

The Orchard

43 N Market St 21701 · +13016634912 · Updated: Jan 14, 2026

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STARTERS 7

	AVAILABLE OPTIONS
Soup made fresh daily	Cup: \$3.50 Bowl: \$4.50
Hummus And Pita served with vegetables and homemade flat bread	\$8.50
Fruit And Cheese Plate strawberries, oranges, grapes, kiwi, cheddar, brie	\$9.00
Spicy Chicken Tenders with house made hot sauce and creamy garlic dressing	\$6.00
Portabella Mushrooms With Pita Crisps sautéed with garlic and heavy cream	\$8.00
Shrimp And Asparagus Saute sautéed with butter, garlic and cream	\$9.00
Pan Seared Moroccan Scallops cilantro saffron chermoula and flatbread	\$9.00

STARTERS - TEMPURA 5

Chicken Strips with honey mustard dip	\$6.00
Zucchini Sticks with horseradish dip	\$5.50
Onion Rings with tamari ginger dip	\$5.00
Mushrooms with creamy garlic dip	\$5.50
Vegetable Tempura with tamari ginger dip	\$6.00

SALADS 7

House Salad

fresh mixed greens, vegetables and house made dressing

AVAILABLE OPTIONS

Small: \$4.00

Large: \$7.50

With Chicken Salad Or Tuna Salad: \$9.00

Grilled Chicken House Salad

our house salad topped with grilled chicken

\$9.00

Greek Salad

with feta cheese, olives and fresh vegetables

\$9.00

Veggie Salad

with crispy tofu, hummus, and avocado

\$9.00

Chef Salad

with cheese, egg, avocado and chicken salad

\$9.50

Cobb Salad

with cheese, egg, avocado and grilled chicken

\$9.50

Grilled Salmon Salad

mixed greens, grilled snow peas, red onion, red pepper, wasabi lime dressing

\$12.00

SANDWICHES 10

Grilled Cheese And Tomato

cheddar cheese, tomato, tomato tamari, grilled homemade bread

\$8.00

Grilled Southwest Chicken

grilled chicken, cilantro salsa, avocado, red onion jack cheese, sour cream, grilled homemade bread

\$9.50

Grilled Avocado And Brie

tomato, red onion, dijon mustard, grilled homemade bread

\$9.50

Grilled Portabella Pesto Sandwich

grilled mushroom, tomato, red onion, pesto, brie grilled homemade bread, creamy garlic

\$9.50

Grilled Sesame Chicken Sandwich

open-faced with lettuce, tomato, onion, feta sesame vinaigrette on pita

\$9.50

Orchard Veggie Sandwich

cheese, hummus, lettuce, tomato, cucumber, onion, sprouts, tomato tamari

\$9.00

Fried Tofu Hummus Sandwich

crispy tofu, hummus, lettuce, tomato, sprouts, mayo homemade bread

\$9.50

Honey Mustard Cheddar Chicken Sandwich

crispy chicken, cheddar cheese, honey mustard, lettuce, tomato, mayo

\$9.50

Fried Fish Sandwich

crispy fish, lettuce, tomato, mayonnaise on homemade bread

\$9.50

Chicken Salad Or Tuna Salad Sandwich

\$9.00

lettuce and tomato on homemade bread

STIR FRIES 11

Japanese Stir Fry

with tamari and sesame oil and tossed with organic brown rice, organic soba noodles or rice noodles

Chinese Stir Fry

with a brown ginger sauce over organic brown rice

European Stir Fry

with butter, white wine and tomatoes served with organic brown rice or penne

Thai Stir Fry

with lime and fish sauce served with rice noodles and chopped peanuts

Indian Stir Fry

with a tomato curry sauce over organic brown rice

Creole Stir Fry

with a zesty tomato and black olive sauce tossed with organic brown rice

Indonesian Stir Fry

with a tangy peanut lime sauce over organic brown rice, organic soba noodles or rice noodles

