

BREAKFAST

<b>SEASONAL FRITTATA</b>	AVAILABLE DAILY [VEG] [GF]	<b>8.50</b>
broccoli, red peppers, onions, cheddar, parsley		
<b>TAHINI OVERNIGHT OATS</b>	AVAILABLE DAILY [V] [GF] [SESAME]	<b>8.00</b>
oats, tahini, chia seeds, coconut milk, oat milk, maple syrup, vanilla extract, maldon + seasonal fruit		
<b>YOGURT + FRUIT PARFAIT</b>	AVAILABLE DAILY [VEG] [GF] [NUTS]	<b>8.00</b>
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		
<b>EGG SANDWICH</b>	[VEG] *UNAVAILABLE MON + WEDS	<b>12.00</b>
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]		
<b>LIL CHICK</b>	[VEG] *UNAVAILABLE MON + WEDS	<b>10.00</b>
scrambled eggs + cooper's american cheese on your choice of portuguese muffin or housemade biscuit [add sausage +2.50] [add bacon +3.50]		
<b>BREAKFAST WRAP</b>	[VEG] [SESAME] *UNAVAILABLE MON + WEDS	<b>12.00</b>
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

<b>SEASONAL FOCACCIA</b>	[VEG]	<b>7.00</b>
zucchini, squash blossoms, castelvetrano olives, ricotta, honey, basil, chives		
<b>BUTTERMILK BISCUIT</b>		<b>6.00</b>
add jam [+0.75] add butter [+ 0.75]		
<b>PEACH VANILLA SCONE</b>		<b>6.00</b>
<b>CINNAMON COFFEE MORNING BUN</b>		<b>8.00</b>
<b>HONEY BUTTERMILK CORN MUFFIN</b>		<b>5.25</b>
<b>BLUEBERRY CRUMB MUFFIN</b>		<b>5.25</b>
<b>BANANA BREAD</b>	[V]	<b>5.50</b>
<b>LEMON POPPY SEMOLINA LOAF</b>		<b>5.50</b>
<b>SEA SALT CHOCOLATE CHIP COOKIE</b>		<b>4.50</b>
<b>CHOCOLATE TAHINI BROWNIE</b>	[GF]	<b>5.50</b>
<b>APRICOT BROWN BUTTER CRUMB BAR</b>	[GF] [NUTS]	<b>6.50</b>

CAFE + MARKET · CATERING · EVENT SPACE

LUNCH

AVAILABLE DAILY: 11AM — 3PM

<b>CHICKEN CUTLET SANDWICH*</b>	<b>16.00</b>
chicken cutlet with rosemary aioli, fennel, cabbage + red onion slaw on housemade focaccia	
<b>TURKEY SANDWICH</b>	<b>16.00</b>
house roasted turkey, little gems, grafton cheddar cheese, pickled cucumber + banana peppers, shaved sweet onion + green goddess aioli on housemade focaccia	
<b>ARTICHOKE + MOZZARELLA SANDWICH</b>	[VEG] [NUTS] <b>16.00</b>
marinated grilled artichokes, arugula pesto with almonds + local mozzarella laurel bakery baguette	
<b>SEASONAL GREEN SALAD</b>	[VEG] [SESAME] <b>16.00</b>
little gem, english peas, radishes, mint, farro, sunflower-sesame seed crumble, ricotta salata, lemon thyme vinaigrette	
<b>MARKET BOWL</b>	[VEG] <b>16.00</b>
little gem lettuce, asparagus, cucumbers, scallions, parsley, mint, jammy egg, labneh, Poppy's fermented hot sauce, sumac	
<b>CHICKEN MARKET BOX</b>	<b>20.00</b>
grilled + marinated chicken thighs with stone fruit quinoa + grilled corn salad	

PLUS EVEN MORE PREPARED FOOD IN OUR FRIDGE!