

BREAKFAST

<b>SEASONAL FRITTATA</b> AVAILABLE DAILY    [VEG] [GF]	<b>8.50</b>
broccoli, red peppers, onions, cheddar, parsley	
<b>TAHINI OVERNIGHT OATS</b> AVAILABLE DAILY	<b>8.00</b>
[V] [GF] [SESAME] oats, tahini, chia seeds, coconut milk, oat milk, maple syrup, vanilla extract, maldon + seasonal fruit	
<b>YOGURT + FRUIT PARFAIT</b> AVAILABLE DAILY    [VEG] [GF] [NUTS]	<b>8.00</b>
ithaca full fat plain yogurt + seasonal fruit compote topped with poppy's granola	
AVAILABLE: TUES + THURS 8AM - 11AM BREAKFAST BURRITOS ON WEDNESDAYS AVAILABLE: FRI - SUN 8AM - 1:30PM	
<b>EGG SANDWICH</b> [VEG]	<b>12.00</b>
scrambled eggs, cooper's american cheese, chili aioli + arugula on your choice of portuguese muffin or housemade biscuit [add sausage +2.50] [add bacon +3.50]	
<b>LIL CHICK</b> [VEG]	<b>10.00</b>
scrambled eggs + cooper's american cheese on your choice of portuguese muffin or housemade biscuit [add sausage +2.50] [add bacon +3.50]	
<b>BREAKFAST WRAP</b> [VEG] [SESAME]	<b>12.00</b>
scrambled eggs, cooked garlicky greens, pickled red onions, feta + tahini sauce on a lavash wrap	
[GF]    GLUTEN FREE [VEG]    VEGETARIAN [V]    VEGAN [NUTS]    HAS NUTS	

\* consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

BREADS + PASTRIES

SEE THE COUNTER FOR  
SEASONAL INGREDIENTS

<b>SEASONAL FOCACCIA</b> [VEG]	<b>7.00</b>
heirloom tomatoes, feta, zaatar, parsley, mint, honey	
<b>BUTTERMILK BISCUIT</b>	<b>6.00</b>
add jam [+0.75] add butter [+ 0.75]	
<b>PEACH VANILLA SCONE</b>	<b>6.00</b>
<b>CINNAMON COFFEE MORNING BUN</b>	<b>8.00</b>
<b>HONEY BUTTERMILK CORN MUFFIN</b>	<b>5.25</b>
<b>BLUEBERRY CRUMB MUFFIN</b>	<b>5.25</b>
<b>BANANA BREAD</b> [V]	<b>5.50</b>
<b>LEMON POPPY SEMOLINA LOAF</b>	<b>5.50</b>
<b>SEA SALT CHOCOLATE CHIP COOKIE</b>	<b>4.50</b>
<b>CHOCOLATE TAHINI BROWNIE</b> [GF]	<b>5.50</b>
<b>APRICOT BROWN BUTTER CRUMB BAR</b> [GF] [NUTS]	<b>6.50</b>

CAFE + MARKET · CATERING · EVENT SPACE

LUNCH

AVAILABLE DAILY: 11AM — 3PM

<b>CHICKEN CUTLET SANDWICH *</b>	<b>16.00</b>
chicken cutlet with rosemary aioli, fennel, cabbage + red onion slaw on housemade focaccia	
<b>TURKEY SANDWICH</b>	<b>16.00</b>
house roasted turkey, little gems, grafton cheddar cheese, pickled cucumber + banana peppers, shaved sweet onion + green goddess aioli on housemade focaccia	
<b>ARTICHOKE + MOZZARELLA SANDWICH</b> [VEG] [NUTS]	<b>16.00</b>
marinated grilled artichokes, arugula pesto with almonds + local mozzarella laurel bakery baguette	
<b>SEASONAL GREEN SALAD</b> [VEG] [SESAME]	<b>16.00</b>
little gem, english peas, radishes, mint, farro, sunflower-sesame seed crumble, ricotta salata, lemon thyme vinaigrette	
<b>MARKET BOWL</b> [VEG]	<b>16.00</b>
little gem lettuce, asparagus, cucumbers, scallions, parsley, mint, jammy egg, labneh, Poppy's fermented hot sauce, sumac	
<b>CHICKEN MARKET BOX</b>	<b>20.00</b>
grilled + marinated chicken thighs with stone fruit quinoa + grilled corn salad	

PLUS EVEN MORE PREPARED FOOD IN OUR FRIDGE!