

♥ WHOLE HEART CAFÉ

PITA'S WITH SIDE SALAD

♥ ① Build Your Own Pita ... \$8.49

Stuff a fresh baked spelt pita with anything from the salad bar

♥ Market Chicken Gyro ... \$12.49

with salad greens, onions, kalamata olives and tzatziki

♥ Tuscan Turkey ... \$9.49

with lettuce, tomato, artichokes, romano cheese and lemon garlic aioli

♥ ① Neat Freak Pita ... \$10.49

with Neat meat substitute with romaine, tzatziki, kalamata olives, tomato and red onion

♥ Market BLT ... \$9.49

with Piggery cottage bacon, lettuce, tomato and mayo

PANINIS WITH SIDE SALAD

♥ Artichoke Peppercini ... \$10.49

Grilled house made focaccia with peppercini spread, Piggery ham, capicola and provolone cheese

♥ ① Caramelized Onion and Mushroom ... \$8.49

Grilled house made focaccia with 2 Kid Goat Farm garlic and chive goat cheese

♥ ① Roasted Eggplant ... \$8.49

Grilled house made focaccia with olive tapenade and sun dried tomato spread

♥ Turkey Pesto ... \$9.49

Grilled house made focaccia with Piggery smoked turkey, basil pesto, provolone cheese, roasted tomato and roasted peppers

♥ Muffaletta ... \$10.49

Grilled house made focaccia with olive tapenade, Piggery ham, capicola, salami, mozzarella and provolone cheese

♥ Roasted Veggie ... \$8.49 w/chicken \$12.49

Grilled house made focaccia with seasonal roasted veggies, arugula walnut pesto, fresh mozzarella

MARKET SANDWICHES

♥ Market Deli Sandwich ... \$9.49

Breads: Spelt Focaccia, Spelt Pita, Gluten Free Flat Bread, Heidelberg Italian
Meat: Piggery Ham, Capicola, Salami, Tuscan Turkey, Cheeses: Fresh mozzarella, American, Provolone or Cheddar Toppings: Olive Tapenade, Sun Dried Tomato Spread, Artichoke Spread, Mayo, Lemon Garlic Aioli or Mustard and Lettuce, Tomato, Onion

SOUP AND SALADS

♥ Daily Soups ... \$2.99 cup \$5.48 bowl

♥ Fattoush Salad ... \$8.49

Romaine lettuce with cherry tomatoes, red onions, kalamata olives, garbanzo beans, pita croutons with spiced yogurt dressing

♥ Cobb Salad ... \$8.49

Romaine lettuce with bleu crumbles, tomato, bacon, red onions, avocado and egg or *make it vegan*

♥ Chef's Salad ... \$9.49

Mixed greens, ham, turkey, carrots, tomatoes, egg, cheddar cheese

♥ Greek Salad ... \$8.49

Romaine lettuce with kalamata olives, red onions, feta, tomato, cucumber and fresh mint and oregano

♥ Artisan Salads ... \$9.99lb

Build your own salad with over twenty seasonal organic items and house made dressing

♥ Specialty Side Salads ... \$9.99lb

See availability

Pasta, grain and potato *gluten free options always available

♥ Salad Trio ... \$9.99lb

Your choice of three side salads

KIDS

♥ Grilled Cheese ... \$5.49

Made on Heidleburg bread and served with fruit chips

♥ Cheese Pizza ... \$5.49

Made on a pita

♥ Peanut Butter and Jelly ... \$5.49

Made on a pita or Heidelberg and served with fruit chips

BEVERAGES

♥ Local Coffee ... 12 oz \$1.40 16 oz \$1.75 20 oz \$2.00

Recess and Fingerlake Coffee Roasters
Jamaican Me Crazy served daily

♥ Pukka and Choice Teas ... 16oz \$2.00

Ask for flavors available

♥ Fresh Raw Juice ... 8 oz \$4.49 16 oz \$7.99

THE CURE: beet, pear, ginger, turmeric, lemon and orange

SWEET BEET: beet, celery, apple, cucumber and carrot

GREEN GIANT: apple, kale, kiwi, parsley and avocado

LEMON ZINGER: apple, lemon and ginger

THE DETOX: apple, kale, spinach, lemon and celery

RISE AND SHINE: orange, carrot and ginger

♥ Whole Fruit and Veggie Smoothies ... 16 oz \$6.49

PB BANANA: peanut butter, banana, oats, cacao, milk of choice

MIXED BERRY: blueberries, blackberries, strawberries, raspberries, yogurt

IRON HORSE: avocado, ginger, molasses, banana and milk of choice

THE REGULATOR: banana, pear, almond butter, flax seed, kale and milk of choice

CHOCOLATE BOOSTER: banana, cacao nibs, chocolate sauce and choice of milk

MANGO LASSI: mango, honey, cardamon, yogurt and milk of choice

**milk choices upon availability: milk, almond milk, flax milk, coconut milk

**add on Daily Turmeric, Energy Boost, Daily Purify or protein powder

BREAKFAST

♥ Saturday Morning Specials ... prices vary

♥ Market Breakfast Sandwich ... \$5.00

Farm fresh egg, tomato, spinach on a house made scone

♥ Local Yolkel ... \$7.00

2 farm fresh egg, choice of Piggery cottage bacon or sausage, local cheese on toasted Heidelberg bread

♥ Downtown Duo ... \$7.00

2 farm fresh eggs, choice of Piggery cottage bacon or sausage, choice of toast or house made biscuit

♥ North Main Trio ... \$9.00

2 farm fresh eggs, choice of Piggery cottage bacon or sausage, pancakes and choice of toast or house made biscuit

BAKED GOODS

♥ Scones ... \$3.00

Check daily availability

sweet, savory or gluten-free

♥ Baked Goods

Check daily availability

Nut Butter Brownies-\$4.00

Chocolate Banana Muffins-\$3.00

Almond Joy Bars-\$2.50

Vegan Fruit Bars-\$3.00

Raw Paleo Carrot Cake-\$4.00

Gluten-free options always available.