

# BREAKFAST



breakfast served until noon daily

## **BUILD YOUR OWN SCRAMBLE \$10.50**

**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 flannel hash, fruit or veggies served with toast, english muffin, muffin, roll or bagel

## **FARMER'S FAVORITE \$10.50**

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

## **FRENCH COUNTRY \$11.50**

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

## **EGG WHITE OMELETTE \$12**

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 \$9.50**

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 \$11.50**

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 \$11.50**

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 \$6.50**

**HOT OATMEAL \$4.50; WITH FRUIT \$6.50**

# LUNCH

## **SOUPS OF THE MOMENT**

**by the cup \$4.50**

**by the bowl \$6.50**

**cup and half salad \$12.00**

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 pepper / 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

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 -  
green salad - grilled vegetable pasta salad - 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 \$14.50

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 \$13.50

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

### GRILLED CLUB \$13.50

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 /  
red pepper basil bread

© indicates gluten free items

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## OTHER WONDERFULS

### THE BOARD \$12.50

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

### DEVILED 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 / olives / choice of grilled chicken or falafel /  
on a grilled pita

### 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 \$12

choice of three deli salads / fruit garnish / roll or muffin

## 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

d'altieri moscato d'asti \$9  
miner viognier \$11  
aviary chardonnay \$8  
  
greyson cellar pinot noir \$9  
loscano malbec \$8  
tess red blend \$88  
  
bloody mary \$8  
mimosa \$8  
  
fat tire \$5  
shiner blonde \$4  
bell's two hearted ale \$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  
\$3.00  
  
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  
key lime