

A Rockford Original.

Mary's Market is a fast and casual café that serves fresh, real food made from top quality ingredients by people who care.

Since 1982, we've built a reputation for serving wholesome, authentic and healthy cuisine in a relaxed and welcoming atmosphere at a value.



All our foods are made from scratch. This means no preservatives! Our breads, desserts, soups, pasta sauces, sandwiches and salads are handmade and prepared from the freshest, highest quality ingredients. No other restaurant of our kind, we're very proud to say, can claim that.

But then there is no other restaurant of our kind, one that combines cuisine worthy of a big city fine dining restaurant with fast, casual pricing. We are, to put it succulently, a Rockford original.

Gourmet Sandwiches

Served with Your Choice of Side. Upgrade your side to Marys Mac-N-Cheese for \$1.99 or House Salad for \$1.29

✓ Grecian Grilled Cheese

Artichokes, Basil Pesto, Mozzarella, Feta Cheese, and Parmesan Cheese, Served on Sourdough Bread

\$9.99

Monte Cristo

Ham, Swiss Cheese, Mary's Whole Grain Mustard Sauce, Served on Sourdough Bread, Hand-Dipped in Egg Batter, Dusted with Powdered Sugar, Served with Cranberry Compote.

\$9.99

Cubano

Roast Pork, Ham, Monterey Jack Cheese, Pickles, Onions, Mary's Whole Grain Mustard Sauce, Served on Francese Bread

\$9.99

Mary's Market BLT

1/2 Pound of Applewood Smoked Bacon, Leaf Lettuce, Tomato, Herb and Sun-Dried Tomato Aioli, Served on Toasted 7-Grain Bread

\$11.99

West Coast Club

Turkey, Bacon, Colby Cheese, Tomato, Avocado, Sprouts, Sriracha Aioli, Served on Multigrain Bread

\$10.99

Market Tuna Melt

Mary's Market Albacore Tuna Salad, Swiss Cheese Served on Multigrain Bread

\$10.99

Mary's Reuben

Corned Beef, Sauerkraut, Thousand Island Dressing, Swiss Cheese, Served on Marble Rye Bread

\$10.99

✓ Vegetarian Fresh Stack

Leaf Lettuce, Tomato, Cucumber, Green Pepper, Sprouts, Mary's Whole Grain Mustard Sauce, Swiss and Dill Havarti Cheese, Served on 7-Grain Bread

Half \$6.89 Full \$9.89



Create Your Own Sandwich Half.....\$6.99 Whole.....\$9.99

Served with your choice of Gourmet Cookie or Chips

Your Choice of Bread — French, Sourdough, Italian, Multigrain, 7-Grain, Francese, or Marble Rye

*Upcharge for Croissant, Whole \$1.50 or Half \$.75

Your Choice of Meat — Turkey, Ham, Roast Beef, Mary's Market Tarragon Chicken Salad, Corned Beef, or Mary's Market Albacore Tuna Salad

*Add Bacon for \$1.69

Your Choice of Cheese — Dill Havarti, Swiss, Colby, White Cheddar, Smoked Gouda, Mozzarella, or Monterey Jack

*Additional Cheese \$.99

Sauces — Mayo, Dijon Mustard, Basil Pesto Mayo, Herb and Sundried Tomato Aioli, Mary's Market Whole Grain Mustard Sauce, Fat-Free Honey Chipotle Dressing, Cranberry Compote, Mustard, and Basil Pesto

Toppings — Leaf Lettuce, Tomato, Onion, Pickles, Cucumber, Green Pepper, Banana Pepper, Jalapeño, and Sprouts

*Add Avocado for \$1.29



Market Sampler.....\$12.99

Pick 2 of the following choices - Served with a Gourmet Cookie or Chips or Substitute a Side for \$1.19

1. 1/2 Create Your Own Sandwich or choose a Gourmet Sandwich for +\$.99 (Excludes Cubano, BLT, and Prime Rib Dip)
2. 1/2 Market Garden Salad or 1/2 Classico Caesar Salad (Upgrade to Any 1/2 Market Salad for \$1.29)
3. Signature Soup (Add \$1.29 for French Onion or Veggie Beef)
4. Mac and Cheese

Market Salads

Served with Fresh Baked Artisan Bread

Add a Protein: Chicken \$4, Steak \$5.50, Shrimp \$5, Salmon \$7

✓ Tropical Mango Salad GF

Mango, Strawberries, Feta Cheese, Mixed Greens, Walnuts, Citrus Vinaigrette, Raspberry Vinaigrette

\$11.99

✓ Market Garden Salad GF

Bruschetta Tomatoes, Feta Cheese, Mixed Greens, Pine Nuts, Balsamic Vinaigrette

Half \$6.99 Full \$10.69

✓ Classico Caesar Salad

Tomato, Red Pepper, Shaved Parmesan, Artisan Croutons, Romaine, House-Made Caesar Dressing

Half \$5.19 Full \$10.99

✓ Grilled Garden Vegetable Salad GF

Balsamic Grilled Vegetables, Tomato, Feta Cheese, Mixed Greens, Balsamic Vinaigrette

