

BREAKFAST served all day

THE GOOD EGG SANDWICH - \$4

SUNNY-SIDE EGG, EGG WHITE OR SCRAMBLED

CHOOSE A BREAD

bagel • sourdough • english muffin • rye
gluten-free bread- **add \$2** • croissant - **add \$2**

CHOOSE A CHEESE

swiss • cheddar • brie • provolone • muenster

CHOOSE PROTEIN

black forest ham • sausage • brisket • salami

smoked salmon - add \$4 • **smoked bacon - add \$3**

AVOCADO TOAST - \$6

avocado spread, tomatoes, pickled red onion and arugula
smoked salmon - add \$4 **gluten-free bread - add \$2**

BAGELS - \$2

plain, sesame seed, cinnamon raisin, everything

add a spread \$0.50

- whipped cream cheese
- whipped butter
- fine herb cream cheese
- jelly
- peanut butter
- goat cheese spread

BAGEL & LOX - \$8

cream cheese, smoked salmon, red onions and chives

SPECIALTY EGG SANDWICHES

SUNNY-SIDE EGG, EGG WHITE OR SCRAMBLED

*BACON AVOCADO -\$5

with tomatoes and cheddar cheese

*MEAT LOVERS - \$6

applewood smoked bacon, black forest ham, sausage and muenster cheese

*MUSHROOM SWISS -\$5

with arugula and swiss cheese

*SOUTHWESTERN - \$5

black forest ham, roasted red peppers, red onions and cheddar cheese with chipotle aoli

*VEGETARIAN DELIGHT - \$5

roasted tomatoes, spinach, roasted red peppers and shredded mozzarella cheese

*ITALIAN - \$6

salami, tomatoes and fresh mozzarella cheese

FULL BREAKFAST served until 11:00am

OMELETTES

-three egg omelette, served with toast and home fries

CHEESE - \$6

with cheddar cheese

IRISH - \$10

corned beef hash and cheddar cheese

MEAT LOVERS - \$10

bacon, ham and sausage with cheddar cheese

WESTERN - \$9

onions, peppers and ham with cheddar cheese

VEGGIE - \$7

fresh vegetables with cheddar cheese

OATMEAL BOWLS

-sweetened with maple syrup or unsweetened

APPLE CINNAMON PECAN BOWL - \$7

with coconut sugar

BANANA & BLUEBERRY BOWL - \$7

topped with walnuts

STRAWBERRY CHIA SEED BOWL - \$7.50

topped with granola

BREAKFAST SPECIALS

-served with toast and home fries

* two eggs any style, with ham, bacon or sausage - \$7

* three eggs any style, with ham, bacon or sausage - \$8

* two eggs any style with grilled steak tips - \$14

add one pancake - \$1.50

add one french toast - \$2

EGGS BENEDICT

-served on an english muffin with home fries

*TRADITIONAL - \$9

black forest ham with hollandaise sauce

*BLT - \$9

bacon, tomato and arugula with hollandaise sauce

*IRISH - \$10

corned beef hash with hollandaise sauce

*SMOKED SALMON & AVOCADO - \$11

topped with dill hollandaise sauce

CHALLAH FRENCH TOAST & PANCAKES

two french toast slices - \$8

two buttermilk pancakes - \$5

additional toppings \$0.50 each

banana granola
blueberries strawberries
chocolate chips whipped cream

add maple pecan syrup - \$3

KIDS MENU - \$2

***one egg and bacon**

one french toast with whipped cream

one buttermilk pancake with whipped cream

add m&m's - \$0.50

add chocolate chips - \$0.50

BREAKFAST SIDES

home fries - \$3

fruit cup - \$3

sausage - \$4

corned beef hash - \$6

bacon - \$3

ham - \$3

LUNCH and DINNER starts at 11:00am

PRESSED

SANDWICHES includes house-made chips

BLACK FOREST HAM & BRIE - \$10

grilled red onion and whole grain mustard on sourdough

CUBANO - \$11

porchetta, black forest ham, cheddar cheese, dijon mustard, and dill pickles on ciabatta bread

REUBEN - \$11

beer braised corned beef, sauerkraut, swiss cheese, thousand island and pickles on rye bread

SMOKED BRISKET - \$11

caramelized onions, roasted red peppers, bbq sauce and muenster cheese on sourdough

