

SIGNATURE SANDWICHES

GRILLED PESTO CHICKEN 11.95

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

BUFFALO CHICKEN 11.95

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 11.95

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

ROAST TURKEY AVOCADO 11.95

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

SMOKED TURKEY CHIPOTLE 11.95

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

SWEET CAROLINE 11.95

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 12.95

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

PARISIAN PASTRAMI 12.95

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

SERVED HOT

PULLED CHICKEN 11.95

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

BBQ PULLED BEEF 12.95

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

FRENCH DIP 12.95

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

PANAMA 13.95

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

create your own **SANDWICH**

8.95 includes 4 basic ingredients | any additional toppings are .50 each

CHOOSE YOUR PROTEIN:

BUFFALO CHICKEN 2.75 | **GRILLED CHICKEN** 2.75 | **PASTRAMI** 3.95

ROAST BEEF 3.95 | **SMOKED TURKEY** 2.75 | **ROAST TURKEY** 2.75

BREAD

Whole wheat
Multigrain
French Baguette
Ciabatta
Wraps
Bulkie Roll

SPREADS

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

LETTUCE

Leaf Lettuce
Arugula
Baby Spinach

PREMIUMS

Beef "Bacon" +\$2.50
Avocado +1.50
Egg +1

ADD A SIGNATURE SOUP

SM 12oz | 4.75

LG 16oz | 5.25

SIGNATURE SALADS

CHICKEN CAESAR 11.95

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

BUFFALO CHICKEN 11.95

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 11.95

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 13.95

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

COBB

WITH CHICKEN 11.95 | WITH STEAK 13.95

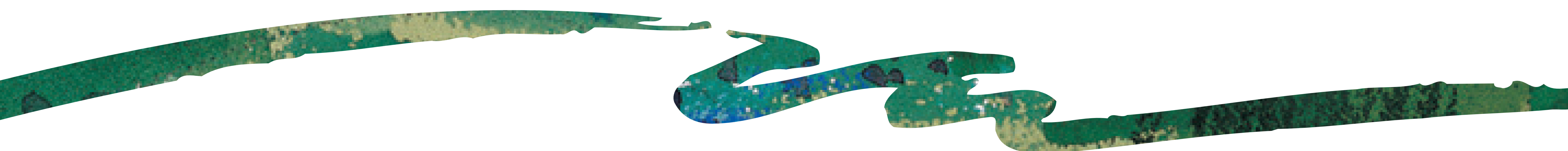
Choice of sliced grilled flank steak or grilled chicken served over romaine lettuce with cherry tomatoes, avocado, sliced hard boiled eggs, beef bacon, dried cranberries and crispy onions. Served with herb vinaigrette

SIGNATURE CASHEW CRUNCH

WITH CHICKEN 11.95 | WITH STEAK 13.95

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 4.75 | 5.25



create your own **SALAD**

9.95 includes 4 ingredients
any additional toppings are .50 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 Pea
White Beans
Chow Mein Noodles
Cashews
Edamame

PREMIUMS

Avocado +\$1.50 | Hard Boiled Eggs +\$1 | Grilled Chicken +\$2.95
Buffalo Chicken +\$2.95 | Beef Bacon +\$2.50 | Steak +\$4.50

DRESSING

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



featuring
CHICKEN & STEAK

MARKET SALADS

VEGGIE CASHEW CRUNCH 11.50

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

ROCKPORT 11.50

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

TRADITIONAL GREEK 11.50

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

ROASTED CAULIFLOWER FETA 11.50

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 13.95

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 11.50

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

GREEN GODDESS 11.50

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

WILD PLANET TUNA 11.50

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

ROMA WRAP 11.50

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

TABOULEH WRAP 11.50

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

FIESTA SALMON 13.50

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

create your own **SALAD**

9.95 includes 4 ingredients | any additional toppings are .50 each

LETTUCE

Baby Spinach
Mixed Greens
Romaine

PREMIUMS

Roasted Salmon +\$6.00
Wild Planet Tuna Salad +\$2.95
Feta Cheese + \$1.95
Goat Cheese + \$1.95
Parmesan Cheese + \$1.95
Cheddar Cheese + \$1.95
Avocado + \$1.95
Hard Boiled Eggs + \$1.00

Add Market soup to any Market
salad, sandwich, panini or hot
entree 4.75 | 5.25

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



create your own **SALAD**

9.95 includes 4 ingredients | any additional toppings are .50 each

LETTUCE

Baby Spinach
Mixed Greens
Romaine

PREMIUMS

Roasted Salmon +\$6.00
Wild Planet Tuna Salad +\$2.95
Feta Cheese + \$1.95
Goat Cheese + \$1.95
Parmesan Cheese + \$1.95
Cheddar Cheese + \$1.95
Avocado + \$1.95
Hard Boiled Eggs + \$1.00

Add Market soup to any Market
salad, sandwich, panini or hot
entree 4.75 | 5.25

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

