

Salads

Caesar Salad 6.45

Romaine hearts, shaved parmesan and croutons with caesar dressing with chicken add 1.95, with shrimp add 4.95

Apple Walnut Salad 8.45

Romaine hearts, roasted chicken, apples, blue cheese, walnuts, golden raisins and honey balsamic vinaigrette

Garden Salad 6.95

Baby field greens, grape tomatoes, cucumber, shredded carrots, golden raisins and sunflower seeds

Asian Chicken Salad 8.45

Romaine hearts, roasted chicken, shredded carrots, almonds, mandarin oranges, sugar snap peas and wonton crisps with sesame ginger dressing

Chipotle BBQ Chicken Salad 8.45

Romaine hearts, roasted chicken in barbecue sauce, roasted corn, chopped tomatoes, roasted onions, cheddar and tortilla crumbles with chipotle citrus dressing

Tuna Salad 8.95

Baby field greens, tuna salad, avocado, shredded carrots and cucumber with fat free cucumber dill dressing

Signature Salad 8.95

Baby field greens, roasted chicken, goat cheese, almonds, mango, cucumber and dried cranberries with red wine vinaigrette

Chef Salad 8.45

Romaine hearts, bacon, turkey, cheddar, apples, egg and croutons with honey balsamic vinaigrette

Blackened Chicken Salad 8.95

Romaine hearts, blackened chicken, chopped tomatoes, tortilla crumbles, black bean corn salsa, feta, and avocado with citrus chipotle dressing

Greek Salad 7.95

Baby field greens, grape tomatoes, cucumber, kalamata olives, feta, fresh peppers and red onion with olive-oil lemon dressing

Cayenne Shrimp Salad 9.95

Romaine hearts, cayenne-spiced shrimp, avocado, grape tomatoes, roasted onions, black bean corn salsa and tortilla crumbles with chipotle citrus dressing

Spinach Salad 7.95

Spinach, shiitake and portabella mushrooms, roasted onions, bacon and croutons with balsamic vinaigrette

Cobb Salad 9.45

Baby field greens, romaine hearts, roasted chicken, grape tomatoes, avocado, egg, smoked bacon, roasted onions and blue cheese with blue cheese dressing

Sandwiches

Tarragon Chicken Salad 6.95

Chicken salad (all white meat mixed with fresh tarragon and mayo), romaine hearts and tomato with dijon mustard vinaigrette

Roast Beef 8.45

Roast beef, roasted peppers and arugula with thousand island dressing

Smoked Turkey & Avocado 7.95

Smoked turkey breast, cheddar, tomato, avocado and field greens with fat free honey dijon

Chicken Mozzarella 7.95

Roasted chicken, fresh mozzarella, field greens, sun dried tomatoes with balsamic vinaigrette

Tuna Sandwich 7.95

Tuna salad, with arugula and tomato

Roast Beef Melt 7.95

Roast beef, roasted onions and cheddar

Pesto Chicken Melt 7.45

Marinated chicken breast, roasted peppers and parmesan

Roasted Veggie Melt 7.45

Portabella mushrooms, peppers and onions with parmesan

Veggie Burger 7.95

Romaine lettuce, tomato with fat free honey dijon

Oven Roasted Chicken 7.45

Roasted chicken breast, roasted peppers and baby field greens with balsamic vinaigrette

Smoked Turkey and Cheddar Melt 6.95

Choose Two

Pick any of the following...

7.45

- Half Sandwich*
- Small Soup
- Side Salad
 - Garden or Caesar included
 - Any other salad add 1.50
 - Cayenne Shrimp add 3.00

*Excludes Veggie Burger and Panini

Panini

Ham & Swiss Panini 6.95

Smoked ham, swiss cheese, and honey mustard

Chicken Cordon Bleu 7.95

Roasted chicken breast, smoked ham, swiss cheese, and honey mustard

Steak & Cheese 8.45

Roast beef, bell peppers, roasted onions, cheddar cheese, and honey mustard

Turkey Reuben 7.45

Smoked turkey, sauerkraut and swiss cheese with thousand island dressing

Whole Wheat Crepes

Choose any of our whole wheat, fat free crepes. Made daily. Always fresh. Always healthy.

