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## BAKERY. 12

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### Corn Muffin.

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### Banana Walnut Muffin.

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### Blueberry Blossom Muffin.

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### Chocolate Hazelnut Muffin.

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### Cheese Danish.

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### Plain Croissant.

Hand Rolled with Butter

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### Chocolate Croissant.

Hand Rolled with Chocolate Chunks

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### Almond Croissant.

Hand Rolled Croissant with Almond Paste & Toasted Almonds

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### Everything Croissant.

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### Ham & Cheese Croissant.

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### Turkey & Cheese Croissant.

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### Pound Cake.

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## BREAKFAST SANDWICHES. 9

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### 2 Egg Sandwich

Two Eggs Any Style Sandwich.

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### BEC

Any Breakfast Meat, Cheese & Two Eggs.

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### Western

Two Eggs, Country Ham, Green Peppers & Onions on a Brioche.

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### Florentine

Egg Whites, Mushrooms, Spinach, Tomato, Swiss Cheese on 7 Grain Ciabatta Pocket.

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### Jumbo Egg Muffin

Two Eggs, Smashed Avocado, Country Ham, Cheddar Cheese on Jumbo English Muffin.

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## Long Beach

Egg Whites, Turkey Bacon, Mozzarella Cheese & Avocado on Whole Wheat Wrap.

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## Spicy Chick

Two Eggs, Spicy Chicken, Smashed Avocado, Pepper Jack Cheese & Pico de Gallo on Brioche.

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## Breakfast Burrito

Two Scrambled Eggs, Avocado, Refried Beans, Pickled Onions, Queso Fresco & Salsa on Whole Wheat Wrap.

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## Chorizo Breakfast Burrito

Two Scrambled Eggs, Chorizo, Hash Brown, Pepper Jack Cheese, Pico de Gallo on Whole Wheat Wrap.

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## EGG PLATTERS. 7

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### 2 Eggs Any Style Platter

Served with Potatoes & Toast.

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### CYO Omelette 3 Fillings

Any 3 Complimentary Toppings. Served with Potatoes & Toast.

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### The Greek

Feta Cheese, Kalamata Olives, Tomatoes & Fresh Basil.

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### High Protein

Egg Whites, Grilled Chicken & Spinach.

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### Hungry Bear

Bacon, Sausage, Country Ham & Pepper Jack Cheese.

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### Peasants

Bacon, Cheddar Cheese, Caramelized Onions & Mushrooms.

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### Smoked Salmon Scramble

Smoked Salmon, Caramelized Onions & Tomatoes.

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## GRIDDLE ORIGINALS. 7

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### Buttermilk Pancakes

Buttermilk Classic Stack with Powdered Sugar.

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### Challah French Toast

Challah Bread with Powdered Sugar & Mixed Berries.

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### Chocolate Chip Pancakes

Stack of Buttermilk Pancakes with Chocolate Chunks, Chocolate Syrup & Powdered Sugar

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### Strawberry Pancakes

Stack of Buttermilk Pancakes with Strawberries & Powdered Sugar

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### Blueberry Pancakes

Stack of Buttermilk Pancakes with Blueberries & Powdered Sugar

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## **Banana Pancakes**

Stack of Buttermilk Pancakes with Bananas & Powdered Sugar

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## **Banana Walnut Pancakes**

Stack of Buttermilk Pancakes with Bananas, Walnuts & Powdered Sugar

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## **HEALTHY TOAST.** 7

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### **Classic Toast**

Smashed Avocado, Herbed Extra Virgin Olive Oil, Micro Greens & Red Radish.

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### **BAE Toast**

Bacon, Smashed Avocado, Hard Boiled Egg & Everything Spice Seasoning.

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### **PB & SB**

Peanut Butter, Fresh Bananas, Strawberries, Toasted Coconut & Agave.

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### **Beet Hummus & Avocado**

Beet Hummus, Sliced Avocado, Blistered Grape Tomatoes, Herbed Extra Virgin Olive Oil & Alfalfa Sprouts.

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### **Smoked Salmon Toast**

Smashed Avocado, Smoked Salmon, Capers, Picked Red Onions & Dill.

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### **Pico de Gallo**

Smashed Avocado, Homemade Spicy Pico de Gallo

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### **Everything Spice**

Smashed Avocado, Everything Bagel Spice & Hard Boiled Egg

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## **NY BAGELS.** 1

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### **Bagels**

Hand Rolled & Water Boiled

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## **GREEK YOGURT PARFAITS.** 7

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### **Bircher Muesli**

Granola, Honey, Apples, Almonds, Dried Cranberries, Pomegranate Seeds, Greek Yogurt

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### **Mixed Berry Compote**

Greek Yogurt, Granola, Mixed Berry Compote, Fresh Seasonal Berries

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### **Honey Banana Compote**

Greek Yogurt, Honey, Bananas, Granola

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### **Tropical Greek Yogurt**

Greek Yogurt, Pineapple, Mango, Coconut Flakes

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### **Classic Greek Yogurt**

Greek Yogurt, Chopped Walnuts, Fresh Blueberries, Honey

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## Apple Pie Greek Yogurt

Greek Yogurt, Apples, Granola, Cinnamon, Honey

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## Tiramisu Parfait

Coffee Greek Yogurt, Espresso, Lady Fingers, Chocolate, Cinnamon

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## OVERNIGHT OATS. 4

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### PB Banana

Bananas, Chia Seeds, Chocolate Chips, Maple Syrup, Oat Milk, Peanut Butter, Rolled Oats, Walnuts

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### Strawberry Cheesecake

Chia Seeds, Granola, Greek Yogurt, Oat Milk, Rolled Oats, Strawberries

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### Apple Spice

Apples, Chia Seeds, Cinnamon, Maple Syrup, Oat Milk, Rolled Oats.

