

## MARKET ENTREES &amp; SPECIALTIES

**Market Fish Tacos** <sup>New!</sup> **\$8.25**

Two Cajun-lime marinated tilapia tacos, chipotle mayo, shaved red cabbage, pico de gallo, served with black bean salad

**Pesto Lasagna Gratin** <sup>New!</sup> **\$9.95**

Layers of basil pesto, tender noodles, mozzarella cheese, alfredo sauce and Parmesan cheese baked to order, served with toasted garlic Francese bread

**Chicken Artichoke Lasagna Gratin** <sup>New!</sup> **\$9.95**

Sliced grilled chicken breast layered with artichoke hearts, feta and mozzarella cheese, peppers, Tuscany tomato sauce, noodles and Parmesan cheese, baked to order, served with toasted garlic Francese bread

**California Pie** **\$8.25**

Turkey breast with braised vegetables, topped with tomato slices and melted cheese, baked in a pie shell, served with fresh cut fruit

**Asparagus Mac & Cheese** **\$8.95**

Sautéed asparagus, tomatoes, garlic and basil tossed with cavatappi noodles in Parmesan-mozzarella cheese, sauce with fresh baked bread

**Chicken Stir Fry** **\$9.50**

Fresh julienne vegetables, teriyaki chicken, braised rice and fresh fruit cup

 Without chicken \$8.50

Top with a seared tuna or teriyaki salmon filet (instead of chicken) add \$3.50

**Tuscany Chicken Pasta** **\$10.95**

Linguine noodles, sweet peppers, tomatoes, artichoke hearts, garlic chicken and fresh basil, served with fresh baked bread

**Tortellini** **\$9.95**

Tri-colored cheese tortellini served with your choice of a creamy basil sauce or homemade marinara sauce, served with fresh baked bread *Add chicken (\$2)*

**Seared Wasabi Tuna Sandwich** **\$11.95**

Seared ahi tuna, open faced on grilled Francese. Wasabi aioli, stir fried vegetables and mixed greens, tossed in citrus vinaigrette.

**Hummus Platter** <sup>New!</sup> **\$6.95**

Hummus (ground chickpeas, tahini, garlic, lemon, olive oil) served with raw vegetables, toasted bread chips, kalamata olives and tomato

**Choose one of three:**

Classic, Roasted Garlic-Basil, Spicy Chipotle

**Bruschetta Trio** **\$6.95**

Francese bread slices drizzled with olive oil, toasted and served with three special toppings: Tomato basil with Parmesan; Grilled vegetable with pesto and feta; Caramelized onions, roasted pepper and goat cheese

## "CREATE-YOUR-OWN

Mary's Signature "Create-Your-Own" Sandwich  
Served with Mary's Market gourmet cookie

**Whole Sandwich** **\$7.25****Half Sandwich** **\$4.65**

**Bread:** French, sourdough, Italian, 7-grain, multigrain, Francese, rye  
Croissant add \$.40 for half, \$.75 for whole

**Meat:** turkey, ham, roast beef, corned beef, salami, tuna salad, chicken tarragon salad, low-fat tuna salad  
Additional meat portion \$2.10 for whole, \$1.15 for half

**Cheese:** havarti dill, Swiss, Colby, smoked Gouda, sliced mozzarella

**Sauce:** special sauce, mustard, Dijon, Pommery cranberry mustard, pesto, fat-free chipotle, truffle aioli, mayonnaise

**Toppings:** lettuce, tomato, green peppers, onions, sprouts, cucumbers, pickles, banana peppers

**The Market Sampler** **\$8.50**

Pick two of the following three choices, plus a gourmet cookie

**1. Half Create-Your-Own Sandwich**

(add \$.50 for a Gourmet Sandwich; sorry, Pot Roast, Beef & Bleu Philly, Masterpiece and Spicy Grilled Salmon not included)

**2. Half Market Garden Salad or Half Caesar Salad****3. Signature Soup**

(add \$.75 for French Onion Soup)

<sup>New!</sup> MARKET MELTS

On grilled handmade, whole wheat flat bread.  
Choice of side, add \$2.50 for signature soup as your side.

**Caprese Melt** **\$7.50**

Fresh mozzarella, sliced tomatoes, fresh basil and pesto

**Blackened Chicken Melt** **\$7.95**

Strips of Cajun seasoned blackened chicken breast, black bean and corn salsa, Cheddar and mozzarella cheese

**European Melt** **\$7.95**

Smoked Gouda, salami, Parmesan, asparagus, mozzarella, special sauce

 **Mediterranean Melt** **\$7.95**

Hummus, bruschetta and balsamic marinated grilled vegetables

**Barbeque Beef & Cheddar Melt** **\$7.95**

Tender BBQ Beef, caramelized onions and melted Cheddar

## GOURMET SANDWICHES

Choice of side, add \$2.50 for signature soup as your side

**Pot Roast Sandwich** **\$8.25****Brie & Apple Grilled Cheese** **\$8.25****Pesto-Artichoke Grilled Cheese** **8.25****Beef & Bleu Philly Sandwich** **\$8.25****Masterpiece** **\$8.25**

