

MERCADO

CAFE & KITCHEN

SALADS

Edamame Crunch GF, N

Farm greens, arugula, grilled salmon, roasted carrots, pickled cucumber, edamame, roasted cashews, pomegranate seeds, avocado salsa verde 15

Harvest Salad GF, D

Farm greens, shredded kale, grilled chicken, red cabbage, roasted sweet potato, grape tomatoes, sliced apples, spicy pumpkin seeds, goat cheese, wholegrain mustard vinaigrette 15

Kale Caesar GF, D

Shredded kale, chopped romaine, grilled chicken, shaved parmesan, crispy chickpeas, caesar dressing 14

Mercado Fish Taco GF

Arugula, puffed quinoa, grilled salmon, shredded red cabbage, pickled red onion, avocado, tortilla chips, spicy cilantro dressing 15

Cobb GF, D

Chopped romaine, grilled chicken, grape tomatoes, bacon, soft boiled egg, avocado, crumbled blue cheese, crispy chickpeas, buttermilk peppercorn ranch 15

Mercado House Salad V, GF

Farm greens, shredded red cabbage, grape tomatoes, pickled carrots, cucumber, balsamic vinaigrette 9

WARM GRAIN BOWLS

Mercado Grain Bowl S, H

Charred chicken thighs, brown rice, spinach, butternut squash, pickled cucumber, apple cider brussels sprouts 14

Harvest Grain Bowl GF, D

Grilled chicken, brown rice, shredded kale, roasted sweet potato, goat cheese, beets, pickled onion, crispy chickpeas 14

Salmon Grain Bowl GF

Grilled salmon, warm quinoa, spinach, charred broccoli, avocado, carrot and daikon pickled relish 15

Garden Grain Bowl V, N

Warm quinoa, spinach, grape tomatoes, roasted carrots, roasted cauliflower, avocado, salted marcona almonds 13

Sauce options (all our sauces are gluten free)

Avocado salsa verde V

Sweet chilli aioli VG

Turmeric & black pepper yogurt D, VG

Wholegrain mustard vinaigrette VG

Chipotle aioli VG

Hummus V

Balsamic vinaigrette V

VEGAN (V) | VEGETARIAN (VG) | GLUTEN FREE (GF)

CONTAINS NUTS (N) | CONTAINS SESAME (SE)

CONTAINS SOY (S) | CONTAINS DAIRY (D) | CONTAINS HONEY (H)

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

SIGNATURE SANDWICHES

Grilled Linguça Sausage ▷

Grilled Linguça sausage, charred broccolini pesto, lioni mozzarella, extra virgin olive oil, portuguese bread 12

Serrano Pan con Tomate ▷

Spanish serrano ham, manchego, garlic infused tomato pulp, fig spread, arugula, ciabatta 13

Chicken Fry ▷

Buttermilk fried chicken, house slaw, garlic aioli, portuguese bread 12

Mercado Burger ▷

House blend burger, aged cheddar, pickled onions, baby arugula, garlic aioli, portuguese bread. Served with house fries 15

Albacore

Albacore tuna salad, baby arugula, avocado, pickled onion, multigrain 12

BLTA

Bacon, lettuce, tomato, avocado, garlic aioli, sourdough 12

Tarragon Walnut ▷

Tarragon walnut chicken salad, arugula, tomato, multigrain 12

Mozzarella and Prosciutto ▷

Roasted red peppers, broccoli rabe, balsamic vinaigrette, baguette 14

Smoked Turkey and Havarti ▷

Honey mustard, lettuce, tomato, peasant bread 10

Black Forest Ham and Brie ▷

Honey mustard, lettuce, tomato, baguette 10

Roast Beef and Havarti ▷

Herb mayo, lettuce, tomato, peasant bread 12

Blackened Chicken ▷

Blackened chicken salad, arugula, tomato, ciabatta 12

Roast Beef and Gouda ▷

Tomato, red onion, pickle, arugula, horseradish mayo, rye bread 12

Smoked Turkey and Goat ▷

Smoked turkey, goat cheese, arugula, oven roasted tomatoes, herb mayo, multigrain 13