Primavera Stir Fry

with a tomato cream sauce tossed with penne

Polynesian Stir Fry

with spicy ginger sauce and pineapple over organic brown rice

Szechuan Stir Fry

with spicy ginger pepper sauce over organic brown rice

Curried Stir Fry

with a creamy curry sauce over organic brown rice

STIR FRIES - ADDONS 5

Vegetables

AVAILABLE OPTIONS

\$8.00

\$12.50

Chicken

AVAILABLE OPTIONS

\$9.50

\$14.50

Tofu

AVAILABLE OPTIONS

\$9.00

\$13.50

Shrimp

AVAILABLE OPTIONS

\$10.00

\$15.50

Salmon

AVAILABLE OPTIONS

\$10.00

\$15.50

ENTREES 12

Zucchini Parmigiana

\$12.00

tempura zucchini, tomato basil sauce, provolone, fresh spinach, creamy penne

Chicken And Vegetable Tempura

\$15.00

chicken, mixed vegetables, tamari ginger sauce

Shrimp And Vegetable Tempura

\$17.00

shrimp, mixed vegetables, tamari ginger sauce

Hunan Bean Curd

\$16.00

organic tofu, sesame seeds, red peppers, broccoli, ginger sauce, organic brown rice

Grilled Chicken With Pesto Penne

\$21.00

grilled chicken, creamy pesto sauce, penne pasta, chopped tomatoes

Crispy Sesame Chicken

\$21.00

crispy chicken, peanut soba noodles, ginger sauce, grilled vegetables

Chicken Saute With Brie

\$21.00

chicken, mushrooms, sherry, cream, brie, organic brown rice, asparagus

Chicken Parmigiana

\$21.00

chicken, tomato basil sauce, provolone, fresh spinach creamy penne

Chicken Ranchero

\$21.00

chicken, cilantro salsa, jack cheese, sour cream, organic brown rice, corn bread, grilled vegetables

Jambalaya

\$22.00

chicken, shrimp, salmon, scallops, spicy creole sauce, organic brown rice, corn bread

Honey Mustard Seafood

\$22.00

crispy fish, grilled shrimp and scallops, honey mustard organic brown rice, asparagus

Grilled Seafood Satay

\$22.00

salmon, shrimp, scallops, peanut soba noodles peppers, onions, mushrooms

OMELETTES 3

Orchard Omelette

\$8.00

create your own: choice of cheese, tomatoes, onions, mushrooms, peppers, broccoli, spinach served with a whole wheat roll

Omelette Romano	\$8.00
open-faced with peppers, onions, tomato basil sauce, provolone and a roll	
Omelette Ranchero	\$8.00
open-faced with peppers, onions, cilantro salsa, jack cheese, sour cream and a roll	

PITA MELTS 4

Veggie Melt	\$9.00
avocado, tomato, peppers, onions, jack cheese, micro greens	
Tuna Melt	\$9.50
tuna salad, tomato, jack cheese, micro green	
Portabella Mushroom Melt	\$9.50
grilled portabella mushroom, tomatoes, onions, jack cheese, micro greens	
Grilled Southwest Chicken Melt	\$9.50
chicken, tomatoes, cilantro salsa, cheddar cheese, micro greens	

DESSERT 8

Pear Crunch	\$6.50
pears stewed in apple juice and spices and topped with homemade granola and fresh whipped cream	
Coconut Cream Pie	\$6.50
coconut cream filling in a coconut macaroon crust topped with toasted coconut and fresh whipped cream	
Chocolate Peanut Butter Square	\$6.50
chocolate custard and peanut butter custard layered in a graham cracker crust and topped with fresh whipped cream	
Chocolate Mousse	\$6.50
semi-sweet chocolate custard folded together with fresh whipped cream and served with a dollop on top	
Lemon Bars	\$6.50
tangy lemon curd baked on a pastry crust and served with fresh raspberry sauce, fresh fruit and whipped cream	
Lime Custard	\$6.50
tangy and sweet this custard is served with caramelized sugar, fresh fruit and fresh whipped cream on top	
Fresh Fruit Cobbler	\$6.50
fresh seasonal fruit baked with sweet biscuit topping and fresh whipped cream	
Cheesecake	\$6.50
creamy new york style cheesecake - variety changes daily, weekly, seasonally - ask about today's flavor	