SMOKED TURKEY CLUB - \$11

applewood smoked bacon, cheddar cheese, cranberry mayonnaise and tomatoes on three layers of sunflower bread

TOWN MARKET GRILLED CHEESE - \$9

muenster and cheddar cheese, tomato jam and applewood smoked bacon on sourdough

TOWN MARKET ITALIAN - \$12

salami, capicola, mortadella, provolone cheese and olive & cherry pepper spread on ciabatta bread

TUNA MELT - \$9

albacore tuna, tomatoes, celery, red onions, lemon zest and cheddar cheese on marble rye

HOT SANDWICHES includes house-made chips

*BUTTERMILK FRIED CHICKEN - \$11

lettuce, tomatoes and fry sauce on a roll

*CHIPOTLE CHICKEN - \$11

applewood smoked bacon, jalapeños, lettuce, tomatoes, chipotle mayonnaise and cheddar cheese on ciabatta

*GRILLED CHICKEN PARMESAN - \$11

tomatoes, provolone cheese, basil and marinara on ciabatta

BLACKENED HADDOCK SANDWICH - \$11

cajun remoulade, lettuce and tomato on a roll

*STEAK TIP SANDWICH - \$14

muesnter cheese, mushrooms and caramelized onions on ciabatta

FRIED FISH SANDWICH - \$11

local haddock with cheddar cheese, lettuce, tomato and tartar sauce on a roll

COLD

SANDWICHES includes house-made chips

BLTA - \$9

applewood smoked bacon, lettuce, tomatoes and avocado on ciabatta

CAPRESE WRAP - \$9

spinach, tomatoes, fresh mozzarella, basil pesto and balsamic reduction

**CHICKEN SALAD - \$8

cranberry, walnuts, celery, mayonnaise and red onion with lettuce and tomatoes on a fresh baked croissant

EGG SALAD - \$8

cage-free boiled eggs, celery and red onions with lettuce and tomatoes on a fresh baked croissant

CORNED BEEF & SWISS - \$10

whole grain mustard on a roll

GRILLED VEGETABLE WRAP - \$8

your **choice of hummus or garlic herb spread**, drizzled with balsamic reduction on naan bread

TUNA SALAD - \$8

albacore tuna with mayonnaise, celery, red onion and lemon zest with lettuce and tomatoes on a fresh baked croissant

BURGER MARKET - includes fries

all-natural beef - no antibodies & no added hormones

*BLACK AND BLUE - \$12

crumbled bleu cheese, applewood smoked bacon and caramelized onions

*CAJUN BBQ - \$12

applewood smoked bacon, chipotle gouda and ranch dressing

*CALIFORNIA - \$12

jalapeños, avocado and cheddar cheese

*SALMON - \$13

lettuce, tomato and lemon-dill aioli

*TRADITIONAL - \$11

cheddar cheese, lettuce, tomato and red onions

VEGGIE BURGER - \$12

chickpeas, bell peppers, sun-dried tomatoes with lettuce, tomato, red onions and chipotle mayonnaise

Before placing your order, please inform your server if a person in your party has a food allergy.

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

ARTISAN PIZZA

12" - small 16" - large

*BBQ CHICKEN	\$14	\$19
bbq sauce, red onions, roasted peppers, applewood smoked bacon and cheddar cheese		
*BUFFALO CHICKEN	\$13	\$18
crumbled bleu cheese, mozzarella cheese, scallions and chives		
GRILLED VEGETABLES	\$10	\$15
four cheese sauce with seasonal vegetables and spinach		
PEPPERONI	\$12	\$17
mozzarella cheese and tomato sauce		
POMODORO	\$10	\$15
mozzarella cheese, fresh basil and tomato sauce		
PROSCIUTTO & FIG	\$14	\$19
fig jam, arugula, bleu cheese and balsamic glaze		
BUILD YOUR OWN	\$10	\$15
bacon - \$3	ADD \$1.50	
sausage - \$4	broccoli	asparagus
*chicken - \$3	spinach	onions
brisket - \$4	peppers	jalapenos
prosciutto - \$4	arugula	olives
pepperoni - \$2	mushrooms	tomatoes
ham - \$3	grilled veggies	

GF small pizza - \$4 (please allow 20 minutes cook time)

