

# market

## Breakfast

7:00AM – 11:30AM

<b>Yogurt Parfait</b>	\$4.50
<b>Fruit Cup</b>	\$4.50
<b>Bagel &amp; Cream Cheese</b>	\$4.00
<b>Breakfast Muffins</b>	\$4.00
<b>Almond and Chocolate Croissant</b>	\$4.00
<b>Scones</b>	\$4.00
<b>Black and White Cookies</b>	\$2.50
<b>Cupcakes</b>	\$3.50
<b>Donuts</b>	\$4.00
 <b><u>Sandwiches</u></b>	
<b>Ham, Egg &amp; Cheddar</b> on parker country bread	\$8.50
<b>Fresh Wrap</b> with egg beaters, spinach, and feta in a whole wheat tortilla	\$8.75
<b>Sausage Egg &amp; Cheddar</b> on an English muffin	\$8.50
<b>Breakfast Sandwich of the Day</b>	\$8.50

# Lunch

11:00AM - 5:00AM

## Salads

<b>Chef Salad</b> with Bolthouse Farms™ honey mustard yogurt dressing	\$8.50
<b>Red Beet Salad</b> with raspberry and merlot vinaigrette	\$8.50
<b>Buffalo Chicken Salad</b> with Bolthouse Farms™ blue cheese yogurt dressing	\$8.50
<b>Chopped Salad</b> with Bolthouse Farms™ yogurt ranch dressing	\$8.50
<b>Grilled Chicken Salad</b> with Caesar dressing	\$8.50
<b>Asian Chicken Salad</b> with sesame ginger dressing	\$8.50
<b>Crudité</b> with hummus	\$6.00

## Cold Sandwiches

<b>Roast Beef &amp; Cheddar Sandwich</b> with horseradish Dijon dressing	\$8.50
<b>Italian sandwich</b> with provolone and pesto	\$8.50
<b>Garden Vegetable Sandwich</b>	\$8.50
<b>Turkey Sandwich</b> with Swiss cheese and Dijon mayonnaise	\$8.50
<b>Chicken Breast Wrap</b> with provolone, bacon and ranch dressing	\$8.50
<b>Ham &amp; Cheddar Sandwich</b> on a croissant	\$8.50

## Side Salads

<b>Chicken &amp; Cranberry Salad</b>	\$6.00
<b>Garden Tuna Salad</b>	\$6.00

## Triangle Sandwiches

<b>Garden Tuna Salad Sandwich</b>	\$8.50
<b>Chicken &amp; Cranberry Salad Sandwich</b>	\$8.50
<b>Hand Carved Turkey Sandwich</b> with avocado and gruyere	\$8.50

### Hot Sandwiches

<b>Pesto Chicken</b> with roasted red peppers and provolone on onion roll	\$10.50
<b>Philly Cheese Steak</b> with cheddar and onion on ciabatta roll	\$10.50
<b>Hand Carved Turkey and Swiss</b>	\$10.50
<b>Hot Sandwich of the Day</b>	\$10.50

### Sides

<b>Chicken Tenders</b>	\$9.95
<b>Mac &amp; Cheese</b>	\$5.95
<b>Potato Wedges</b>	\$5.95

### Soup

<b>Soup of the Day</b>	\$7.50
<b>Chicken Noodle Soup</b>	\$7.50

## Dinner

6:00PM – 5:00AM

### Salads

<b>Chef Salad</b> with Bolthouse Farms™ honey mustard yogurt dressing	\$8.50
<b>Red Beet Salad</b> with raspberry and merlot vinaigrette	\$8.50
<b>Buffalo Chicken Salad</b> with Bolthouse Farms™ blue cheese yogurt dressing	\$8.50
<b>Chopped Salad</b> with Bolthouse Farms™ yogurt ranch dressing	\$8.50
<b>Grilled Chicken Salad</b> with Caesar dressing	\$8.50
<b>Asian Chicken Salad</b> with sesame ginger dressing	\$8.50
<b>Crudité</b> with hummus	\$6.00

### Cold Sandwiches

<b>Roast Beef &amp; Cheddar Sandwich</b> with horseradish Dijon dressing	\$8.50
<b>Italian sandwich</b> with provolone and pesto	\$8.50
<b>Garden Vegetable Sandwich</b>	\$8.50
<b>Turkey Sandwich</b> with Swiss cheese and Dijon mayonnaise	\$8.50
<b>Chicken Breast Wrap</b> with provolone, bacon and ranch dressing	\$8.50
<b>Ham &amp; Cheddar Sandwich</b> on a croissant	\$8.50

### Side Salads

<b>Chicken &amp; Cranberry Salad</b>	\$6.00
<b>Garden Tuna Salad</b>	\$6.00

### Entrees

<b>Meyer's All Natural Sirloin Meatloaf</b> with a root vegetable hash	\$16.00
<b>Vegetable Stir Fry</b> with tofu, Szechwan sauce and udon noodles	\$12.00
<b>Herb &amp; Lemon Marinated Chicken</b> with braised Swiss chard	\$14.00
<b>Jerked Pork Shoulder</b> with rice, beans and plantains	\$14.00
<b>Market Catch</b> with baby spinach, cherry tomatoes and garlic puree	\$16.00
<b>Wheat Spaghetti &amp; Chicken Meatballs</b> with organic tomato sauce	\$12.00
<b>Spaghetti Bolognese</b>	\$12.00
<b>Pasta of the Day</b>	\$12.00

### Sides

<b>Cucumber salad</b>	\$3.00
<b>Bean Salad</b> with white balsamic vinaigrette	\$3.00
<b>Red Quinoa Pilaf</b>	\$3.00
<b>Yukon Gold Puree</b>	\$3.00
<b>Roasted Peanut Potatoes</b> with wild mushrooms	\$3.00
<b>Brown Rice</b>	\$3.00
<b>Cheese &amp; Charcuterie</b>	\$9.00

### Hot Sandwiches

<b>Philly Cheesesteak</b>	\$10.50
<b>Hand Carved Turkey with Swiss and sundried tomato spread</b>	\$10.50

### Pizza

<b>Margherita Pizza</b>	\$10.00
<b>Meat Pizza with Sweet sausage and pepperoni</b>	\$10.00
<b>White Pizza</b>	\$10.00

### Dessert

<b>Chocolate Cake</b>	\$5.50
<b>New York Cheese Cake</b>	\$5.50
<b>Dessert Cup</b>	\$5.25
<b>French Macaroon</b>	\$4.95