

BREAKFAST

SEASONAL FRITTATA AVAILABLE DAILY [VEG] [GF]	8.50
zucchini, kale, onions, jalapeño, scallions, cheddar	
STRAWBERRY OVERNIGHT OATS AVAILABLE DAILY [V] [GF] [NUTS] [SESAME]	8.00
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 TUESDAY + THURSDAY 8AM - 11AM AVAILALABLE FRIDAY - 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	

[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
broccoli, green garlic, ricotta, dill, mint, aleppo pepper, lemon zest	
BUTTERMILK BISCUIT	6.00
add jam [+0.75] add butter [+ 0.75]	
RHUBARB SCONE	6.00
CINNAMON COFFEE MORNING BUN	8.00
HONEY BUTTERMILK CORN MUFFIN	5.25
BLUEBERRY CRUMB MUFFIN	5.25
STRAWBERRY OLIVE OIL CAKE	8.00
LEMON POPPY SEMOLINA LOAF	5.50
SEA SALT CHOCOLATE CHIP COOKIE	4.50
BANANA BREAD [V]	5.50
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 spring orechchettiette + sauteed green beans	

PLUS EVEN MORE PREPARED FOOD IN OUR FRIDGE!