OUR SIGNATURE ENTREES

BAKED HADDOCK	\$16
topped with herb crumbs, served with asparagus and roasted potatoes	
BAKED MAC AND CHEESE	\$10
jack, cheddar and parmesan cheese sauce topped with panko bread crumbs	
*add buffalo chicken - \$2 sausage - \$4	
BUILD YOUR OWN PENNE	\$12
choice of sauce: white wine, marinara or three cheese alfredo	
*add chicken - \$4, *shrimp - \$6, vegetables - \$3, sausage - \$4	
*CHICKEN PARMESAN	\$12
breaded chicken breast, marinara and provolone cheese served over penne pasta	
CHEESE QUESADILLA	\$8
cheddar cheese, bell peppers and onions, flour tortilla served with a side of charred salsa	
*add grilled chicken - \$4 *steak tips - \$6	
MUSHROOM RISOTTO	\$12
creamy risotto with sautéed wild mushrooms and asparagus drizzled with balsamic reduction and shaved parmesan*	
*add salmon - \$6, *chicken - \$4 *shrimp - \$6 *steak - \$6	
FISH N' CHIPS	\$17
fried local haddock with french fries and a side of cole slaw	
*GRILLED SALMON	\$18
served with asparagus and dill hollandaise sauce	
*STEAK FRITES	\$19
marinated steak tips with french fries and a side garden salad	

FRESHLY MADE ARTISAN SALADS

MARKET SALAD - served with fresh bread

ALSATIAN - \$10
mixed greens, sliced apples, walnuts, roasted butternut squash, bleu cheese with apple cider vinaigrette

BEET & APPLES - \$11
arugula, red and yellow beets, apples, farro, goat cheese, with extra virgin olive oil and balsamic reduction

CAESAR SALAD - \$8
romaine lettuce, croûtons with shaved parmesan

COBB - \$11
romaine, baby kale, hard-boiled egg, avocado, bacon, tomatoes, bleu cheese and quinoa with herb vinaigrette

GREEK - \$11
baby kale, romaine, olives, red onions, cucumber, tomatoes and feta cheese

HUMMUS PLATE - \$10
hummus, cherry tomatoes, greek olives, cucumbers, golden and sweet peppadew peppers with naan chips

SUPER GREEN - \$9
shredded kale, spinach and arugula, asparagus, cucumber, peas, avocado, lemon and olive oil dressing

CREATE YOUR OWN - \$10 (with fresh bread)

SEASONAL GREENS CHOOSE 1	ADD-ONS CHOOSE UP TO 4	
arugula	apples	feta
baby kale	asparagus	golden raisins
chopped romaine	beets	goat cheese
mixed greens	bell peppers	hard-boiled egg
spinach	bleu cheese	parmesan cheese
	butternut squash	peas
	carrots	peppadew peppers
	chickpeas	portobello
	croûtons	quinoa
	cucumbers	red onions
	dried cranberries	sunflower seeds
	edamame	tomatoes
	farro	walnuts

DRESSINGS

apple cider
caesar
herb vinaigrette
italian parmesan
lemon & olive oil
maple balsamic

PROTEIN ADD-ONS - 4oz.

avocado - market price
bacon - **add \$3**
*blackened chicken - **add \$5**
*chicken salad - **add \$3**
*egg salad - **add \$3**
*grilled chicken - **add \$4**
*grilled salmon - **add \$6**
*grilled shrimp - **add \$6**
smoked salmon - **add \$4**
*steak tips - **add \$6**
tuna salad - **add \$3**

SOUPS AND SIDES

DAILY HOMEMADE SOUPS (with fresh bread)

CUP \$4 • BOWL \$6 • QUART \$10

FRIES - \$3

SEASONED OR SWEET POTATO

KIDS MENU - \$6

CHEESE QUESADILLA	MAC N' CHEESE
*CHICKEN FINGERS	PEANUT BUTTER & JELLY
GRILLED CHEESE	
choice of: french fries, fresh bread, fruit cup or vegetables	



BREAKFAST • LUNCH • DINNER
PREPARED MEALS • CATERING
COFFEE & TEA • BEER & WINE
BAKERY SWEETS



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CHECK IN-STORE AND ONLINE FOR
FOR DAILY SPECIALS & HOURS

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