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### Blueberry Lemon

Chia Seeds, Greek Yogurt, Maple Syrup, Rolled Oats with Lemon Zest

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## OATMEAL. 1

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### Oatmeal

Choose 2 Complimentary Toppings

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## SEASONAL MENU 26

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### Winter Salad-Side Salad

Beets, Butternut Squash, Split Peas, Pickled Peppers, Pickles

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### Autumn Salad

Brussel Sprouts, Sliced Almonds, Cauliflower, Butternut Squash

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### Umami Mushroom Salad

Organic Field Greens, Miso Marinated Mushrooms, Pickled Onions, Walnuts, Cabbage Blend & Tri Color Quinoa Perfectly Paired with Gochujang Miso Vinaigrette Dressing

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### Umami Mushroom Sandwich

Miso Marinated Mushrooms, Swiss Cheese, Cilantro & House Made Garlic Aioli on Pizza Bianca

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### Spring Citrus Salad

Arugula, Crisp Romaine, Sliced Oranges, Roasted Fennel, Sliced Almonds, Fiery Roasted Peppers, Parmesan Cheese with Meyer Lemon Vinaigrette.

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### Romanesco & Cauliflower Rice Side Salad

Cauliflower, Romanesco, Broccoli, Carrots, Scallions, Sesame Oil & Soy Sauce.

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### Pesto Tomato Caprese Side Salad

Mozzarella, Cherry Tomatoes, Pesto & Extra Virgin Olive Oil.

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## **Watermelon Feta Side Salad**

Watermelon, Feta & Fresh Mint.

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## **Smoked Tofu Side Salad**

Paprika, Scallions, Roasted Red Peppers, Agave & Soy Sauce.

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## **Seared Sesame Tuna Poke Bowl**

Jasmine Rice, Seaweed Salad, Carrots, Edamame, Red Radish, Jalapenos, Crispy Onions, Pickled Ginger, Seared Sesame Tuna, Ponzu & Sriracha Aioli.

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## **Chicken Caesar Wrap**

Roasted Chicken, Butternut Squash, Grated Parmigiano, Romaine & Caesar Dressing on a Gluten-Free Wrap.

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## **Harvest Squash Side Salad**

Roasted Butternut Squash, Mushrooms, Bell Peppers, Roasted Onions, Roasted Fennel, EVOO & Craisins.

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## **Autumn Grain Salad**

Mixed Greens, Sweet Potatoes, Red Beets, Crumbled Blue Cheese, Pistachios with Apple Cider Vinaigrette.

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## **Moroccan Chicken Wrap**

Moroccan Marinated Chicken, Spinach, Tomatoes, Cucumbers, Beet Hummus & Herb Yogurt on a Whole Wheat Wrap.

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## **Winter Salad**

Baby Kale, Roasted Cauliflower, Pickled Red Onions, Citrus marinated Cranberries, Toasted Walnuts, Feta Cheese with Meyer Lemon Vinaigrette.

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## **Pumpkin Spice Smoothie**

Bananas, Dates, Pumpkin Puree, Almond Butter, Almond Milk, Pumpkin Spice Seasoning.

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## **Spicy Summer Chicken Sandwich**

Spicy Grilled Chicken, Chipotle Aioli, Avocado, Red Pickled Onions, Lettuce, Arugula, Radicchio on Ciabatta.

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## **Tuna Poke Bowl**

Cilantro Jasmine Rice, Carrots, Edamame, Sliced Radish, Pickled Ginger, Jalapenos, Seaweed Salad, Crispy Onions, Tuna, Sriracha Aioli & Ponzu.

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## **Mexican Salad**

Crisp Romaine, Arugula, Radicchio, Cotija Cheese, Spicy Roasted Pepitas, Red Radish, Pita Chips, Spicy Pico de Gallo, Avocado with Meyer Lemon Vinaigrette.

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## **Greek Slaw Side Salad**

Red Cabbage, Green Cabbage, Carrots, Scallions, Meyer Lemon Vinaigrette.

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## **Summer Potato Side Salad**

Fingerling Potatoes, Greek Yogurt, Honey Dijon Vinaigrette, Scallions, Red Radish.

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## **Watermelon Feta with Hot Honey Side Salad**

Watermelon, Feta Cheese, Mint, Hot Honey Drizzle.

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## **Israeli Side Salad**

Tomatoes, Cucumbers, Feta Cheese, Parsley, Dill, Black Lentils, Cumin, Extra Virgin Olive Oil, Red Wine Vinegar.

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## **Pesto Tomato Mozzarella Side Salad**

Tri Color Grape Tomatoes, Mozzarella, Pesto

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## Green Jade Smoothie

Pistachio, Avocado, Greek Yogurt, Banana, Almond Milk.

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## Watermelon Mint Juice

Watermelon, Mint, Lemon, Cucumber.

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## CREATE YOUR OWN 2

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### Create Your Own Salad

Select Your Base, Four Complementary Toppings, Favorite Dressing. **\*\*we do not chop salads\*\***

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### Create Your Own Sandwich

Choose Your Bread, 1 Protein, 1 Cheese, 3 Vegetable Toppings, 1 Spread.

