

# ORGANIC MARKET & CAFE

## PROTEINS

### WILD SALMON

44-46 grams of protein

\$25.<sup>00</sup>

Wild caught salmon served with freshly blended chimichurri sauce, Served with mixed greens

### GRILLED CHICKEN

40-42 grams of protein

\$1.<sup>56</sup>/oz

Goffle Farms free range grilled chicken breast seasoned with lemon pepper, Served with mixed greens

### CILANTRO LIME SHRIMP

small 37-38 grams of protein

large 63-65 grams of protein

\$27.<sup>95</sup> per pound

Farm-raised shrimp coated with cilantro and lime dressing, Served with mixed greens

### CHICKEN CUTLET

38-40 grams of protein

\$13.<sup>95</sup>

Goffle Farms free range chicken breast butterfly style with perfect golden crust, Served with mixed greens

### CHILEAN SEA BASS

28-30 grams of protein

\$25.<sup>00</sup>

4oz fresh, rich, and smooth sea bass cooked to perfection with miso glaze, Served with mixed greens

### GRASS FED NY STRIP

39-40 grams of protein

\$16.<sup>95</sup>

Medium rare grass fed NY strip coated with chimichurri sauce and caramelized onions, Served with mixed greens

### SALMON CAKE

30-32 grams of protein

\$6.<sup>95</sup>

Salmon cake coated with crispy panko breadcrumbs, served with remoulade sauce, Served with mixed greens

### GRANDMA'S MEATBALL

28-30 grams of protein

\$15.<sup>95</sup> per pound

Chef's original family recipe of classic Italian meatballs, topped with our in-house red sauce, Served with mixed greens

## SANDWICHES & SOUP

Served with mixed greens and chips

### FRENCH ONION GRILLED CHEESE

\$11.<sup>95</sup>

Perfectly pressed Gruyère grilled cheese with caramelized onion & Dijon spread

### HAM AND BRIE CHEESE

\$9.<sup>95</sup>

on Baguette with Apricot Jelly

### CHICKEN CAESAR WRAP | GF

\$13.<sup>95</sup>

Goffle Farms free range chicken tossed with Caesar dressing wrapped in gluten free tortilla

### HOUSEMADE CHILLI

small \$7.<sup>95</sup> medium \$9.<sup>95</sup> large \$11.<sup>95</sup> quart \$24.<sup>95</sup>

### DAILY SOUP SPECIALS

small \$5.<sup>95</sup> medium \$7.<sup>95</sup> large \$9.<sup>95</sup>

## SALADS & SIDES

Small – 8oz | Medium – 12oz | Large – 16oz

### SALAD BOWL

Your choice of any daily green salad.

Add any protein, salad, or side

Salmon \$19.<sup>95</sup> Shrimp \$8.<sup>95</sup> Seabass \$19.<sup>95</sup> Chicken Salad \$7.<sup>95</sup>

Chicken Cutlet \$8.<sup>95</sup> Lobster Salad \$21.<sup>95</sup> Greek Shrimp \$5.<sup>95</sup>

Steak \$12.<sup>95</sup> Veggies \$4.<sup>95</sup>

### DAILY GREEN SALAD

Fresh seasonal salads made daily with hand-picked ingredients. Ask about today's special mix

### MESCLUN SALAD

with Gorgonzola and Berries

### CAESAR SALAD

Crisp romaine lettuce tossed in our house-made Caesar dressing, finished with shaved Parmesan and croutons.

### ARUGULA SALAD WITH FETA

Pomegranates and Walnuts

### CHICKEN SALAD

Goffle Farms free range chicken with grapes, toasted sunflower seeds, & tarragon

### FARRO SALAD

Farro grain with olives, green onion, tomato, parsley & mushroom drizzled with olive oil

### QUINOA SALAD

Quinoa grain with brown rice, corn, red peppers, black beans, & cilantro

### EGG SALAD

Free range eggs with chives, scallions, capers, carrots, cornichon, dill, & parsley

### GREEK SHRIMP SALAD

Farm raised shrimp with olives, mini bell pepper, red onion, pepperoncini

### POTATO SALAD

Organic red potatoes with mayo, Dijon mustard, dill, and chives

### LOBSTER SALAD

Maine lobster delicately tossed with mayo, lemon juice, Old Bay, lemon zest, & chives

### ORGANIC YAMS

Roasted organic yams with drizzled olive oil, flaky sea salt and ground black pepper

### TARRAGON CHICKEN SALAD

Your choice of any daily green salad. Add any protein, salad, or side

### MIXED VEGETABLES SALAD

Broccoli and Cauliflower and Onions with Olive Oil

### SAUTEED MUSHROOMS IN COCONUT OIL

Salt Pepper Mushrooms with Herbs

WE PROUDLY SERVE ORGANIC PREPARED FOOD FRESH DAILY  
Our menu is seasonal and subject to change! Please refer to the case for your daily choices.