Breakfast

Breakfast served until 11:30

Organic, Pasture Raised Egg Breakfast. Any style with breakfast potatoes or fresh fruit and toast.

One egg 4.75 Two eggs 5.75

Organic, Pasture Raised Egg Breakfast with Meat. Two eggs any style with breakfast potatoes or fresh fruit, and toast. Choose hickory-smoked bacon, turkey sausage, slow-roasted chicken or smoked tofu. 7.75

Breakfast Sandwiches, Burritos & Omelettes

Add roasted potatoes, sweet potatoes or fruit salad to any breakfast entrée. 1.50
Breads: Country French, multigrain, marble rye, English muffin. Ezekiel sprouted grain, gluten-free bread, grilled brioche roll or bagel. Add 1.00

Egg & Cheese. Egg, cheese, on an English muffin. 3.00

Average Joe. Egg, cheese, hickory-smoked bacon, turkey sausage or tomato on an English muffin. 3.95

Moonstruck. Egg, roasted peppers and onions, tomato and goat cheese on a grilled brioche roll. 5.75

Breakfast BLT. Egg, hickory-smoked bacon, leaf lettuce, tomato, avocado, sriracha aioli, toast. 6.25

Breakfast Burrito. Organic scrambled eggs, your choice of meat or peppers and onions, cheddar cheese and chipotle ranch in a wheat tortilla with salsa and sour cream. 6.95

Green Burrito. Organic scrambled eggs, broccoli, spinach, avocado, slow-roasted chicken or smoked tofu and salsa in a spinach tortilla. 7.95

Avocado Melt. Avocado, fresh-squeezed organic lemon juice, virgin olive oil, cracked peppercorns and organic micro-greens. Served opened-face on toasted sprouted grain bread. 6.95 / 4.25 half

Omelettes

Three organic egg omelet. 9.50
Five organic egg-white omelet. 10.50
Choose 4 items, 1 of which can be a protein, and Toast

Proteins: Hickory-smoked bacon, turkey sausage, slow-roasted chicken, smoked tofu.

Cheeses: White cheddar, swiss, american, goat cheese, feta.

The Rest: Spinach, mushrooms, tomatoes, broccoli, red onions, green peppers, avocado, salsa.

We take pride in supporting our local community. We use locally grown, organic or organic practice, vegetables & fruit where applicable.
**Salads**

*All salad dressings are housemade*

<table>
<thead>
<tr>
<th>Salad</th>
<th>Ingredients</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Napa Valley.</strong></td>
<td>Our greens, sliced pears, mission figs, toasted almonds, goat cheese, farro, and red onion. Served with white balsamic vinaigrette.</td>
<td>9.25</td>
</tr>
<tr>
<td><strong>Grilled Salad.</strong></td>
<td>Local greens, grape tomatoes, grilled eggplant, assorted peppers, mushrooms, red onion, kalamata olives and feta cheese with red wine vinaigrette.</td>
<td>9.25</td>
</tr>
<tr>
<td><strong>Mayan Sun Bowl.</strong></td>
<td>Mixed greens, organic quinoa, chipotle-stewed black beans, avocado, roasted sweet potatoes, peppers and onions, cilantro, and a lime wedge.</td>
<td>10.95</td>
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<tr>
<td><strong>Marché.</strong></td>
<td>Local greens, seasonal vegetables, and chick peas with your choice of sesame ginger dressing, ranch, chipotle ranch, white balsamic or red wine vinaigrette.</td>
<td>7.25</td>
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</tbody>
</table>

**Add to your salad:**
- Grilled chicken 4.00
- Smoked tofu 4.00
- Black bean burger 4.00

Local pasture-raised 6oz. hamburger patty 5.00
- Grilled 4 oz. filet of salmon 5.00
- Quinoa or farro 2.00