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## CHEF DESIGNED SALADS. 9

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### Create Your Own Salad

Select Your Base, Four Complementary Toppings, Favorite Dressing. **\*\*we do not chop salads\*\***

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### Metro Kale Caesar

Crisp Romaine, Kale, Croutons, Roasted Red Peppers, Tomatoes, Parmesan Cheese with Homemade Caesar Dressing.

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### Greek Salad

Crisp Romaine, Bell Peppers, Cucumbers, Kalamata Olives, Red Onions, Tomatoes, Feta Cheese with Red Wine Vinegar & Extra Virgin Olive Oil.

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### Santa Fe Salad

Crisp Romaine, Red Onions, Roasted Corn, Tomatoes, Tortilla Chips, Cheddar Cheese, Avocado with Homemade Chipotle Vinaigrette.

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### Orchard Salad

Organic Field Greens, Crisp Romaine, Apples, Grapes, Blue Cheese Crumbles, Craisins, Walnuts with Homemade Honey Balsamic Vinaigrette.

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### BBQ Chicken Cobb

Crisp Romaine, Crispy Onions, Roasted Corn, Bacon, Hard Boiled Egg, Avocado, BBQ Chicken with Homemade Chipotle Ranch Dressing.

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### Spicy Asian Chicken Salad

Crisp Romaine, Red Cabbage, Carrots, Pickled Cucumbers, Red Radishes, Scallions, Market Table Sticky Garlic Chicken Thighs with Homemade Gochujang Miso Vinaigrette.

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### Salmon Avocado Salad

Baby Spinach, Red Cabbage, Cucumbers, Spicy Pico de Gallo, Red Radishes, Avocado, Market Table Lemon Herb Salmon with Homemade Meyer Lemon Vinaigrette.

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### Adobo Grilled Steak Salad

Crisp Romaine, Arugula, Crispy Onions, Spicy Pico de Gallo, Avocado, Shaved Parmesan, Adobo Grilled Steak Tenderloin with Homemade Chipotle Caesar Dressing.

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## SIDE SALADS. 6

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### Metro Chicken Salad

Chicken, Mayo, Tarragon, Cranberries, Apples, Greek yogurt.

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## Tuna Salad

White Tuna, Mayo, Celery.

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## Basil Egg Salad

Fresh Boiled Eggs, Mayo, Dijon Mustard, Basil, Black Pepper, Dill.

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## Organic Lemon Chickpea

Chickpeas, Bell Peppers, Red Onions, Parsley, Cilantro, Dijon Mustard, Lime, Agave, Extra Virgin Olive Oil, Paprika.

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## Turkey Avocado Side Salad

Roasted Turkey, Greek Yogurt, Avocado, Celery, Home made Spicy Pico de Gallo.

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## Curry Chicken Mango Side Salad

Grilled Chicken, Mango, Jalapeno, Scallions, Celery, Cilantro, Curry Powder, Turmeric, Sriracha, Agave, Mayo, Toasted Coconut & Raisins.

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## MELTS. 10

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### Steak & Cheese Sandwich

Beef Tenderloin, Arugula, Red Onions, Tomatoes, Pepper Jack Cheese, Horseradish Spread on Toasted Sourdough.

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### Caprese Mozzarella Melt

Buffalo Mozzarella, Fresh Basil, Tomatoes, Pesto Aioli on Focaccia.

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### Smoked Turkey Cheddar Melt

Smoked Turkey, Tomatoes, Cheddar Cheese, Avocado, Chipotle Aioli on Focaccia.

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### Turkey Cuban Melt

Smoked Turkey, Country Ham, Sliced Sour Pickles, Swiss Cheese, Grain Mustard on a Focaccia.

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### Chicken Parm Melt

Chicken Cutlet, Buffalo Mozzarella, Parmesan Cheese, Homemade Marinara Sauce on a Ciabatta.

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### Fiesta Chicken Melt

Chicken Cutlet, Pork Bacon, Tomatoes, Cheddar Cheese, Avocado, Chipotle Aioli on a Ciabatta.

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### Chicken Fresco Melt

Grilled Chicken, Roasted Red Peppers, Sliced Mozzarella, Avocado, Tomatillo Salsa, Chipotle Aioli on Whole Wheat 7 Grain Ciabatta Pocket.

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### Buffalo Chicken Melt

Chicken Cutlet in Buffalo Sauce, Scallions, Blue Cheese Crumbles on Ciabatta.

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### Metro Reuben

Corned Beef, Grain Mustard, Russian Dressing, Sauerkraut, Swiss Cheese on Toasted Sourdough.

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### Pastrami Reuben

Pastrami, Grain Mustard, Russian Dressing, Sauerkraut, Sliced Pickles, Swiss Cheese on Toasted Sourdough.

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## COLD SANDWICHES. 6

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### Create Your Own Sandwich

Choose Your Bread, 1 Protein, 1 Cheese, 3 Vegetable Toppings, 1 Spread.

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## **Avocado Veggie Sandwich**

Mixed Greens, Red Beets, Carrots, Cucumbers, Red Onions, Roasted Red Peppers, Tomatoes, Avocado, Hummus on Pumpernickel.

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## **California Turkey Pita Sandwich**

Alfalfa Sprouts, Cucumbers, Tomatoes, Avocado, Smoked Turkey, Homemade Meyer Lemon Vinaigrette on Pita.

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## **Chicken Veracruz Wrap**

Mixed Greens, Black Beans, Roasted Corn, Roasted Red Peppers, Avocado, Grilled Chicken, Chipotle Black Bean Salsa on a Spinach Wrap.