Roast beef, turkey, ham, lettuce, tomato, green pepper, Colby, Swiss and special sauce on French bread

**Chicken Bruschetta** **\$8.25****Basil Pesto Chicken Sandwich** **\$7.95****Vegetarian Stack** **\$7.25**

Lettuce, tomato, cucumber, green pepper, sprouts, Swiss cheese, havarti dill cheese, special sauce on our own 7-grain bread

**Roast Beef Pepper Parmesan Sandwich** **\$8.25****Mary's Reuben** **\$7.95****Market Tuna Melt** **\$7.95****Spicy Grilled Salmon Sandwich** **\$11.95****The Twisted Turkey** **\$8.25**

Sliced turkey breast, Pommery cranberry mustard, bacon, Brie cheese, lettuce, tomato on handmade pretzel bread

## BURGERS

Spice up your burger with applewood smoked bacon for \$1.50.  
Choice of side. Please allow added cook time.

**Market Burger** **\$8.25**

1/3 pound Black Angus burger served on multigrain bun with lettuce, tomato and Swiss cheese

**Black Bean Burger** <sup>New!</sup> **\$7.95**

Grilled made-from-scratch black bean burger served with pico de gallo, mixed greens and fat-free chipotle sauce on Francese bread

**Turkey Burger** **\$8.25**

Seasoned ground turkey burger on a multigrain bun with lettuce, tomato and onion

**The Ultimate Melt** **\$8.95**

Black Angus burger served on grilled sourdough bread with Colby cheese, grilled onions, truffle aioli and smoked ham



Eat well. Live well.<sup>®</sup>  
www.marysmarket.com

<sup>New!</sup> Mandarin Chicken Wrap with roasted beet salad

**Edgebrook**  
(815) 394-0765  
(815) 394-0787 fax

**Perryville**  
(815) 986-3300  
(815) 986-1596 fax

**State Street**  
(815) 397-7291  
(815) 229-6818 fax

# BREAKFAST

Daily til 10:30 am, weekends til noon

## LIGHT STARTS

**Market Oatmeal** \$3.95  
Served with raisins, brown sugar, milk, handmade granola

**Oatmeal Trio** \$5.95  
Market oatmeal served with a side of toast and fresh cut fruit

**Mary's Granola & Berries** \$4.75  
Served with milk or yogurt and fresh seasonal berries

## BREAKFAST SPECIALTIES

**Spicy Chicken Francese** *New!* \$7.95  
Buffalo marinated chicken breast, fried egg, pico de gallo and Cheddar cheese on toasted Francese bread. Served with choice of roasted potatoes or fresh cut fruit.

**Potato Egg Burrito** \$7.95  
Diced potatoes, vegetables, eggs and Cheddar cheese wrapped in flour tortilla, served with pico de gallo and two strips of applewood smoked bacon

**Maple Mascarpone French Toast** *New!* \$6.50  
Sourdough French toast topped with powdered sugar, maple mascarpone butter and two strips of bacon  
*Add fresh strawberries \$1*

**Swedish Pancakes** \$5.50  
Stack of three Swedish pancakes served with lingonberry butter and powdered sugar  
*Add fresh strawberries \$1*

## *New!* BREAKFAST FLAT BREADS

*Hot and toasty breakfast sandwiches on our grilled handmade, whole wheat flat bread. Served with fresh fruit cup or roasted potatoes.*

**Bacon, Egg & Cheddar** \$7.95  
Crisp bacon, two scrambled eggs and Cheddar cheese

**Smoked Ham & Tomato** \$7.95  
Grilled smoked ham, sliced fresh tomatoes and cream cheese

**Grilled Veggie & Egg White** \$7.95  
Scrambled egg whites, grilled vegetables and feta cheese

# EGGS

Served with fresh fruit cup or roasted potatoes

**Mary's Favorite** \$5.95  
Two scrambled eggs with choice of toast

 **CHIP Breakfast** \$7.50  
Homemade vegetable hash, eggbeaters and 7-grain toast

**Mary's Benedict** \$7.95  
Two poached eggs on grilled ham, fresh asparagus and grilled black pepper Parmesan bread, topped with hollandaise sauce

**Market Combo** \$7.50  
Two scrambled eggs with bacon or sausage and choice of toast

**Eggs Milan** \$7.95  
An Italian twist on Eggs Benedict. Grilled Francese bread rubbed with pesto, topped with grilled turkey breast, roasted red peppers, eggs over easy, white truffle aioli and scallions.

