

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* 7.50

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

GRANOLA & OATMILK BOWL* 6.95

housemade granola with creamy oat milk and berries

MARKET BOWLS

ADD GRILLED ORGANIC TOFU or WHOLE SLICED AVOCADO 3.95

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

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 9.75

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 10.50

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

SIGNATURE FRESH VEGAN STACK 8.75

cucumber, alfalfa sprouts, green bell pepper, leaf lettuce, tomato, multigrain quinoa bread, potato chips

GRILLED TOFU WRAP 10.25

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

HOUSEMADE SOUPS

check board for vegan soup options

SEASONAL CHILI 5.95

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

NOW TRY ONLINE ORDERING!

CREATE YOUR OWN VEGAN SANDWICH

served with a chips or upgrade to another vegan side

full sandwich 8.45, sub signature bread 1.00

half sandwich 6.25, 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 10.95

sub signature bread 11.15

or

half create your own sandwich with café salad* 9.75

sub signature bread 9.95

*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 3.95

VEGAN BALSAMIC SALAD 12.50

red bell pepper, kalamata olives, red onion, tomato, spring greens, balsamic 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 8.00

SIGNATURE TOAST 2.95

SEASONAL FRUIT 2.95

GRILLED TOFU 3.75

FRENCH FRIES 4.00

POTATO CHIPS 1.40

*contains honey