

# Local Market & Cafe

Fresh, delicious and creative cuisine!

- Cranberry Walnut Chicken Salad - \$11.95 lb
- Wild Rice Edamame Salad - \$9.95 lb
- Kale, Medjool Date, Almond & Parmesan Salad - \$12.95 lb
- Spicy Oven-Roasted Cauliflower - \$11.95 lb
- Ginger Beet Salad - \$9.95 lb
- Asparagus, Buttered Almonds, Capers & Dill - \$11.95 lb
- Ginger & Go-En Miso Udon Noodle Salad - \$9.95 lb
- Roasted Garlic Broccolini- \$11.95 lb
- Minted Sweet Potato Couscous - \$9.95 lb
- Orange Almond Quinoa Salad- \$12.95 lb
- Jamaican Beef Hand Pies - \$6.50 ea
- Italian Tuna Salad - \$10.95 lb
- Quiche - \$5.95 slice
- Herb Crusted Chicken Breasts with Sauce of the Day - \$13.95 lb
- Salmon Filets with Sauce of the Day - market price
- Marinated Steak with Sauce of the Day - market price

**The "Lunch Box" - enjoy three salads of your choice - \$9.95**

## **Sandwiches on Standard Baking Co. Bread**

(1/2 sandwiches \$4.95)

- #1 Turkey, Bacon, Swiss, Chipotle Mayo, Tomato, Greens on Whole Wheat Bread - \$8.50
- #2 Cranberry Walnut Chicken Salad, Greens on Whole Wheat Bread - \$8.50
- #10 Ham, Brie, Fig Confit, Greens on Baguette - \$8.50
- #24 Veggie Cobb, Avocado, Egg, Blue Cheese Mayo, Tomato, Greens on Focaccia - \$7.95
- #42 Smoked Tempeh, Fabanise, Tomato, Greens on Toasted Whole Wheat Bread - \$7.95
- #44 Roast Beef, Boursin, Roasted Rosemary Tomato, Sautéed Red Onion, Greens on Focaccia - \$8.50
- #45 House Made Cumin Hummus, Pomegranate Molasses, Cucumber, Carrot, Tomato, Red Onion, Greens on a Spinach Wrap - \$7.95
- #48 Chicken or Tofu Banh Mi, Pickled Daikon Radish, Carrot, Onion, Jalapeno, Roasted Garlic Mayo on Baguette - Chicken \$8.95 or Tofu \$7.95
- #52 Falafel, Garlic Achaar, Sliced Gruyere, Cucumbers, Greens on a Spinach Wrap - \$8.95

## **Sandwiches For the Tinies:**

- Grilled Pineland Cheddar Cheese, Sliced Apple on Whole Wheat Bread - \$5.95
- Peanut Butter, Maine Strawberry Jam on Whole Wheat Bread - \$4.95

**Sandwich Platters - \$75 (serves 15)**

## **Green Salads**

- Chicken Cobb Salad - \$8.95
- Cranberry Walnut Chicken Salad - \$8.50
- Tofu Bahn Mi Salad - \$7.95
- Italian Tuna Salad - \$8.50
- Chef Salad - \$8.95
- Cranberry Chèvre Salad - \$7.95
- Chicken Caesar Salad - \$8.95
- Garden Salad - \$7.95
- Chicken Bahn Mi Salad - \$8.95

## **Soups**

12 oz - \$3.95, 16 oz - \$5.75 , 32 oz \$10.50

## **Sweet Treats**

- Carrot Cake w/Cream Cheese Frosting - \$3.95
- Ginger, Chocolate Chip, Heathbar Cookies, Oatmeal Flourless Cookie - \$1.95
- Franzi's Sea Salt Caramel Brownies - \$2.95

**Sweet Treat Platters - \$24 (serves 15)**

**148 Maine Street Brunswick, ME 04011 p. 207-729-1328**

**Monday - Saturday 9:30-6 Sunday 9:30-5**