

## BREAKFAST

**SEASONAL FRITTATA** AVAILABLE DAILY [VEG] [GF] **8.50**

zucchini, kale, onions, jalapeño, scallions, cheddar

**PB + J OVERNIGHT OATS** AVAILABLE DAILY [V] [GF] [NUTS] **8.00**

oats, peanut butter, chia seeds, oat milk, maple syrup, vanilla, maldon, peanuts, cacao nibs + seasonal jam

**YOGURT + FRUIT PARFAIT** AVAILABLE DAILY [VEG] [GF] [NUTS] **8.00**

ithaca full fat plain yogurt + seasonal fruit compote topped with poppy's granola

AVAILABLE THURSDAY - SUNDAY 8AM - 1:30PM OR SOLD OUT

**EGG SANDWICH** [VEG] **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] **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] **12.00**

scrambled eggs, cooked garlicky greens, pickled red onions, feta + tahini sauce on a lavash wrap [add sausage +2.50] [add bacon +3.50]

MAKE IT A BOWL [GF]

[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**

kale, fontina, tomatoes, harissa honey, parsley

**BUTTERMILK BISCUIT** **6.00**

add jam [+0.75] add butter [+ 0.75]

**RHUBARB SCONE** **6.00**

**FIG LEAF + CARDAMOM MORNING BUN** **8.00**

**HONEY BUTTERMILK CORN MUFFIN** **5.25**

**STRAWBERRY CREME FRAICHE CAKE** **5.00**

**CARROT PISTACHIO CAKE W/ CREAM CHEESE FROSTING** [GF] [NUTS] **8.50**

**BANANA BREAD** [V] **5.50**

**LEMON POPPY SEMOLINA LOAF** **5.50**

**SEA SALT CHOCOLATE CHIP COOKIE** **4.50**

**CHOCOLATE TAHINI BROWNIE** [GF] **5.50**

**RHUBARB CRUMB BAR** [GF] [NUTS] **6.50**

## 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-sesmae 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 spring orecchettiette + sauteed green beans

PLUS EVEN MORE PREPARED FOOD IN OUR FRIDGE!