

# 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.**



# Marché

## Salads

All salad dressings are housemade

**Napa Valley.** Our greens, sliced pears, mission figs, toasted almonds, goat cheese, farro, and red onion. Served with white balsamic vinaigrette. **9.25**

**Grilled Salad.** Local greens, grape tomatoes, grilled eggplant, assorted peppers, mushrooms, red onion, kalamata olives and feta cheese with red wine vinaigrette. **9.25**

**Mayan Sun Bowl.** Mixed greens, organic quinoa, chipotle-stewed black beans, avocado, roasted sweet potatoes, peppers and onions, cilantro, and a lime wedge. **10.95**

**Marché.** Local greens, seasonal vegetables, and chick peas with your choice of sesame ginger dressing, ranch, chipotle ranch, white balsamic or red wine vinaigrette. **7.25**

**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**

## Quesadillas

Served with house-made salsa and sour cream

**Cheddar Cheese.** **6.95**

**Chicken and Cheese.** **8.25**

**Bon Works.** Slow-roasted chicken, cheddar cheese, spinach and sriracha aioli. **9.25**

**Vegetarian.** Broccoli, spinach, peppers, onions, cheddar cheese. **8.25**

**Buffalo Chicken.** Slow-roasted chicken, Buffalo sauce, tomato, cheddar, and blue cheese. **9.25**

## Midtown Plate

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

**Protein:** Marinated grilled chicken breast. **Single breast 9.95 Two breasts 12.95**

Grilled Salmon. **Single 4 oz. fillet 11.95 Two 4 oz. fillets 15.95**

**Sides:** Brown rice, farro, quinoa, roasted sweet potatoes, roasted red potatoes.

## 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**