

BREAKFAST

SEASONAL FRITTATA	AVAILABLE DAILY [VEG] [GF]	8.50
broccoli, red peppers, onions, cheddar, parsley		
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 MON + 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 MON + 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 MON + 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] [NUTS]	7.00
sweet peppers, feta, pine nuts, honey, parsley		
BUTTERMILK BISCUIT		6.00
add jam [+0.75] add butter [+ 0.75]		
PEACH VANILLA SCONE		6.00
CINNAMON COFFEE MORNING BUN		8.00
HONEY BUTTERMILK CORN MUFFIN		5.25
ZUCCHINI MUFFIN	[GF] [SESAME]	5.25
BANANA BREAD	[V]	5.50
LEMON POPPY SEMOLINA LOAF		5.50
SEA SALT CHOCOLATE CHIP COOKIE		4.50
PLUM + LIME ALMOND CAKE	[NUTS]	5.00
CHOCOLATE TAHINI BROWNIE	[GF]	5.50
APRICOT 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
little gem lettuce, asparagus, cucumbers, scallions, parsley, mint, jammy egg, labneh, Poppy's fermented hot sauce, sumac	
CHICKEN MARKET BOX	[NUTS] 20.00
grilled + marinated chicken thighs with orecchiette + charred green beans	

PLUS EVEN MORE PREPARED FOOD IN OUR FRIDGE!