

# BREAKFAST



# LUNCH

breakfast served until noon daily

## **GREAT START AVOCADO TOAST \$12**

seven-grain breast with walnuts, avocado spread, tomato slices, two poached eggs, balsamic glaze, fresh fruit

(© great grains gluten free bread available, +\$1.50)

### © **FARMER'S FAVORITE \$12**

two eggs, sausage, ham or bacon, red flannel hash served with toast, muffin, roll or bagel

### © **FRENCH COUNTRY \$12.50**

three eggs scrambled with sausage, cheddar, fried potatoes, green pepper, onion, served with toast, muffin, roll or bagel

### © **EGG WHITE OMELETTE \$12.50**

with roasted vegetables and fresh goat cheese, served with fresh fruit, served with toast, muffin, roll or bagel

### **MCMARKET BASKET \$6**

our croissant filled with ham, scrambled egg and cheddar cheese

### **FOR THE SMALLER APPETITE \$6.25**

one egg, one strip bacon and one slice of toast

### **FRENCH TOAST \$9**

our french bread dipped in a secret concoction and flash fried

### **NORMANDY TOAST \$10.50**

our french bread, stuffed with cream cheese and pecans, dipped in our secret concoction, and flash fried

### **GOOD MORNING PANCAKES**

**\$9.50 - BUTTERMILK**

**\$11.50 - WITH FLAVORS**

original buttermilk or with your choice of two ingredients : wild rice, blueberries, raspberries, blackberries, granola, bananas, strawberries, chocolate chips, raisins, or pecans

### **CAKE COMBO \$12**

one pancake with two of the above ingredients served with one egg and ham, bacon or sausage

### © **GRANOLA PARFAIT \$8.50**

our homemade granola, fresh yogurt, strawberries, honey

### **QUICHE OF THE DAY \$13.50**

served with fresh fruit & a muffin

### © **RED FLANNEL HASH \$5.50**

roasted red potatoes, red peppers, red onion, green pepper and carrots

### **FRESH FRUIT CUP \$5.00**

**BERRY CUP \$6.00**

**GRANOLA \$5; WITH FRUIT \$7**

**HOT OATMEAL \$5; WITH FRUIT \$7**

## **SOUPS OF THE MOMENT**

**by the cup \$5.00**

**by the bowl \$6.75**

**cup and half salad \$13.00**

salad choices of caesar, arbor street, cobb, kale or grilled chicken walnut

**cup of soup & half sandwich \$9.75**

sandwich choices of chicken salad, tuna salad, egg salad, ham salad or california

### **FROM OUR SUMMER GARDEN...**

**HEIRLOOM TOMATO B.L.A.T. \$15.50**

bacon / butter lettuce / avocado / tomato on toasted french bread.

served with chilled brandywine tomato soup

## **BETWEEN BREAD**

**CHICKEN, TUNA, EGG OR HAM SALAD \$12**

on your choice of maple oat, pumpernickel, seven grain, bagel, french, toasted harvest or croissant / tomato / radish sprouts / leaf lettuce

**CALIFORNIA \$12**

avocado / tomato / cucumber / sprouts / mozzarella / leaf lettuce / mayo / mustard / seven grain bread

**CUSTER \$12**

turkey / swiss / tomato / red onion / shredded lettuce / thousand island dressing / bacon / open-faced on pumpernickel bread

**PAN BAGNAT \$12**

maple-cured ham / swiss / tomatoes / our spicy mustard / mayonnaise / field greens / french baguette

**TUNA MELT \$12.50**

red pepper basil bread / sautéed apples / jack cheese / radish sprouts

above sandwiches served with choice of housemade potato chips & red pepper dip - green salad - grilled vegetable pasta salad - greek vegetables - kale salad - brussel sprout slaw - sesame roasted carrots - sweet broccoli salad

**OUR FAMOUS HAMBURGER \$14.50**

homemade bun / cheddar / jack / sautéed mushrooms / onions (any or all) / housemade chips

**NEW YORK RUEBEN \$14.50**

pastrami / swiss cheese / red onion / green cabbage slaw / tomato / thousand island dressing / pumpernickel / housemade chips

**GRILLED CLUB \$14.50**

grilled chicken / bacon / roasted tomatoes / provolone / worcestershire aioli / napa slaw / red pepper bread / housemade chips

**ROASTED BRISKET SANDWICH \$14.50**

slow roasted brisket / caramelized onion marmalade / horseradish aioli / napa slaw / jack cheese / red pepper basil bread / housemade chips

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.