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## **Prosciutto Mozzarella Sandwich**

Buffalo Mozzarella, Prosciutto, Roasted Red Peppers, Homemade Romesco Sauce on Focaccia.

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## **Smoked Turkey & Brie**

Smoked Turkey, Brie Cheese, Sliced Pears, Spinach, Grain Mustard on Whole Wheat 7 Grain Ciabatta.

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## **NY DELI SANDWICHES. 4**

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### **Ham & Swiss Sandwich**

Lettuce, Dijon Mustard on Rye

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### **Basil Egg Salad Sandwich**

Basil Egg Salad (Boiled Egg, Mayo, Dijon Mustard, Black Pepper, Dill) Cucumber on Rye

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### **Marche Chicken Salad Sandwich**

Chicken Salad (Chicken Breast, Mayo, Greek Yogurt, Apples, Cranberries), Lettuce, Tomato on Sliced White Bread

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### **Avocado Tuna Salad Sandwich**

Avocado Tuna Salad, Tomato on Pumpernickel

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## **HOUSE MADE SOUPS. PT. 1 100**

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### **Chicken Cous Cous**

Chicken, Cous Cous, Carrots, Onions, Celery, Chicken Base.

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### **Turkey Chili (P)**

Red Kidney Beans, Celery, Roasted Tomatoes, Onions, Chipotle Chili.

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### **Kale, Lentil & Quinoa (V)**

Kale, Lentil, Quinoa, Carrots, Celery, Garlic

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### **Organic Split Pea (Vegan)**

Green Split Peas, Onion, Carrot, Celery, Garlic.

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### **Baja Chicken Enchilada (D)**

Black Beans, Corn, Onions, Carrots, Celery, Heavy Cream, Tomato Base.

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### **Baja Shrimp Enchilada (P, D)**

Black Beans, Corn, Onions, Celery, Heavy Cream, Carrots, Tomato Base.

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### **Beef Barley (P)**

Celery, Onions, Carrots, Zucchini, Spinach.

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### **Beef Chili (P)**

White Beans, Celery, Roasted Tomatoes, Onions, Chipotle Chili, Beef Chunks.

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### **Beef Minestrone (P)**

Spinach, Mushrooms, Broccoli, Squash, Celery, Carrots, Pasta, Vegetable Base.

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### **Beef Stew (P)**

Beef, Carrots, Celery, Potatoes, Barley, Rosemary, Thyme, Beef Base.

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### **Black Bean and Corn Soup (V)**

Celery, Carrots, Onions, Cumin, Tomato, Vegetable Base.

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### **Boston Clam Chowder (P)**

Carrots, Onions, Tomato, Heavy Cream, Chicken Base.

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### **Broccoli Cheddar (D)**

Broccoli, Carrots, Cheddar Cheese, Onions, Garlic, Heavy Cream.

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### **Butternut Squash Bisque**

Carrots, Celery, Onions, Ginger, Honey, Almond Milk, Vegetable Base.

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### **Butternut Squash Bisque (D)**

Carrots, Onions, Heavy Cream, Salt, Black Pepper.

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### **Carrot Ginger (V)**

Onions Garlic, Carrots, Ginger.

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### **Cauliflower Cheddar (V,D)**

Carrots, Onions, Garlic, Heavy Cream.

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### **Chicken & Roasted Corn Chowder**

Red Bell Peppers, Onions, Celery, Corn, Chili Powder, Cayenne Pepper, Paprika, Thyme, Garlic, Lemon Juice.

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### **Chicken Barley**

Celery, Onions, Carrots, Spinach.

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### **Chicken Corn Chowder (D)**

Corn, Carrots, Celery, Red Bell Peppers, Potatoes, Heavy Cream.

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### **Chicken Dumpling**

Onions, Celery, Carrots, Flour, Nutmeg, Thyme.

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### **Chicken Gumbo (P)**

Bell Peppers, Okra, Soup Mix, Tomato Base.

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### **Chicken Jalapeno (D)**

Carrots, Celery, Onions & Heavy Cream.

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### **Chicken Jambalaya (P)**

Chicken, Spicy Italian Sausage, Okra, Garlic, Soup Mix, Tomato Sauce, Chicken Base.

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### **Chicken Mushroom Farro**

Carrots, Onions, Celery, Mushrooms, Farro.

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### **Chicken Pot Pie (D)**

Carrots, Onions, Celery, Peas, Heavy Cream.

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### **Chicken Tortilla (D)**

Tortilla Chips, Black Beans, Corn, Celery, Onions, Chili Powder Heavy Cream.

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### **Chickpea & Kale Soup (V)**

Chickpea, Kale, Sweet Potato, Onion, Garlic, Vegetable Base.

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### **Chipotle Chicken Tortilla (P)**

Black Beans, Corn, Carrots, Celery, Onions, Garlic, Chicken Base, Chipotle Sauce, Chicken Base.

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### **Chipotle Crab Bisque (P,D)**

Chipotle, Garlic, Carrots, Onions, Celery, Seafood Base, Heavy Cream.

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### **Chipotle Salmon Bisque (P, D)**

Potato, Garlic, Celery, Carrots, Onions, Chipotle Powder, Heavy Cream.

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### **Corn Chowder (V,D)**

Onions, Corn, Carrots, Celery, Red Bell Peppers, Potatoes, Cayenne Pepper, Heavy Cream.