WRAPS

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

Turkey Club ▷

Smoked turkey, cheddar, bacon, lettuce, tomato, herb mayo 12

Chicken Caesar ▷

Grilled chicken, romaine, bacon, tomato, shaved parmesan, caesar dressing 14

Grilled Salmon ▷

Grilled salmon, cucumber, pickled carrot, arugula, avocado, dill sauce 15

GRILL PRESSED SANDWICHES

Mercado Cubano D

Roast pork, ham, pepper jack, pickles, russian dressing, baguette 12

Chicken and Chorizo Panini D

Grilled chicken, provolone, spanish chorizo, avocado, chipotle mayo, ciabatta 14

Smoked Turkey Panini D

Smoked turkey, brie, sliced apple, honey mustard, multigrain 12

Chicken and Broccoli Rabe Panini D

Grilled chicken, provolone, bacon, broccoli rabe, avocado, chipotle mayo, ciabatta 14

Mercado Reuben D

Corned beef, swiss, house cabbage slaw, russian dressing, rye 12

Chicken Panini D, N

Grilled chicken, fresh mozzarella, roasted red peppers, pesto, ciabatta 12

Tuna Melt D

Albacore tuna salad, manchego, tomato, pickled onion, rye 12

Sides

French Fries	5
Sweet potato fries	7
Potato Salad	5
Seasonal fruits and berries	5
Housemade slaw	4
Pickle	2.5

PLANT BASED/VEGETARIAN

Srambled Tofu Breakfast Burrito V

Scrambled tofu, spinach, avocado, refried beans, wrap of choice 12

Veggie Burger V, N

House made multigrain-veggie burger, arugula, sliced house pickles, avocado spinach sauce, Portuguese round roll. Served with sweet potato fries 16

Crispy Tofu Banh Mi V

Crispy tofu, pickled carrot-daikon-cucumber, spiced hummus, avocado salsa verde, sweet chili glaze, baguette 14

Avocado Dream VG, D, N

Grilled vegetables, avocado, provolone, tomato, pesto, multigrain. *Pressed* 12

Garden Sandwich VG, D

Balsamic grilled vegetables, arugula, oven roasted tomato, herb goat cheese, portuguese bread.

Pressed 12

Garden Wrap VG, D

Grilled vegetables, havarti cheese, avocado, sun dried tomatoes, arugula, hummus 12

BREAKFAST / BRUNCH

Mercado Breakfast Sandwich **D**

Farm fresh fried egg, bacon, tomato jam, baby arugula, aged cheddar, portuguese bread 10

Egg White Frittata Sandwich **VG, D**

Oven roasted tomatoes, roasted shallots, chives, spinach, avocado aioli, whole wheat english muffin 9

Salsa Wrap **D**

Farm fresh eggs, pepper jack, bacon, salsa fresca, scallions, choice of wrap 9

Sweet Potato Hash Burrito **VG, D**

Scrambled eggs, sweet potato hash, arugula, goat cheese. 10 Add linguica +2

Farmer's Egg Platter

Farm fresh egg any-style, Mercado breakfast potatoes, seasonal green salad, country toast. 12
Add protein +4

Mercado Omelet **D**

Spinach, roasted shallots, linguica sausage, queijo fresco, Mercado breakfast potatoes, seasonal green salad, toast 14

Farmer's Garden Omelet **VG, D**

Grilled seasonal vegetables, chives, goat cheese, Mercado breakfast potatoes, seasonal green salad, toast 14

Huevos Rancheros **D**

Two corn tortillas layered with refried beans, queso fresco, topped with two over easy eggs, warm salsa, avocado, cilantro 14

Mercado Breakfast Bowl **VG**

Farro, kale, butternut squash, pickled red onion, pumpkin seeds, charred avocado, fresh lemon, poached egg 14

Avocado Toast **V**

Mashed avocado, cherry tomato, piment d'espelette, cilantro, extra virgin olive oil, lemon juice, sea salt, sour dough. 10 Add poached egg +3

Berry Brioche French Toast **D**

Four golden pieces of brioche soaked in a custard batter, topped with warm mixed berry compote and sprinkled with powdered sugar 15

Mercado Smoked Salmon Bagel **D**

Dill cream cheese, smoked salmon, cucumber, pickled onion, capers on plain or everything bagel 14

Buttermilk Pancakes **D**

Apple cinnamon butter, fresh berries.
Served with pure, organic maple syrup 12

Homestyle Steelcut Oatmeal **V, GF, N**

Served with fresh berries and toasted nuts 6

Breakfast Sides **+5**

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

973.746.5666

MercadoMontclair.com

605 Valley Road Montclair, NJ 07043