

BREAKFAST

SEASONAL FRITTATA AVAILABLE DAILY [VEG] [GF]	8.50
zucchini, potatoes, onions, feta, dill, scallions	
STRAWBERRY OVERNIGHT OATS AVAILABLE DAILY	8.00
[V] [GF] [NUTS] [SESAME] oats, strawberries, oatmilk, chia seeds, sesame seeds, salt, agave, almonds + edible flowers	
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] AVAILABLE TUES + THURS	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] AVAILABLE TUES + THURS	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] AVAILABLE TUES + THURS	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
zucchini, corn, onions, cheddar, scallions, guajillo chile powder	
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
BLUEBERRY CRUMB MUFFIN	5.25
MIXED BERRY YELLOW CAKE	8.00
BANANA BREAD [V]	5.50
LEMON POPPY SEMOLINA LOAF	5.50
SEA SALT CHOCOLATE CHIP COOKIE	4.50
CHOCOLATE TAHINI BROWNIE [GF]	5.50
STRAWBERRY LAVENDER 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 summer orecchiette + grilled corn salad	

PLUS EVEN MORE PREPARED FOOD IN OUR FRIDGE!