

BREAKFAST



breakfast served until noon daily

BUILD YOUR OWN SCRAMBLE \$10

eggs: egg, egg white or cholesterol-free egg
meat (choose one): ham, bacon, sausage or turkey
veggies (choose up to three): broccoli, artichoke, tomato, green onion, mushroom, refried bean
cheese (choose one): cheddar, jack, mozzarella, feta (goat cheese, add 1.00)
side (choose one): red potatoes, fruit or veggies served with toast, english muffin, muffin, roll or bagel

FARMER'S FAVORITE \$10

two eggs, sausage, ham or bacon, fried potatoes served with toast, english muffin, muffin, roll or bagel

FRENCH COUNTRY \$10

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

EGG WHITE OMELETTE \$11

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

MCMARKET BASKET \$5.75

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 \$8.50

our french bread dipped in a secret concoction, and flash fried

NORMANDY TOAST \$9

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

GOOD MORNING PANCAKES \$8.75/\$10.25

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

CAKE COMBO \$10.25

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

GRANOLA PARFAIT \$8.25

our homemade granola, fresh yogurt, strawberries, honey

QUICHE OF THE DAY \$11

served with fresh fruit & a muffin

RED FLANNEL HASH \$5.50

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

FRESH FRUIT CUP 4.50

BERRY CUP 5.95

GRANOLA 4.50; WITH FRUIT 6

HOT OATMEAL 4.50; WITH FRUIT 6; HALF PORTION 3.50

LUNCH

SOUPS OF THE MOMENT

by the cup \$4.50

by the bowl \$5.50

cup and half salad \$11.50

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

cup & half sandwich or side salad \$9.50

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

GOOD GREENS

all salads served with french or asiago baguette

☉ **GRILLED CHICKEN WALNUT \$14.50**

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

☉ **COBB SALAD \$14.50**

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

KALE SALAD \$14.50

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

GOAT CHEESE SALAD \$14.50

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

☉ **STRAWBERRY GRILLED CHICKEN \$14.50**

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

CAESAR SALAD \$12

romaine / avocado / focaccia croutons / caesar dressing

☉ **ARBOR STREET SALAD \$12**

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

☉ **SALMON NIÇOISE \$16**

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

☉ **GRILLED SHRIMP WEDGE \$15**

iceberg / gorgonzola / bacon / pico de gallo / tomatoes / green onion / creamy gorgonzola dressing / grilled shrimp

PANZANELLA \$13

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

TEXAS SALAD \$14.50

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

BRIE AND BERRIES \$14.50

seared brie wedge / spinach / spring greens / red onions / fresh berries / candied almonds / balsamic vinaigrette

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

TELL ME WHAT YOU EAT AND I'LL
TELL YOU WHO YOU ARE...
LOVE OUR MERCHANDISE?



LATTE MUGS (\$12)
AND T-SHIRTS (\$20)
AVAILABLE FOR PURCHASE

BETWEEN BREAD

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

CHICKEN, TUNA, EGG OR HAM SALAD \$11.50

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

CALIFORNIA \$11.50

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

CUSTER \$11.50

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

PAN BAGNAT \$11.50

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

TUNA MELT \$12

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

OUR FAMOUS HAMBURGER \$13

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

CHILI & GRILLED PIMENTO CHEESE SANDWICH \$9.50 - CUP / \$10.50 - BOWL

our award-winning chili / half grilled sandwich

NEW YORK RUEBEN \$13

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

GRILLED CLUB \$13

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

ROASTED BRISKET SANDWICH \$14.50

slow roasted brisket / caramelized onion marmalade /
horseradish aioli / napa slaw / jack cheese / french bread

© indicates gluten free items

OTHER WONDERFULS

DEVEILED EGGS \$11.50

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

CRAB CAKES \$13.50

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

GRAVLAX & BAGEL \$14

house cured gravlax / red onion / egg / capers / cucumber /
tomato / toasted bagel bin bagel

© WILTED SPINACH AND SALMON \$16.50

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

PITA PIZZA \$13.50

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

FIRE ROASTED BEETS \$12.50

spiced vinaigrette tossed carrots / goat cheese / hummus /
flatbread

© LETTUCE WRAPS \$13

bibb lettuce / cabbage & carrot slaw / hoisin grilled chicken

MIDDLE EASTERN \$14.50

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

MEATLOAF \$14.50

grilled french bread piled high with meatloaf / caper aioli /
tomato chutney / french fried onion rings / kale salad

MARIA'S ENCHILADA \$12.50

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

CASSEROLE OF THE DAY \$12.50

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

© MARKET PLATE \$11

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

HOT AND LATTE

espresso \$1.50
americano \$3.50
breve \$4
cafe au lait \$3.50
red eye \$3.75
latte \$4
flavored latte \$4.25
iced latte \$4
flavored iced latte \$4.25
cappuccino \$4
mocha \$4.25
chai latte \$4
steamer \$3.75
hot chocolate \$3.75
coffee \$2.75
herbal tea \$2.75

VINO AND BREWS

triennes viognier \$10
aviary chardonnay \$8
le roc rose \$9.5
black ridge pinot noir \$9
tess red blend \$10.5
bloody mary \$8
mimosa \$8
fat tire \$5
sam adams boston lager \$4
312 urban wheat ale \$4
new belgium 1554 \$4
(full wine list available)

TEA AND SODA

pepsi / diet pepsi /
sierra mist / dr. pepper / diet
dr. pepper / mountain dew /
berghoff root beer
\$2.75
our famous cinnamon spice
tea, hot or iced
\$2.75
san pellegrino / natural,
aranciata, or limonata
\$2.75
orange juice / apple juice /
cranberry juice / tomato juice
/ lemonade
\$3.00

SWEETS AND MORE

white wedding cake
coconut cake
black mountain torte
carrot cake
caramel pecan bread
pudding
© chocolate transportation
raspberry white chocolate
mousse torte
various and sundry other
possibilities from time to time
our famous pies
apple
cherry
© chocolate peanut butter
key lime