

# BREAKFAST



# LUNCH

breakfast served until noon daily

## ☉ BUILD YOUR OWN SCRAMBLE \$11

eggs: eggs or egg whites

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, muffin, roll or bagel

## ☉ FARMER'S FAVORITE \$11

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

## ☉ FRENCH COUNTRY \$11.50

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

## ☉ EGG WHITE OMELETTE \$12

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 \$8.50

our french bread dipped in a secret concoction and flash fried

## NORMANDY TOAST \$10

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

## GOOD MORNING PANCAKES

**\$9.50 - BUTTERMILK**

**\$11 - 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 \$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 \$12.50

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 \$5.00

## BERRY CUP \$6.00

## 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

## GOOD GREENS

### ☉ 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 \$13

romaine / avocado / focaccia croutons / caesar dressing

### ☉ ARBOR STREET SALAD \$13

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 buttermilk dressing / grilled shrimp

### PANZANELLA \$14

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.

**TUESDAY & SATURDAY:  
ALL WINES BY THE BOTTLE  
1/2 PRICE!**



**TUESDAY & WEDNESDAY NIGHTS:  
BURGER NIGHTS — 3PM - 9PM  
TACO THURSDAYS — 3PM - 9PM**

**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 \$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

**OUR FAMOUS HAMBURGER \$14.50**  
homemade bun / cheddar / jack / sautéed mushrooms / onions (any or all)

**CHILI & GRILLED PIMENTO CHEESE SANDWICH \$10.50 - CUP / \$12.00 - BOWL**  
our award-winning chili / half grilled sandwich / fruit

**NEW YORK RUEBEN \$14**  
pastrami / swiss cheese / red onion / green cabbage slaw / tomato / thousand island dressing / pumpernickel

**GRILLED CLUB \$14**  
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

**OTHER WONDERFULS**

**THE BOARD \$16**  
chef's choice cured meats / imported cheeses / cornichons / chutney / bagel chips

**DEVILED EGGS \$12**  
our traditional deviled eggs / brussel sprout slaw / toasted harvest bread

**CRAB CAKES \$14**  
slaw of red & green cabbage / sweet mustard aioli / chips

**GRAVLAX & BAGEL \$14.50**  
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 \$14.50**  
grilled chicken / goat cheese / tomatoes / asiago / pesto / atop a grilled mediterranean flatbread / spring greens

**FIRE ROASTED BEETS \$13**  
spiced vinaigrette tossed carrots / goat cheese / hummus / flatbread

© **LETTUCE WRAPS \$13.50**  
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 \$13.50**  
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 \$13.50**  
choice of three deli salads / fruit garnish / roll or muffin  
(many gluten-free choices available in our deli)

**HOT AND LATTE**

espresso \$1.50  
americano \$4  
breve \$4.50  
cafe au lait \$3.50  
red eye \$3.75  
latte \$4.50  
flavored latte \$4.75  
iced latte \$4.50  
flavored iced latte \$4.75  
cappuccino \$4.50  
mocha \$4.75  
chai latte \$4.75  
steamer \$4.25  
hot chocolate \$4.75  
coffee \$2.75  
herbal tea \$2.75

**VINO AND BREWS**

borgoluce prosecco \$8  
miner viognier \$11  
aviary chardonnay \$8  
scarpetta pinot grigio \$10  
aquinas pinot noir \$10  
laflor malbec \$8  
angelina cabernet \$10  
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 / 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  
raspberry white chocolate  
mousse torte  
*various and sundry other possibilities from time to time*  
our famous pies  
apple  
cherry  
key lime