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### **Chorizo & Lentil**

Pork Chorizo, Lentil, Crushed Tomato, Carrots, Celery, Onions.

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### **Corn Green Chili Bisque (D)**

Corn, Tomato, Chili Pepper, Onion, Jalapeno, Cilantro, Garlic, Heavy Cream.

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### **Cream of Spinach (D)**

Spinach, Garlic, Onions, Heavy Cream.

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### **Cream of Tomato Basil (D)**

### **Creamy Chicken (P,D)**

Carrots, Onions, Celery, Heavy Cream.

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### **Curry Chicken & Corn (D)**

Corn, Curry Powder, Garlic, Carrots, Celery, Onions, Heavy Cream.

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### **Fiesta Chicken (P)**

Carrots, Celery, Onions, Corn, Black Beans, Tomato, Garlic.

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### **Fire Roasted Vegetables (V)**

Corn, Carrots, Onions, Zucchini, Red Pepper, Spinach, Tomato Base.

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### **Five Star Mushroom (P, D)**

-Button Mushrooms, Shitake Mushrooms, Oyster Mushrooms, Portobello Mushrooms, Cremini Mushrooms, Onions, Celery, Heavy Cream, Creamy Vegetable Base.

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### **Green Chicken Enchilada (P,D)**

Jalapenos, Cilantro, Garlic, Corn, Onions, Celery, Carrots, Heavy Cream.

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### **Green Chili Vegetable (V)**

Corn, Spinach, Kale, Garlic, Soup Mix.

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**Grilled Cheese Tomato (V)**

Tomatoes, Onions, Parmesan Cheese, Heavy Cream.

**Ham, White Bean & Spinach (P)**

Carrots, Celery, Onions, Tomato Chunks, Black Pepper.

**Italian Sausage & White Bean (P)**

Spinach, Carrots, Celery, Onions, Garlic, Tomato.

**Italian Sausage with Lentil (P)**

Crushed tomato, Lentil, Carrots, Celery, Onions, Italian Pork Sausage.

**Italian Wedding (P)**

Beef Meatballs, Carrots, Onions, Celery, Spinach, Lemon Juice, Chicken Base.

**Lemon Chicken Barley (P)**

Barley, Lemon, Spinach, Carrots, Onions, Celery.

**Lemon Chicken Wild Rice (P)**

Lemon, Spinach, Carrots, Onions, Celery, Corn.

**Lemon Chicken with Orzo**

Onions, Garlic, Carrots, Ginger.

**Lobster Bisque (P)**

Carrots, Onions, Tomatoes, Heavy Cream, Chicken Base.

**Manhattan Clam Chowder (P)**

Clams, Tomatoes, Potatoes, Scallions, Pepper Sauce, Fish Stock.

**Marsala, Tomato & Lentil (V)**

Carrots, Celery, Onions, Chopped Tomatoes, Vegetable Base.

**Minestrone (V)**

Pasta, Carrots, Kidney Beans, Zucchini, Spinach, Celery, Garlic, Tomato Base

**Mushroom Brie Bisque (D)**

Mushrooms, Onions, Celery, Creamy Vegetable Base.

**New England Clam Chowder (P, D)**

Potato, Clam, Onion, Garlic, Butter, Clam Broth, Heavy Cream, Fish Stock, Spice, Corn Starch.

**ONLINE SOUP - DO NOT TOUCH**

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**Pasta Fagioli**

Carrots, Celery, Onions, Diced Tomatoes, Navy Beans, Parmesan Cheese, Oregano, Basil, Parsley, Bay Leaves, Chicken Base.

### **Pasta Fagioli with Ham**

Carrots, Celery, Onions, Tomatoes, Garlic, Heavy Cream, Olive Oil.

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### **Pork Chorizo with Black Beans (P)**

Onions, Carrots, Black Beans, Cilantro, Tomato Chunks, Black Pepper.

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### **Portuguese Chorizo Soup (P)**

Kale, Kidney Beans, Beef Chorizo, Soup Mix, Tomato Sauce, Vegetable Base.

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### **Potato Bacon (D)**

Onions, Garlic, Heavy Cream.

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### **Potato Leek (V, D)**

Potato, Leek, Garlic, Black Pepper, Heavy Cream.

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### **Roasted Garlic Tomato Bisque with Orzo (D)**

Carrots, Celery, Onions, Roasted Garlic, Orzo, Heavy Cream.

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### **Roasted Red Pepper Corn Chowder (D)**

Corn, Tomato Paste, Soup Mix, Heavy Cream.

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### **Seafood Chowder (P)**

Fish Stock, Sea Clams, Shrimp, Scallops, Lobster Stock, Light Cream, Potatoes, Haddock, Rice Flour, Celery, Onions, Carrots, Garlic, Soybean Oil, Butter.

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### **Seafood Gumbo (P)**

Shrimp, Salmon, Okra, Rice, Carrots, Celery, Onions, Peppers.

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### **Shrimp & Corn Chowder (P, D)**

Corn, Carrots, Celery, Red Bell peppers, Potatoes, Heavy Cream.

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### **Shrimp Gumbo (P)**

Bell Peppers, Okra, Carrots, Onions, Celery, Tomato Base.

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### **Shrimp Jambalaya (P)**

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### **Spiced Lentil (V)**

Lentil, Carrots, Onions, Celery, Garlic, Chipotle Powder, Soup Mix.

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### **Spicy Crab & Sweet Corn Chowder (P)**

Paprika, Onions, Celery, Carrots, Worcestershire Sauce, White Wine, Garlic Chili Peper Sauce, Chicken Stock, Heavy Cream.

