

BREAKFAST

AVAILABLE DAILY

SEASONAL FRITTATA AVAILABLE DAILY [VEG] [GF] **8.50**
broccoli, spinach, feta, parsley, scallions, dill, aleppo pepper

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]

[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**
sweet potato, ricotta, caramelized onions, rosemary, parmesan

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**

RHUBARB 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**

LEMON 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] [NUTS] **16.00**
jammy egg with beluga lentils, kale, feta, almonds, garlic, lemon, cumin, shaved rainbow carrots, dill, parsley, mint, olive oil, pea leaves, labneh + zhug (spicy!)

CHICKEN MARKET BOX [NUTS] **20.00**
grilled + marinated chicken thighs with spring orechettiette + sauteed green beans

PLUS EVEN MORE PREPARED FOOD IN OUR FRIDGE!