**Mary's Market Quiche** \$7.95  
Choose from Spinach or Quiche Loraine, served with a muffin or scone

# OMELETTES

*Three egg omelettes served with fresh fruit or roasted potatoes and choice of toast. Add eggbeaters for \$.50 or egg whites for \$1.*

**Tuscan Chicken** \$7.95  
Grilled chicken with artichoke hearts, fresh mozzarella, red onions and Parmesan cheese, topped with artichoke-tomato sauce

**Roasted Pepper, Brie and Mushroom** \$7.95  
Roasted peppers, mushrooms, Brie cheese and caramelized onions

**Bruschetta** \$7.25  
Bruschetta tomatoes with garlic, basil and Parmesan cheese

**Southwestern** \$7.95  
Ham, green peppers, onions and Cheddar cheese, served with pico de gallo and fresh cilantro

**Make-Your-Own** \$6.95 for two ingredients, \$.60 for each additional ingredient.

*Choose from these ingredients:*  
Cheddar Cheese, Swiss Cheese, Feta Cheese, Mozzarella Cheese, Smoked Gouda, Havarti Dill Cheese, Chevre (Goat) Cheese, Bacon, Ham, Turkey, Pork Sausage, Grilled Chicken, Mushrooms, Grilled Vegetables, Artichoke Hearts, Asparagus, Green Peppers, Roasted Peppers, Onions, Tomatoes

# LUNCH & DINNER

## MARKET SALADS


**Grilled Chicken with Roasted Beet Salad** *New!* \$10.50  
Grilled chicken breast strips, mixed greens, fresh roasted beets, feta cheese, artichoke hearts, red onions, citrus vinaigrette, topped with candied pecans

**Bacon & Bleu** \$9.95  
Romaine lettuce tossed with bleu cheese dressing, topped with applewood smoked bacon, red onions, dry bleu cheese, Roma tomatoes, candied pecans and dried cranberries

**Market Garden Salad** Small: \$4.95 Large: \$8.50  
Mixed greens, toasted pine nuts, feta cheese tossed with bruschetta tomatoes and balsamic vinaigrette  
*Add chicken (\$2), salmon (\$5) or seared tuna (\$5) to your salad*

**Grilled Vegetable and Basil Chicken Salad** \$10.50  
Grilled vegetables, mixed greens, grilled basil chicken breast, feta cheese, Roma tomatoes, asparagus and balsamic vinaigrette

**Tropical Mango Salad** \$10.50  
Fresh mangoes, grilled chicken breast, strawberries, toasted walnuts, feta cheese, mixed greens, citrus vinaigrette, topped with raspberry vinaigrette

 **Cosmo Salad** \$9.50  
Mixed greens, seasonal berries, fresh mint, vanilla-roasted carrots, orange-scented roasted potatoes, asparagus, citrus vinaigrette

*Add chicken (\$2), salmon (\$5) or seared tuna (\$5) to your salad*

**BBQ Chicken Salad** \$10.50  
Diced chicken breast tossed in BBQ sauce served on chopped romaine with black bean corn salsa, tortilla chips, diced tomatoes and green onions, tossed with Mary's carrot ranch dressing and Cheddar cheese

**Seared Ahi Tuna Salad** \$11.95  
Seared ahi tuna seasoned with garam masala over mixed greens tossed with citrus vinaigrette, grilled asparagus, sundried apricots, cucumbers and fresh thyme. Served medium rare to rare.

**Grilled Lime Chicken Salad** \$10.50  
Baby greens, grilled avocado, red onions, fat-free chipotle honey dressing, grilled lime chicken, black bean salsa, pico de gallo and red peppers

**Teriyaki Salmon Salad** \$11.95  
Grilled teriyaki salmon served over mixed greens and tossed with citrus vinaigrette and tomatoes, mandarin oranges, red and green onions. Please allow added cook time.

**Caesar Salad** \$8.50  
Romaine lettuce tossed with bell peppers, tomatoes, Parmesan cheese, handmade croutons and egg-free Caesar dressing  
*Add chicken (\$2), salmon (\$5) or seared tuna (\$5) to your salad*

# SOUPS

Served with Mary's Market artisan breads

**Signature Soups** \$4.50

**Baked French Onion** \$5.25  
*Any soup in sourdough boule add \$2.50*

## *New!* FLAT BREAD PIZZA

*Created from scratch, whole wheat flat bread pizza*

**Thai Chicken** \$9.95  
Thai chicken, carrots, green onions, red peppers, peanut sauce, crushed pepper flakes, mozzarella, fresh cilantro and peanuts

**Margherita** \$8.95  
Marinara sauce, fresh mozzarella, tomatoes, fresh basil, shaved Parmesan

**Mushroom Bruschetta** \$9.50  
Fresh mushrooms, basil pesto, mozzarella cheese topped with bruschetta tomatoes, shaved Parmesan and drizzled with balsamic vinegar

**Barbecue Chicken** \$9.95  
BBQ chicken, red peppers, red onions, mozzarella, BBQ sauce and cilantro

**Baja Pizza** \$10.25  
Grilled chicken, avocado, red peppers, cilantro, mozzarella, olive oil, sour cream

# WRAPS

*Choice of side, add \$2.50 for signature soup as your side*

**Mandarin Chicken Wrap** *New!* \$8.25

**Spicy Buffalo Chicken Wrap** \$8.25

**Goat Cheese-Bacon Wrap** \$8.25

**Turkey Club Wrap** \$8.25

**Chicken Salad Wrap** \$8.25

# SIDES

*Choice of rosemary potatoes, fresh fruit, potato salad, potato chips, pasta salad, roasted beet salad, black bean salad or gourmet cookie.*

 **Heart-healthy, vegan entree**