Turkey Crepe 6.95

Smoked turkey, smoked bacon, romaine hearts and tomato with mayo

Blackened Chicken Crepe 7.95

Blackened chicken, avocado, black bean corn salsa, tortilla crumbles and romaine hearts with citrus chipotle dressing

Chipotle BBQ Chicken Crepe 7.95

Roasted chicken in chipotle barbecue sauce, cheddar, roasted corn, tortilla crumbles and romaine hearts with buttermilk ranch dressing

Tuna Crepe 7.95

Tuna salad, topped with arugula and tomato

Green Olive Hummus Crepe 6.95

Spinach, green olive hummus, chopped tomato, cucumber

Chicken Portabella Crepe 7.95

Roasted chicken, roasted portabella, roasted onions and spinach with balsamic vinaigrette

Pesto Chicken Crepe 7.95

Pesto chicken, fresh mozzarella, sun-dried tomatoes and baby field greens with lemon basil vinaigrette

Turkey Cheddar Crepe 7.95

Smoked turkey, cheddar, avocado, almonds and spinach with buttermilk ranch dressing

Tofu Crepe 6.95

Tofu, carrots, sugar snap peas, shiitake mushrooms and romaine lettuce with sesame ginger dressing

Buffalo Chicken Crepe 7.45

Buffalo chicken, celery, iceberg lettuce, blue cheese dressing

Chicken Caesar Crepe 7.45

Romaine lettuce, roasted chicken, parmesan cheese and caesar dressing

Chicken and Goat Cheese Crepe 8.45

Roasted chicken, smoked bacon, goat cheese and arugula with kalamata olive vinaigrette

Soup

Small 3.95

Add to any entree for only 3.45

Large 6.95

Beverages

Soft Drinks 1.75

Iced Tea 1.75

Bottled Water 1.75

Sandwiches, crepes, and panini served with a side of chips.

Create your own

Salad or crepe 5.95

Pick your leaves

Field Greens	Arugula
Romaine Hearts	Iceberg
Spinach	

Choose any four

Black Bean Corn Salsa	Apples	Grape Tomatoes
Broccoli	Mandarin Oranges	Tortilla Crumbles
Carrots	Eggs	Egg Whites
Celery	Roasted Peppers	Strawberries
Chick Peas	Red Onions	Croutons
Cucumber	Fresh Peppers	Sunflower Seeds
Roasted Corn	Sugar Snap Peas	Wonton Strips
Roasted Onions	Chopped Tomatoes	

Add any of the following

Roasted Chicken	1.95	Chicken Salad	2.95	Blue	1.95
Barbecue Chicken	2.25	Tuna Salad	3.95	Cheddar	1.45
Blackened Chicken	2.25	Cayenne Shrimp	4.95	Feta	1.95
Pesto Chicken	2.25	Smoked Turkey	2.45	Goat	2.25
Buffalo Chicken	2.25	Smoked Bacon	1.95	Fresh Mozzarella	1.95
Tofu	1.95	Hummus	1.95	Parmesan	1.95

Shiitake Mushrooms	1.50	Walnuts	2.45
Portabella Mushrooms	1.50	Raisins	1.00
Kalamata Olives*	2.45	Cranberries	1.45
Sun-dried Tomatoes	1.95	Avocado	1.50
Almonds	1.95	Mango	1.95

Pick a Dressing

Red Wine Vinaigrette	Balsamic Vinegar	Lemon Basil Vinaigrette
Balsamic Vinaigrette	Olive-Oil Lemon	Red Wine Vinegar
Blue Cheese	Lemon Juice	Fat Free Cucumber Dill
Buttermilk Ranch	Dijon Mustard Vinaigrette	Fat Free Honey Dijon
Caesar	Honey Balsamic	Fat Free Raspberry
Chipotle Citrus	Sesame Ginger	
Thousand Island	Kalamata Olive	

*May contain pits



Leaves & Loaves

Fresh Market Cafe

MENU

Leaves & Loaves

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