

BREAKFAST

SEASONAL FRITTATA AVAILABLE DAILY [VEG] [GF]	8.50
sweet potato, onion, kale, goat cheese, chives	
TAHINI OVERNIGHT OATS AVAILABLE DAILY [V] [GF] [SESAME]	8.00
oats, tahini, chia seeds, coconut milk, oat milk, maple syrup, vanilla extract, maldon + seasonal fruit	
YOGURT + FRUIT PARFAIT AVAILABLE DAILY [VEG] [GF] [NUTS]	8.00
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	
EGG SANDWICH [VEG] *UNAVAILABLE WEDS	12.00
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]	
LIL CHICK [VEG] *UNAVAILABLE WEDS	10.00
scrambled eggs + cooper's american cheese on your choice of portuguese muffin or housemade biscuit [add sausage +2.50] [add bacon +3.50]	
BREAKFAST WRAP [VEG] [SESAME] *UNAVAILABLE WEDS	12.00
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

SEASONAL FOCACCIA [VEG]	7.00
purple potatoes, yukon gold potatoes, onions, cheddar, rosemary	
BUTTERMILK BISCUIT	6.00
add jam [+0.75] add butter [+ 0.75]	
PLUM VANILLA SCONE	6.00
CHOCOLATE ORANGE MORNING BUN	8.00
HONEY BUTTERMILK CORN MUFFIN	5.25
APPLE + OATS MUFFIN [GF] [SESAME]	5.25
BANANA BREAD [V]	5.50
LEMON POPPY SEMOLINA LOAF	5.50
SEA SALT CHOCOLATE CHIP COOKIE	4.50
APPLE CIDER BUNDT CAKE	6.00
CHOCOLATE TAHINI BROWNIE [GF]	5.50
SWEET SQUASH BROWN BUTTER CRUMB BAR [GF] [NUTS]	6.50

CAFE + MARKET · CATERING · EVENT SPACE

LUNCH

AVAILABLE DAILY: 11AM — 3PM

CHICKEN CUTLET SANDWICH*	16.00
chicken cutlet with rosemary aioli, fennel, cabbage + red onion slaw on housemade focaccia	
TURKEY SANDWICH	16.00
house roasted turkey, little gems, grafton cheddar cheese, pickled cucumber + banana peppers, shaved sweet onion + green goddess aioli on housemade focaccia	
ARTICHOKE + MOZZARELLA SANDWICH [VEG] [NUTS]	16.00
marinated grilled artichokes, arugula pesto with almonds + local mozzarella laurel bakery baguette	
SEASONAL GREEN SALAD [VEG] [SESAME]	16.00
little gem, english peas, radishes, mint, farro, sunflower-sesame seed crumble, ricotta salata, lemon thyme vinaigrette	
MARKET BOWL [VEG]	16.00
lentils, cherry tomatoes, cucumbers, red peppers, red onions, mint, scallions, parsley, labneh, sumac vinaigrette	
CHICKEN MARKET BOX [NUTS]	20.00
grilled + marinated chicken thighs with couscous + badger flame beets	

PLUS EVEN MORE PREPARED FOOD IN OUR FRIDGE!