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**Quesadillas**

*Served with house-made salsa and sour cream*

<table>
<thead>
<tr>
<th>Quesadilla</th>
<th>Ingredients</th>
<th>Price</th>
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<tbody>
<tr>
<td><strong>Cheddar Cheese.</strong></td>
<td></td>
<td>6.95</td>
</tr>
<tr>
<td><strong>Chicken and Cheese.</strong></td>
<td></td>
<td>8.25</td>
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<tr>
<td><strong>Bon Works.</strong></td>
<td>Slow-roasted chicken, cheddar cheese, spinach and sriracha aioli.</td>
<td>9.25</td>
</tr>
<tr>
<td><strong>Vegetarian.</strong></td>
<td>Broccoli, spinach, peppers, onions, cheddar cheese.</td>
<td>8.25</td>
</tr>
<tr>
<td><strong>Buffalo Chicken.</strong></td>
<td>Slow-roasted chicken, Buffalo sauce, tomato, cheddar, and blue cheese.</td>
<td>9.25</td>
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</tbody>
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**Midtown Plate**

*Your choice of protein and a side. Served with broccoli or a side salad.*

<table>
<thead>
<tr>
<th>Protein</th>
<th>Side</th>
<th>Single breast 9.95</th>
<th>Two breasts 12.95</th>
<th>Single 4 oz. fillet 11.95</th>
<th>Two 4 oz. fillets 15.95</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Marinated grilled chicken breast.</em></td>
<td>Brown rice</td>
<td></td>
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<tr>
<td><em>Grilled Salmon.</em></td>
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**Sides:** Brown rice, farro, quinoa, roasted sweet potatoes, roasted red potatoes.

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**Sandwiches, Wraps, and Burgers**

*Served with choice of house made chips, fruit salad or side salad*

**Marché Deli.** 8.25 / 5.50 half • **Grilled Melt.** 8.95 / 5.75 half topped with cheese, tomato, lettuce, and red onions.

*Choose from*

**Proteins:** Sliced turkey breast, slow-roasted chicken, hickory-smoked bacon, Albacore tuna salad, smoked tofu.

**Breads:** Country french, multi-grain, marble rye bread. For Gluten-free bread. **Add 1.00**

**Wraps:** Whole wheat, spinach, jalapeño wrap.

**Cheeses:** White cheddar, Swiss, American, goat cheese, blue cheese, feta.

**Town Royal.** Freshly roasted turkey, avocado, white cheddar, sriracha aioli, lettuce and tomato on toasted multigrain bread. 8.95 / 5.75 half

**ROC Tuna.** Albacore tuna, spinach, shredded carrots, apple, sunflower seeds, alfalfa sprouts, honey dijon on multigrain bread. 9.25 / 5.95 half

**Midtown Springroll.** Herbed goat cheese spread, leaf lettuce, spinach, cucumber, shredded carrots, avocado, micro-greens on a whole wheat wrap. 8.25

**Buffalo Wrap.** Marinated and grilled chicken breast, sharp cheddar, blue cheese, our buffalo sauce, spinach, tomato and red onion on a jalapeño wrap. 9.25

**The Caesar Wrap.** Slow-roasted chicken or smoked tofu, grana padano cheese, mixed greens, tomatoes, cucumber, red onion and greek yogurt caesar dressing in a whole wheat wrap. 9.25

**Sesame Salmon Wrap.** Grilled salmon, spinach, napa cabbage, shredded carrots, dried cranberries, apples & sesame ginger dressing on a whole grain wrap. 10.25

**Salmon BLT.** Blackened salmon, hickory-smoked bacon, lettuce, tomato and ranch mayo on a grilled brioche roll. 11.25

**Local Pasture-Raised Burger • Grilled Chicken Sandwich • Black Bean Burger**

On a freshly baked brioche roll with lettuce, tomato, and red onion. 9.95

*Add:* white cheddar, swiss, american, goat cheese, feta, blue cheese, avocado, or hickory-smoked bacon. 1.00