## OTHER WONDERFULS

### THE BOARD \$16

chef's choice cured meats / imported cheeses / cornichons / chutney / bagel chips

### DEVILED EGGS \$12.50

our traditional deviled eggs / brussel sprout slaw / toasted harvest bread

### CRAB CAKES \$14.50

slaw of red & green cabbage / sweet mustard aioli / chips

### PITA PIZZA \$15

grilled chicken / goat cheese / tomatoes / asiago / pesto / atop a grilled mediterranean flatbread / spring greens

### FIRE ROASTED BEETS \$13.50

spiced vinaigrette tossed carrots / goat cheese / hummus / flatbread

### Ⓞ LETTUCE WRAPS \$13.50

bibb lettuce / cabbage & carrot slaw / hoisin grilled chicken

### MIDDLE EASTERN \$15

tomatoes / red onions / radishes / cucumbers / romaine / tzaziki / feta / olives / choice of grilled chicken or falafel / on a grilled pita

### MARIA'S ENCHILADA \$14.50

beef or chicken / corn tortilla chips / pico de gallo & guacamole

### BUTTERNUT SQUASH AND QUINOA BOWL \$16.50

quinoa, wild rice, sauteed cauliflower, roasted butternut squash, kale, medjool dates, sunflower seeds, tossed in a sweet moroccan dressing and topped with grilled salmon.

### CASSEROLE OF THE DAY \$12.50

several choices...tossed green salad / roll or muffin  
Ⓞ swiss chicken artichoke casserole)

### Ⓞ MARKET PLATE \$13.50

choice of three deli salads / fruit garnish / roll or muffin  
(many gluten-free choices available in our deli)

Ⓞ indicates gluten free items

## GOOD GREENS

### Ⓞ GRILLED CHICKEN WALNUT \$15

romaine / tomatoes / red onions / toasted walnuts / blue cheese / grilled chicken / walnut vinaigrette

### Ⓞ COBB SALAD \$15

romaine / chicken / avocado / tomato / hard cooked egg / crumbled bacon / cheddar / blue cheese / cobb dressing

### KALE SALAD \$15

roasted cranberries / wild rice / fennel / red pepper / walnuts / lemon-dijon vinaigrette / chickpea sliders

### GOAT CHEESE SALAD \$15

goat cheese bruschetta / spring greens / romaine / candied almonds / cranberry compote / honey white wine vinaigrette

### Ⓞ STRAWBERRY GRILLED CHICKEN \$15

bibb lettuce / strawberries / toasted pecans / grapes / grilled chicken / creamy gorgonzola dressing

### CAESAR SALAD \$14

romaine / avocado / focaccia croutons / caesar dressing

### Ⓞ ARBOR STREET SALAD \$14

romaine / broccoli / avocado / tomatoes / red onion / mushrooms / russian dressing

### Ⓞ WILTED SPINACH AND SALMON \$17

wilted spinach / sautéed apples / toasted walnuts /bacon / blue cheese / tomatoes / mustard aioli

### Ⓞ SALMON NIÇOISE \$17

bibb lettuce / hard boiled egg / tomatoes / red onion / roasted red potatoes / brussel sprouts / capers / kalamata olives / lemon-herb vinaigrette / grilled salmon

### Ⓞ GRILLED SHRIMP WEDGE \$16.50

butter lettuce / gorgonzola / bacon / pico de gallo / tomatoes / green onion / creamy buttermilk dressing / grilled shrimp

### PANZANELLA \$15

spring greens / tomatoes / toasted hazelnuts / artichokes / grilled focaccia / pesto vinaigrette

### TEXAS SALAD \$15

romaine / blue cheese / sweet corn / radishes / barbecued chicken strips / french onion rings

## VINO & BREWS

borgoluce prosecco \$8  
miner viognier \$11  
aviary chardonnay \$8  
scarpetta pinot grigio \$10

aquinas pinot noir \$10  
loscano malbec \$8  
angeline cabernet \$10

bloody mary \$8  
mimosa \$8  
sangria \$8

fat tire \$5  
shiner blonde \$5  
bell's two hearted ale \$5

(full wine, beer & cocktail list available)

## TEA AND SODA

pepsi / diet pepsi /  
sierra mist / dr. pepper / diet dr. pepper /  
mountain dew / perrier  
\$3

our famous cinnamon spiced tea,  
hot or iced  
\$3

orange juice / apple juice / cranberry  
juice / tomato juice  
\$3.50

lemonade  
\$3.50

coffee & herbal tea  
\$3

## SWEETS AND MORE

white wedding cake  
black mountain torte  
carrot cake  
caramel pecan bread pudding

cookies...  
chocolate chip pecan, peanut butter,  
ranger, oatmeal raisin

our famous pies  
apple — cherry — key lime

various and sundry other possibilities  
from time to time