

# MERCADO

## CAFE & KITCHEN

### SALADS

#### Edamame Crunch 15

Farm greens, arugula, grilled salmon, roasted carrots, pickled cucumber, edamame, roasted cashew, pomegranate seeds, avocado salsa verde

#### Harvest 14

Farm greens, shredded kale, free-bird grilled chicken, red cabbage, roasted sweet potato, grape tomatoes, apples, spicy pumpkin seeds, goat cheese, wholegrain mustard vinaigrette

#### Kale Caesar 13

Shredded kale, chopped romaine, free-bird grilled chicken, shaved parmesan, crispy chickpeas, caesar dressing

#### Mercado Fish Taco 15

Arugula, puffed quinoa, grilled salmon, shredded red cabbage, pickled red onion, avocado, tortilla chips, spicy cilantro dressing

#### Cobb 14

Chopped romaine, free-bird grilled chicken, grape tomatoes, bacon, soft boiled egg, avocado, crumbled blue cheese, crispy chickpeas, buttermilk peppercorn ranch

#### Mercado House Salad 9

Farm greens, shredded red cabbage, grape tomatoes, pickled carrot, cucumber, balsamic vinaigrette

### WARM GRAIN BOWLS

#### Mercado Grain Bowl 14

Free-bird charred chicken thighs, brown rice, spinach, butternut squash, pickled cucumber, apple cider brussel sprouts

#### Harvest Grain Bowl 14

Free-bird grilled chicken, brown rice, shredded kale, roasted sweet potato, goat cheese, beets, pickled onion, crispy chickpeas

#### Salmon Grain Bowl 15

Grilled salmon, warm quinoa, spinach, charred broccoli, avocado, carrot and daikon pickled relish

#### Garden Grain Bowl 13

Warm quinoa, spinach, grape tomatoes, roasted carrots, roasted cauliflower, avocado, salted marcona almonds

#### Sauce options

Avocado salsa verde

Sweet chilli aioli

Turmeric & black pepper yogurt

Wholegrain mustard vinaigrette

Chipotle aioli

Hummus

Our Free-bird chicken is humanely raised, never given antibiotics, free of growth hormones, and vegetarian fed

## SIGNATURE SANDWICHES

<b>Grilled Linguça Sausage</b>	12	<b>Tarragon Walnut</b>	12
Charred broccolini pesto, lioni mozzarella, extra virgin olive oil, portuguese bread		Tarragon walnut chicken salad, arugula, tomato, multigrain	
<b>Serrano Pan con Tomate</b>	13	<b>Mozzarella and Prosciutto</b>	12
Spanish serrano ham, manchego, garlic infused tomato pulp, fig spread, arugula, ciabatta		roasted red peppers, broccoli rabe, balsamic vinaigrette, baguette	
<b>Chicken Fry</b>	11	<b>Smoked Turkey and Havarti</b>	9
Free-bird buttermilk fried chicken, house slaw, garlic aioli, portuguese bread		Honey mustard, lettuce, tomato, peasant bread	
<b>Garden Sandwich - V</b>	11	<b>Black Forest Ham and Brie</b>	9
Balsamic grilled vegetables, arugula, oven roasted tomato, herb goat cheese, portuguese bread. <i>Pressed</i>		Honey mustard, lettuce, tomato, baguette	
<b>Albacore</b>	12	<b>Roast Beef and Havarti</b>	10
Albacore tuna salad, baby arugula, avocado, pickled onion, multigrain		Herb mayo, lettuce, tomato, peasant bread	
<b>BLTA</b>	11	<b>Blackened Chicken</b>	12
Bacon, lettuce, tomato, avocado, aioli, sour dough		Blackened chicken salad, arugula, tomato, ciabatta	
<b>Mercado Burger</b>	14	<b>Roast Beef and Gouda</b>	11
House blend burger, aged cheddar, pickled onions, baby arugula, aioli, portuguese bread. Served with house fries		Tomato, red onion, pickle, arugula, horseradish mayo, rye	
		<b>Smoked Turkey and Goat</b>	12
		Smoked turkey, goat cheese, arugula, oven roasted tomatoes, herb mayo, multigrain	

## GRILL PRESSED SANDWICHES

### Mercado Cubano 11

Roast pork, ham, pepper jack, pickles, russian dressing, baguette

### Chicken and Chorizo Panini 14

Free-bird grilled chicken, provolone, spanish chorizo, avocado, chipotle mayo, ciabatta

### Smoked Turkey Panini 10

Smoked turkey, brie, sliced apple, honey mustard, multigrain

### Chicken and Broccoli Rabe Panini 14

Free-bird grilled chicken, provolone, bacon, broccoli rabe, avocado, chipotle mayo, ciabatta

### Reuben 10

Corned beef, swiss, house cabbage slaw, brown mustard, rye

### Chicken Panini 12

Free-bird grilled chicken, fresh mozzarella, roasted red peppers, pesto, ciabatta

### Tuna Melt 12

Albacore tuna salad, manchego, tomato, pickled onion, rye

### Avocado Dream - V 10

Grilled vegetables, avocado, provolone, tomato, pesto, multigrain

## WRAPS

### Choice of whole wheat, sun dried tomato, spinach wrap (gluten free wrap +1.5) 10

### Turkey Club 10

Smoked turkey, cheddar, bacon, lettuce, tomato, herb mayo

### Chicken Caesar 12

Free-bird grilled chicken, romaine, bacon, tomato, shaved parmesan, caesar dressing

### Grilled Salmon 14

Grilled salmon, cucumber, pickled carrot, arugula, avocado, dill sauce

### Garden Wrap - V 10

Grilled vegetables, havarti cheese, avocado, sun dried tomatoes, arugula, hummus

## Sides

French Fries 5

Potato Salad 5

Seasonal fruits and berries 5

Housemade slaw 4

Pickle 2

## BREAKFAST / BRUNCH

### Mercado Breakfast Sandwich 9

Farm fresh fried egg, bacon, tomato jam, baby arugula, aged cheddar, portuguese bread

### Egg White Frittata Sandwich 9

Oven roasted tomatoes, roasted shallots, chives, spinach, avocado aioli, whole wheat english muffin

### Salsa Wrap 8

Farm fresh eggs, pepper jack, bacon, salsa fresca, scallions, choice of wrap

### Sweet Potato Hash Burrito 10

Farm fresh eggs, sweet potato hash, arugula, goat cheese. Add linguica +2

### Avocado Toast 10

Mashed avocado, cherry tomato, piment d'espelette, cilantro, extra virgin olive oil, lemon juice, sea salt, sour dough. Add poached egg +3

### Farmer's Egg Platter 16

Farm fresh egg any-style, Mercado breakfast potatoes, seasonal green salad, country toast, choice of protein

### Farmer's Garden Omelet 13

Grilled seasonal vegetables, chives, goat cheese, Mercado breakfast potatoes, seasonal green salad, toast

### Mercado Omelet 14

Spinach, roasted shallots, linguica sausage, queijo fresco, Mercado breakfast potatoes, seasonal green salad, toast

### Breakfast Bowl 12

Farro, kale, butternut squash, pickled red onion, pumpkin seeds, charred avocado, fresh lemon, poached egg

### Homestyle Oatmeal 6

Served with fresh berries and toasted nuts

### Buttermilk Pancakes 12

Apple cinnamon butter, fresh berries

### Breakfast Sides +5

- Bacon
- Sausage
- Turkey bacon
- Mercado breakfast potatoes
- Seasonal green salad
- Seasonal fruit & berries
- Toast +3.5
- Extra egg +1.5