

# CITY MARKET CAFÉ & BAKEHOUSE



## PLANT-BASED MENU

### BREAKFAST

SERVED UNTIL 11AM

#### ANCIENT GRAIN

**POWER OAT BOWL** 6.75

organic grains, rolled oats, fresh berries,  
organic agave nectar, served hot

**TRADITIONAL HOT OATMEAL** 5.75

rolled oats, dried cranberries, brown sugar

**AVOCADO TOAST\*** 7.25

thick cut whole wheat sourdough, sliced avocado,  
fresno pepper infused locally harvested honey

**FRUIT CASHEW QUINOA BOWL\*** 7.25

organic tri-colored quinoa, cinnamon cashew cream,  
fresh seasonal berries

### MARKET BOWLS

ADD GRILLED ORGANIC TOFU or WHOLE SLICED AVOCADO 3.75

**TWO BEAN BROWN RICE BOWL** 8.75

black-eyed peas, black beans, sweet corn, green onion, celery,  
parsley, basmati brown rice, tossed in a sweet garlic vinaigrette

**FAR EAST QUINOA BOWL** 8.95

organic tri-color quinoa, edamame, shredded carrots, cilantro,  
ginger soy vinaigrette

**TOMATO ARTICHOKE & BASIL**

**NOODLE BOWL** 9.25

braised tomato sauce with artichoke and red bell pepper,  
cavatappi noodles, spinach basil pesto

**PORTABELLA & VEGETABLE**

**QUINOA BOWL** 9.25

organic tri-color quinoa, spinach basil pesto, mushrooms,  
roasted red pepper, zucchini, red onion, balsamic glaze

### SANDWICHES & WRAPS

ALL BREADS HAND CRAFTED IN THE CITY MARKET BAKEHOUSE  
SUB MULTIGRAIN WRAP .50

**GRILLED PORTABELLA & VEGGIES** 9.95

roasted mushroom cap, red bell peppers, zucchini, red onion,  
spinach basil pesto, balsamic glaze, grilled francese bread, two-  
bean salad side add cheese 1.25

**SIGNATURE FRESH VEGAN STACK** 7.95

cucumber, alfalfa sprouts, green bell pepper, leaf lettuce,  
tomato, multigrain quinoa bread, housemade cookie or chips

**GRILLED CHILI TOFU WRAP** 9.95

marinated tofu, pickled ginger carrots, shredded brussels  
sprouts, fresh cilantro, cucumbers, sweet chili sauce in a grilled  
multigrain wrap, seasonal fresh fruit

### HOUSEMADE SOUPS

**WHITE BEAN SUMMER CHILI** 5.75

**SOUP & CAFÉ SALAD\* SAMPLER** 8.50

choice of soup, side salad of chopped romaine,  
shredded carrots, garlic croutons,  
choice of housemade dressing

\*café salad is available with soup & salad sampler or create your own half  
sandwich & salad sampler, substitutions are not offered on this salad

**WE'RE SOCIAL**   

### CREATE YOUR OWN VEGAN SANDWICH

served with a housemade cookie or chips  
full sandwich 8.15, sub signature bread 1.00  
half sandwich 5.95, sub signature bread .50

- PICK YOUR BREAD**  
country french white, whole wheat sourdough, french baguette,  
francese, multigrain quinoa, or signature bread
- CHOOSE A PROTEIN**  
avocado, Simple Soyman grilled organic tofu
- EAT YOUR VEGGIES**  
leaf lettuce, tomato, cucumber, sprouts, onion, green bell pepper
- CHOOSE A SPREAD**  
spinach basil pesto, dijon mustard, yellow mustard, sweet chili  
sauce

### CITY MARKET SAMPLER

half create your own sandwich and choice of housemade soup 10.75  
sub signature bread 10.95

or

half create your own sandwich with café salad\* 9.50  
sub signature bread 9.75

\*chopped romaine, shredded carrots, garlic croutons, substitutions are not offered on this salad,  
available only with samplers

### ORGANIC GREENS

ALL DRESSINGS MADE FROM SCRATCH IN OUR KITCHEN  
ADD GRILLED ORGANIC TOFU or WHOLE SLICED AVOCADO 3.75

**VEGAN GREEK SALAD** 12.50

red bell pepper, kalamata olives, red onion, tomato, spring  
greens, red wine vinaigrette

**VEGAN STRAWBERRY SALAD** 9.95

fresh berries, toasted walnuts, spring greens, chopped  
romaine hearts, berry balsamic vinaigrette

**VEGAN COBB SALAD** 12.50

grilled tofu, roma tomato, fresh strawberries, spring greens,  
chopped romaine hearts, avocado, dijon vinaigrette

**VEGAN SANTA FE SALAD** 10.25

avocado, tomato, red onion, red bell pepper, brown rice,  
sweet potato, black beans, chopped romaine hearts, sweet  
jalapeño dressing\*, crisp tortilla confetti

**VEGAN QUINOA SALAD** 10.25

grilled asparagus, caramelized pear, organic tri-colored  
quinoa, toasted hazelnuts, fresh raspberries, spring greens,  
citrus vinaigrette, sweet raisin walnut crostini side

### SIDES

**MARKET TOAST** 1.95

**TWO-BEAN SALAD** 2.75

**WHOLE SLICED AVOCADO** 3.75

**THREE POTATO BLEND** 3.95

**TORTILLA CHIPS, GUAC**

**& SALSA** 7.50

**SIGNATURE TOAST** 2.95

**SEASONAL FRUIT** 2.75

**GRILLED TOFU** 3.75

**FRENCH FRIES** 3.75

\*contains honey