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### **Split Pea & Kale (V)**

Green Split Pea, Kale, Onions, Carrots, Celery, Garlic,

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### **Sweet Potato & Chickpeas (V)**

Chickpea, Vegetable Base.

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### **Sweet Potato Curry (V)**

Coconut Milk, Green Peppers, Onions, Cilantro, Jalapenos, Lime Juice, Turmeric, Curry Paste.

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### **Sweet Potato Kale (V)**

Mix Vegetables, Garlic, Vetable Base.

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### **Sweet Potato Quinoa (V)**

Quinoa, Vegetable Base.

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### **Sweet Potato, Kale & Chickpea (V)**

Mix Vegetables, Garlic, Vegetable Base.

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### **Sweet Potato, Kale & Quinoa (V)**

Carrots, Onions, Celery, Garlic, Vegetable Base.

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### **Sweet Potato, Quinoa and Chickpea (V)**

Sweet Potato, Quinoa, Chickpeas, Onions, Garlic, Vegetable Base.

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### **Ten Vegetable Soup (V)**

### **Thai Curry Chicken (D)**

Mixed Carrots, Celery, Onions, Mushrooms, Red Peppers, Red Curry Paste, Coconut Milk, Heavy Cream.

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### **Three Bean Chili (V)**

Red Beans, White Beans, Black Pinto Beans, Tomato, Onion, Red Peppers, Corn, Garlic, Cilantro, Spices, Chili Powder, Cumin, Oregano, Paprika, Tomato Base.

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### **Tomato & Cheese Soup (D)**

Tomato, Mix Cheese, Parmesan Cheese, Cheddar Cheese, Garlic, Vegetable Base.

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### **Tomato Basil (V)**

Basil, Garlic, Tomato Sauce, Black Pepper.

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### **Tomato Basil with Orzo (D, V)**

Basil, Orzo, Carrots, Onions, Celery, Potato, Tomato, Garlic, Heavy Cream, Vegetable Base.

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### **Tomato Lentil (V)**

Tomato, Lentils, Carrots, Vegetarian Base.

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### **Turkey Corn Chowder (P,D)**

Red Pepper, Corn, Celery, Carrots, Onions, Heavy Cream.

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### **Turkey Gumbo (P)**

Carrots, Celery, Onions, Okra, Rice, Chicken Base.

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### **Turkey Pot Pie (D)**

Celery, Carrots, Onions, Corn, Green Peas, Garlic, Chipotle Powder, Heavy Cream

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### **Turkey Sausage, Tomato and White Bean (P)**

Onions, Garlic, Spinach, Carrots, Celery.

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### **Tuscan Grilled Vegetable Soup (V)**

Green Squash, Yellow Squash, Onions, Carrots, Garlic, Tomato Sauce, Vegetable Base.

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### **Tuscan Grilled Vegetables with White Bean (V)**

Green & Yellow Squash, Onions, Carrots, Garlic, Tomato Sauce, Vegetable Base.

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### **Tuscan Minestrone (V)**

Spinach, Mushroom, Broccoli, Squash, Celery, Carrots, Pasta, Vegetable Base.

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### **Vegetable Barley (V)**

Barley, Onions, Carrots, Celery, Spinach, Vegetable Base.

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### **Vegetable Beef Barley (P)**

Mushroom, Celery, Carrots, Onions, Potato, Beef Base.

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## **HOUSE MADE SOUPS. PT. 2** 11

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### **Vegetable Beef Stew (P)**

Mushroom, Zucchini, Onions, Potatoes, Carrots, Celery, Beef, Beef Base.

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### **Vegetable Chicken Barley (P)**

Mushroom, Celery, Carrots, Onion, Chicken Base.

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### **Vegetable Gumbo (V)**

Okra, Rice, Carrots, Celery, Onions, Peppers, Tomato Vegetable Base.

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### **Vegetable Lentil**

Quinoa, Chickpea, Vegetable Base.

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### **Vegetable Lentil (V)**

Celery, Carrots, Onions, Lentil, Cilantro, Garlic, Vegetable Base.

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### **Vegetable Soup (V)**

Carrots, Celery, Onions, Garlic, Potatoes, Spinach, Red Pepper, Corn, Green Squash, Tomatoes, Vegetable Base.

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### **Vegetable Soup with Quinoa & Lentil (V)**

Carrots, Celery, Onions, Garlic, Potatoes, Spinach, Red Pepper, Corn, Green Squash, Tomatoes, Vegetable Base.

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### **White Bean Cheddar**

Carrots, Celery, Onions, Plum Tomatoes, Garlic, Vegetable Base.

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### **White Bean Escarole (V)**

Onions, Carrots, Celery, Escarole, Vegetable Base.

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### **White Bean Vegetable (V)**

Carrots, Celery, Onions, Plum Tomato, Garlic, Vegetable Base.

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### **White Bean with Chicken Sausage**

Spinach, Garlic, Onions, Carrots and Celery.

