard
Chipotle
Cranberry Horseradish
Garlic Aioli

TOPPINGS

Coleslaw
Carrot Celery Slaw
Pickled Onion
Pickled Fennel
Pickle Chips
Sweet Potato Chips
Sweet Potato
Cucumber
Apple
Tomato
Jalepeno
Crispy Onions

PREMIUMS

Beef "Bacon" +3.45
Avocado +2.95
Egg +2.25

**ADD A
SIGNATURE SOUP**

SM 12oz | 5.95

LG 16oz | 6.45

SIGNATURE SALADS

CHICKEN CAESAR 15.95

Grilled chicken served over romaine lettuce with homemade croutons. Served with Caesar dressing

BUFFALO CHICKEN 15.95

Grilled chicken tossed in a spicy buffalo sauce served over mixed greens with cherry tomatoes, shredded carrots and cucumbers. Served with Ranch dressing

GRILLED PESTO CHICKEN 15.95

Grilled chicken served over mixed greens and baby spinach with a pesto sauce, avocado, cherry tomatoes, green beans, carrots and chickpeas. Served with Caesar dressing

SOUTHWEST STEAK SALAD 17.95

Avocado, tomatoes, carrots, onion, pepper, black bean, ranch and chipotle over romaine

COBB

WITH CHICKEN 15.95 | WITH STEAK 17.95

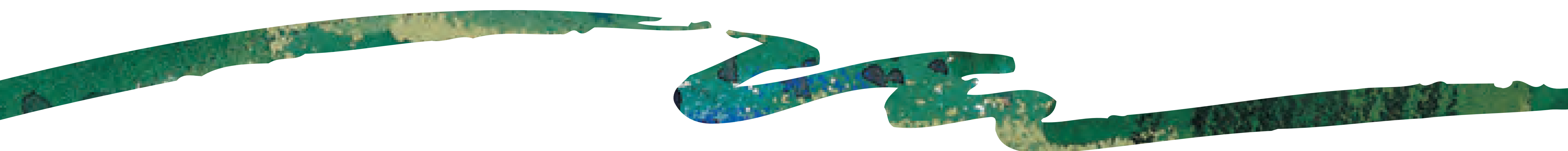
Choice of sliced grilled flank steak or grilled chicken served over romaine lettuce with cherry tomatoes, avocado, sliced hard boiled eggs, beef bacon, dried cranberries and crispy onions. Served with herb vinaigrette

SIGNATURE CASHEW CRUNCH

WITH CHICKEN 15.95 | WITH STEAK 17.95

Choice of grilled chicken or grilled steak served over cashews, chopped romaine, shredded red cabbage, carrots, snow peas, edamame. Served with a toasted sesame vinaigrette and chow mein noodles on the side

Add Signature soup to any Signature salad, sandwich or hot plate 5.95 | 6.45



create your own **SALAD**

11.95 includes 4 ingredients
any additional toppings are .75 each

LETTUCE

Baby Spinach | Mixed Greens | Romaine

ADD INS

CHOOSE 4

Cherry Tomatoes
Cucumbers
Dried Cranberries
Shredded Carrots
Kalamata Olives
Red Onions
Chickpeas
Red Peppers

Green Beans
Croutons
Crispy Onions
Snow Peas
White Beans
Chow Mein Noodles
Cashews
Edamame

PREMIUMS

Avocado +2.50 | Hard Boiled Eggs +1.95 | Grilled Chicken +3.95
Buffalo Chicken +3.95 | Beef Bacon +2.95 | Steak +4.95

DRESSING

Honey Mustard Poppyseed Aioli | Honey Balsamic | Italian
Ranch | Herb Vinaigrette | Caesar | Toasted Sesame Vinaigrette



featuring
CHICKEN & STEAK

MARKET SALADS

VEGGIE CASHEW CRUNCH 14.95

Cashews, chopped romaine, shredded red cabbage, carrots, snow peas, edamame, and chow mein noodles, served with a toasted sesame vinaigrette

ROCKPORT 14.95

Mixed greens with sliced pears, goat cheese, red grapes, dried cranberries and pistachios. Served with honey balsamic dressing

TRADITIONAL GREEK 14.95

Romaine lettuce with tomato, feta cheese, pepperoncini, cucumbers, Kalamata olives, lemon and parsley. Served with herb vinaigrette

ROASTED CAULIFLOWER FETA 14.95

Roasted shaved cauliflower, golden raisins, radicchio, pistachios and feta over mixed greens, arugula and baby spinach. Served with a honey mustard poppy seed aioli

ROASTED SALMON NIÇOISE 18.95

Roasted salmon served over mixed greens with sliced new potatoes, haricot verts, black olives, sliced hard boiled eggs, sliced avocados and cherry tomatoes. Served with herb vinaigrette

SEASONAL SALAD

Please ask a team member for our seasonal salad details

MARKET SANDWICHES & WRAPS

Available on whole wheat or multigrain bread, Ciabatta, or wrap (gf available)

CAPRESE 14.95

Fresh mozzarella, baby spinach, tomatoes, balsamic reduction and pesto

GREEN GODDESS 14.95

Smoked mozzarella, carrots, cucumber, avocado and greens with green goddess dressing

WILD PLANET TUNA 14.95

Wild planet sustainable line caught tuna, tossed with mayo and celery. Served with green leaf and sliced tomatoes

ROMA WRAP 14.95

Artichoke, roasted red pepper, basil, baby spinach, tomatoes, olives, and sundried tomato aioli

TABOULEH WRAP 14.95

House made tabouleh, baba ganoush, cucumbers, spinach, tomatoes, and goat cheese

FIESTA SALMON 17.95

Atlantic roasted salmon and Ducktrap River smoked salmon tossed with scallions, capers and lemon zest mayonnaise

create your own **SALAD**

11.95 includes 4 Add Ins | any additional toppings are .75 each

LETTUCE

Baby Spinach
Mixed Greens
Romaine

PREMIUMS

Roasted Salmon +8.95
Wild Planet Tuna Salad +4.95
Feta Cheese +1.95
Goat Cheese +1.95
Parmesan Cheese +1.95
Cheddar Cheese +1.95
Avocado +2.50
Hard Boiled Egg +1.95

Add Market soup to any Market salad, sandwich, panini or hot entree 5.95 | 6.45

ADD INS

Pears
Strawberries
Grapes
Chickpeas
Cherry Tomatoes
Shredded Carrots
Cucumbers
Red Onion
Red Bell Peppers

CHOOSE 4

Green Beans
Kalamata Olives
Red Bliss Potatoes
Herb Croutons
Dried Cranberries
Roasted Sweet Potatoes
Cashews
Pistachios

DRESSING

Honey Balsamic
Italian
Ranch
Herb Vinaigrette

Caesar
Honey Mustard Poppy Seed Aioli
Toasted Sesame Vinaigrette

