

# BREAKFAST

## **BAGEL** 2.75 | WITH SMOKED SALMON 7.25

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

## **FRUIT CUP** 4.95 | 5.95

## **FRESH BERRIES** 6.95

## **YOGURT PARFAITS** 5.95 | 6.45

Yogurt with fresh berries and grapes, topped with granola

## **OATMEAL** 3.95 | 4.95

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## **TOAST**

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SERVED UNTIL 11 A.M.

## **FARMSTEAD** 5.95

Avocado, hard boiled eggs, onions and sliced tomatoes

## **MEDITERRANEAN TOAST** 5.95

Multigrain toast, hummus, roasted artichokes, red peppers and kalamata olives

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## **HOT BREAKFAST**

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SERVED UNTIL 11 A.M.

## **CLASSIC SANDWICH** 6.45

Egg souffle, ripe tomatoes and cheddar

## **BEYOND SAUSAGE WRAP** 9.95

Egg, Beyond sausage and cheddar

## **RANCHERO BURRITO** 7.95

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

## **THE WORKS SANDWICH** 9.50

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

## **GREEK WRAP** 7.95

Scrambled eggs, spinach, mushrooms, and feta

## **COMBO BREAKFAST** 8.95

Two Mediterranean Frittatas with potatoes

## **A LA CARTE**

## **MEDITERRANEAN FRITTATA** 3.95

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

## **ROASTED POTATOES** 3.95

ADD TO ANY SANDWICH FOR 2.00

# COFFEE, TEA & ESPRESSO

Featuring Intelligentsia Coffee

## HOT BEVERAGES

	12oz	16oz	20oz
<b>DARK OR LIGHT ROAST, OR DECAF</b>	2.95	3.25	3.45
<b>ESPRESSO</b>		3.50	
<b>CAFÉ AMERICANO</b>	3.50		4.50
<b>CAFÉ AU LAIT</b>	3.25	4.25	4.95
<b>CAFÉ LATTE</b>	4.25		5.95
add mocha or caramel macchiato for .50			
<b>CAPPUCCINO</b>	4.25		5.95
<b>CHAI TEA LATTE</b>		4.95	
<b>MATCHA LATTE</b>		5.95	
<b>SIGNATURE LOOSE TEA</b>		3.50	
<b>HOT CHOCOLATE</b>	3.45	3.95	4.45
<b>EXTRA DOUBLE SHOT</b>	2.95		
<b>CORTADO</b>	3.95		

## ICED BEVERAGES

	12oz	24oz	32oz
<b>COLD BREWED ICED COFFEE</b>	4.50	4.95	
<b>TURBO STRONG COLD BREW ICED COFFEE</b>	5.45	5.95	
<b>ICED CAFÉ AMERICANO</b>	3.50	4.50	
<b>ICED CAFÉ LATTE</b>	4.25	5.95	
add mocha or caramel macchiato for .50			
<b>ICED CHAI LATTE</b>	4.50	4.95	
<b>FRESH BREWED ICED TEA</b>	3.50	3.95	4.35
<b>ARNOLD PALMER</b>	3.75	4.50	5.00
<b>FRESH PRESSED LEMONADE</b>	3.75	4.50	5.00
<b>FLAVOR SHOTS</b>	ALL .50		



# PRESSED SANDWICHES

BEGINS AT 11 A.M.

SERVED WITH MULTIGRAIN OR WHOLE WHEAT BREAD

## GRILLED CHEESE

7.95

Sliced tomatoes and cheddar cheese

## CAPRESE

11.50

Fresh mozzarella, ripe tomatoes, arugula and pesto

## CALIFORNIA

11.50

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

## WILD PLANET TUNA

12.50

Organic Wild Planet Tuna, arugula, and cheddar cheese

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## MARKET SOUP

5.75 / 6.25

## ADD A MARKET SOUP

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

4.75 / 5.25





# 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

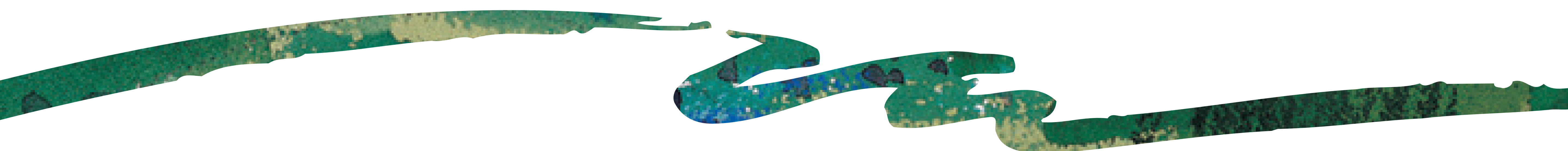
Choice of sliced grilled flank steak or grilled chicken served over romaine lettuce with cherry tomatoes, avocado, sliced hard boiled eggs, beef bacon, dried cranberries and crispy onions. Served with herb vinaigrette

## 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





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Mixed Greens  
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Avocado + \$1.95  
Hard Boiled Eggs + \$1.00

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Strawberries  
Grapes  
Chickpeas  
Cherry Tomatoes  
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Cucumbers  
Red Onion  
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## **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