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## **THE GRILL.** 2

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### **BLT**

Bacon, Lettuce & Tomato

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### **Grilled Cheese**

Buttered Sliced Bread Toasted on the Griddle with Your Favorite Melted Cheese

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## **PARFAIT CREATIONS.** 9

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## **Bircher Muesli**

Granola, Honey, Apples, Almonds, Dried Cranberries, Pomegranate Seeds, Greek Yogurt

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## **Mixed Berry Compote**

Greek Yogurt, Granola, Mixed Berry Compote, Fresh Seasonal Berries

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## **Honey Banana Compote**

Greek Yogurt, Honey, Bananas, Granola

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## **Classic Greek Yogurt**

Greek Yogurt, Chopped Walnuts, Fresh Blueberries, Honey

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## **Apple Pie Greek Yogurt**

Greek Yogurt, Apples, Granola, Cinnamon, Honey

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## **Homemade Granola & Vanilla Yogurt**

Delicious Crunch Honey Granola Served with Non-Fat Vanilla Yogurt & Fresh Seasonal Berries.

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## **Homemade Granola & Strawberry Yogurt**

Delicious Crunch Honey Granola Served with Non-Fat Strawberry Yogurt & Fresh Seasonal Berries.

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## **Tropical Greek Yogurt**

Greek Yogurt, Pineapple, Mango, Coconut Flakes

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## **Tiramisu Parfait**

Coffee Greek Yogurt, Espresso, Lady Fingers, Chocolate, Cinnamon

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## **FRUIT SALADS.** 10

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### **Seasonal Fruit Salad**

Seasonal Fruit Medley

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### **Mixed Berries Fruit Salad**

Fresh Blueberries, Blackberries, Strawberries.

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### **Red Grapes Fruit Salad**

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### **Pineapple Fruit Salad**

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### **Cantaloupe Fruit Salad**

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### **Spicy Mango Fruit Salad**

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### **Fresh Mango Slices**

---

### **Fresh Watermelon**

---

### **Honeydew Fruit Salad**

---

### **Fresh Papaya**

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## **WHOLE FRUIT.** 4

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**Apple**

---

**Orange**

---

**Banana**

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**Pear**

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## **HEALTHY TREATS & SNACKS.** 26

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### **Crispy Rice Chex**

Rice Chex, Marshmallow, Agave, Butter, Vanilla

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### **Chocolate Coconut Macaroon**

Unsweetened Coconut, Almond Flour, Coconut Oil, Agave, Cocoa Powder, Vanilla, Sea salt

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### **Peanut Butter Chia Energy Bites**

Chia Seeds, Peanut Butter, Oats, Flax Meal, Puffed Rice, Coconut Oil, Dates, Peanuts, Bananas, Chocolate Chips, Calma Honey

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### **Hemp Brownie Bites**

Agave, Coconut Powder, Brown Sugar, Eggs, Vanilla, Hemp Protein, Baking Powder, Sea Salt

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### **Large Cookie**

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### **Overnight Mini Brownie**

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### **Hal's Chips**

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### **Protein Snack Box**

Hard Boiled Egg, Pepper Jack Cheese, Cheddar Cheese, Red Grapes, Sourdough Bread.

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### **Brownie Bars**

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### **Pita Chips**

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### **Rice Pudding**

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### **Power Snack**

2 Eggs, Baby Spinach & Black Pepper

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### **Crudite & Beet Dip Hummus**

Tomatoes, Carrots, Zucchini, Broccoli, Cauliflower, Bell Peppers with Herbed Beet Hummus

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### **Cranberry Mixed Nuts**

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### **Shelled Pistachios**

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### **Salted Peanuts**

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### **Pecan Supreme**

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### **Honey Cashews**

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## **Raw Chocolate Dates Energy Bites**

Dates, Almonds, Walnuts, Cocoa Powder, Bananas, Cashew Butter, Organic Agave, Semi-Sweet Chocolate, Toasted Coconut

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## **Almond Coconut Macaroon**

Coconut, Almond Flour, Agave, Vanilla, Sea Salt

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## **Fruit Loop Cereal Bar**

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## **Chocolate Rice Chex**

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## **Chocolate Chunk Overstuffed Cookie**

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## **Rainbow Overstuffed Cookie**

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## **Apple Cinnamon Overstuffed Cookie**

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## **Nassau Candy**

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## **CHIA SEED PUDDINGS. 2**

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### **Chocolate Chia**

Heavy Cream, Chia Seeds, Vanilla, Chocolate Syrup, Hazelnuts, Chocolate Chunks.

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### **Mixed Berry Chia**

Heavy Cream, Chia Seeds, Vanilla, Mixed Berries & Wild Berry Puree.

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## **BEVERAGES. 11**

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### **Canned Soda**

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### **Hal's Soda**

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### **Poppi Soda**

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### **Brew Dr Kombucha**

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### **Coconut Water**

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### **Saratoga Water**

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### **Poland Spring Water**

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### **Essentia Water**

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### **Red Jacket Apple Juice**

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### **Spindrift**

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### **Celsius**

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## **FRESH JUICES. 6**

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## **Green Glow**

Kale, Spinach, Pineapple, Orange Juice

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## **Heart Beet**

Carrots, Apples, Beets, Lemon

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## **Blast of C**

Carrots, Oranges, Apples, Ginger

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## **Fresh OJ**

Fresh Squeezed Orange Juice

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## **Spicy Pear**

Pear, Pink Grapefruit & Cayenne Pepper

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## **Golden Elixir**

Pineapple, Pear, Lemon & Turmeric

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## **FRESH FRUIT SMOOTHIES.** 4

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### **Strawberry Banana Blast**

Strawberries, Banana & Vanilla Greek Yogurt

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### **Tropical Breeze**

Mango, Pineapple, Orange Slices, Oat Milk, Vanilla Greek Yogurt & Coconut Flakes

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### **PB Protein (Vegan)**

Bananas, Peanut Butter, Almond Milk, Cacao Nibs & Vegan Protein Powder

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### **Green Energy**

Kale, Spinach, Ginger, Cucumbers, Bananas & Vanilla Greek Yogurt

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## **HOME MADE ICED TEAS.** 8

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### **Unsweetened Black Tea**

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### **Hibiscus Pomegranate Iced Tea**

Green Rooibos, Hibiscus, Pomegranate, Raspberries & Lemon Peel

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### **Hurricane Island Iced Tea**

Green Tea, Organic Lemon Peel, Mango, Organic Orange Peel & Rose Petals

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### **Organic Green Spring Iced Tea**

Green Tea, Lemongrass & Peppermint

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### **Rosemary Mint Iced Tea**

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### **Organic Blueberry Lavender Iced Tea**

Green Rooibos, Hibiscus, Butterfly Pea Flower, Lemongrass, Rosehips, Apple Bits, Lavender, Blackberry Leaves, Lemon, Blueberries

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### **Earl Gray Iced Tea**

Fine Black Tea with Bergamot Oil

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## Arnold Palmer

Fresh Lemonade & Unsweetened Black Tea

## HOMEMADE ICED TEA REFRESHERS. 6

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### Mango Refresher

Green Tea, Organic Lemon Peel, Mango, Orange Peel & Rose Petals Sweetened with Mango Puree

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### Blackberry Refresher

Green Rooibos, Hibiscus, Pomegranate, Raspberries, Lemon Peel & Blackberry Puree

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### Peach Refresher

Green Tea, Organic Lemon Peel, Mango, Orange Peel & Rose Petals Sweetened with Peach Puree

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### Passion Fruit Refresher

Green Tea, Organic Lemon Peel, Mango, Orange Peel & Rose Petals Sweetened with Passion Fruit Puree

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### Blood Orange Refresher

Green Tea, Organic Lemon Peel, Mango, Orange Peel & Rose Petals Sweetened with Blood Orange Puree

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### Lavender Blueberry Yuzu Refresher

Green Rooibos, Hibiscus, Butterfly Pea Flower, Lemongrass, Rosehips, Apple Bits, Lavender, Blackberry Leaves, Lemon, Blueberries, Yuzu Puree

## HOMEMADE LEMONADES. 4

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### Fresh Lemonade

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### Strawberry Lemonade

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### Passion Fruit Lemonade

Fresh Lemons & Passion Fruit Puree

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### Wildberry Ginger Lemonade

Fresh Lemons, Ginger & Wildberry Puree

## BUBBLED ICED TEAS 1

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### Bursting Blueberry

Green Tea, Organic Lemon Peel, Mango, Organic Orange Peel, Rose Petals with Blueberry Popping Pearls.

## MARKET TABLE. 12

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### Moroccan Marinated Chicken

Moroccan Spice & Olive Oil.

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### Sweet Baked Tofu

Teriyaki Glaze, Onion & Garlic Powder, Soy Sauce, Sugar, Soybean.

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### Sticky Garlic Spicy Chicken Thighs

Chipotle, Honey, Peeled Tomato, Onions.

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## **Lemon Herb Chicken**

Mayo, Garlic, Lemon Juice, Thyme, Rosemary, Parsley.

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## **Lemon Herb Salmon**

Garlic, Lemon Juice, Parsley.

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## **Adobo Grilled Flank Steak**

Paprika, Garlic, Oregano, Rosemary, Thyme.

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## **Homemade Crispy Chicken Cutlet**

Corn Flakes, Garlic, Flour.

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## **Herb Lime Shrimp**

Lime, Olive Oil, Garlic, Rosemary, Thyme, Parsley.

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## **Greek Chicken Kebabs**

Olive Oil, Mayo, Rosemary, Thyme, Parsley.

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## **Build Your Veggie Market Table**

Choose a Base, Three Sides and a Sauce

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### **One Side**

Choose Your Side

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### **Protein Side**

Choose a Protein

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## **MARCHE MARKET DRESSINGS. 10**

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### **Avocado Chimichurri Dressing**

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### **Balsamic Vinaigrette Dressing**

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### **Beet Yogurt Dressing**

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### **Caesar Dressing Dressing**

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### **Chipotle Ranch Dressing**

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### **Chipotle Vinaigrette Dressing**

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### **Honey Balsamic Vinaigrette Dressing**

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### **Housemade Hot Sauce Dressing**

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### **Meyer Lemon Vinaigrette Dressing**

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### **Gochujang Miso Dressing**

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## **MARCHE MARKET COFFEE. 3**

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### **Lavazza Bag of Coffee - Light Roast**

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**Lavazza Bag of Coffee - Medium Roast**

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**Lavazza Bag of Coffee - Dark Roast**

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**HOT COFFEE & HOT TEA. 12**

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**Regular Coffee**

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**Decaf Coffee**

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**Brew Leaf Tea**

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**Cafe Au Lait**

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**Cappuccino**

---

**Latte**

---

**Chai Latte**

---

**Mochaccino**

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**Espresso**

---

**Americano**

---

**Cortado**

---

**Macchiato**

---

**HOT CHOCOLATE. 1**

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**Hot Chocolate**

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**ICED COFFEE & TEA. 8**

---

**Iced Coffee**

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**Iced Decaf Coffee**

---

**Iced Chai Latte**

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**Iced Cappuccino**

---

**Iced Latte**

---

**Iced Mochaccino**

---

**Iced Espresso**

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**Bottled Cold Brew**

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