\$11.99

✓ Backyard Barbeque Salad GF

Roasted Corn and Black Bean Salad, Tomato, Cheddar Cheese, Romaine, BBQ Sauce, Tortilla Strips, Carrot Ranch Dressing

\$10.49

✓ South of the Border Chopped Salad GF

Pico de Gallo, Avocado, Roasted Corn and Black Bean Salad, Feta Cheese, Romaine, Fat-Free Honey Chipotle Dressing

Add Guacamole \$1.50

\$10.69

Green Goddess Cobb Salad GF

Bacon, Tomato, Blue Cheese, Hard Boiled Egg, Avocado, Romaine, Sunflower Seeds, Green Goddess Dressing

\$12.99

✓ Mary's Triple Berry Salad GF

Strawberry, Blueberry, Blackberry, Baby Spinach, Baby Kale, Avocado, Goat Cheese, Pumpkin Seeds, Lemon Poppyseed Dressing

\$12.99



Signature Soups

Served with Mary's Market Artisan Breads and Your Choice of Gourmet Cookie

Soup of the Day.....\$6.25

Tomato Sweet Potato GF, Chicken Noodle.....\$5.99

Baked French Onion, Vegetable Beef GF.....\$6.69

Ask about our additional seasonal soups!

Sides

✓ Roasted Corn and Black Bean Salad GF \$4.99

✓ Caprese Pasta Salad\$4.99

✓ Grain Mustard Potato Salad GF.....\$4.99

✓ Fresh Fruit Salad GF.....\$4.99

✓ Roasted Beets with Feta GF.....\$3.99

Marys Mac-N-Cheese.....\$4.99

✓ Steak Fries GF\$3.49

✓ Cup of Soup GF\$3.99

✓ Kettle Potato Chips GF\$2.19

✓ Gourmet Cookies\$1.79

✓ House Salad GF\$4.99



Gourmet Grills & Wraps

Served with Your Choice of Side. Upgrade your side to Marys Mac-N-Cheese for \$1.99 or House Salad for \$1.29
All Wraps Can Be Made Gluten Free by Substituting for a Gluten Free Wrap \$1.



Turkey Club Wrap

Turkey, Bacon, Mixed Greens, Tomato, Sprouts, Swiss Cheese, Basil Pesto Mayo Wrapped in Herb Tortilla
\$11.99

Chicken Caesar Wrap

Grilled Chicken, Romaine Lettuce, Tomato, Shaved Parmesan, House-Made Caesar Dressing, Wrapped in a Herb Tortilla
\$10.29

Spicy Buffalo Chicken Wrap

Grilled Buffalo Chicken, Tomato, Fresh Mozzarella Cheese, Scallions, Romaine Lettuce, and Carrot Ranch Dressing, Wrapped in Herb Tortilla
\$11.59

Chicken Salad Wrap

Mary's Market Tarragon Chicken Salad, Mixed Greens, Tomato, and Dill Havarti, Wrapped in a Herb Tortilla
\$11.99

Chickpea Powerhouse Burger

House Made Chickpea Patty, Avocado, Tomatoes, Cucumber, Sprouts, Tzatziki Sauce, served on a Multigrain Bun Served
\$11.59

Aunt Marys Burger

Grilled Angus Burger, Colby Jack Cheese, Lettuce, Tomato, Onion, Pickle, Mary's Sauce, Served on a Brioche Bun
\$12.99

Tacos

Served with Your Choice of Side.
Upgrade your side to Marys Mac-N-Cheese for \$1.99 or House Salad for \$1.29.
Tacos Can Be Made Gluten Free by Substituting Corn Tortillas

Honey Chipotle Chicken Tacos

Honey Chipotle Marinated Chicken Breast, Bacon, Shredded Lettuce, Pico De Gallo, Avocado, and Cilantro Lime Crema, Served with Your Choice of Corn or Flour Tortillas
\$10.99

Market Avocado Tacos

Grilled Avocado, Roasted Corn and Black Bean Salad, Mango, Pico De Gallo, Shredded Lettuce, and Sriracha Vinaigrette, Served with Your Choice of Corn or Flour Tortillas
\$10.29

State Street Tacos

Seasoned Steak, Onion, Cilantro, Lime, and Queso Fresco, Served with Your Choice of Corn or Flour Tortillas
\$10.99

Fish Tacos

Tilapia, Red Cabbage, Pico De Gallo, and Fat-Free Honey Chipotle Mayo, Served with Your Choice of Corn or Flour Tortillas
\$10.49

Quesadilla

Flour Tortilla, Cheddar Jack Cheese, Pico de Gallo, Sour Cream,
*Add Guacamole \$1.50, Chicken \$4.00,
Shrimp \$5.00, Steak \$5.50
\$7.99



Gourmet Pizza

Pizzas are Prepared with a Woodfire Crust.
Pizzas Can Also Be Prepared Gluten Free,
by Substituting a Cauliflower Crust for \$5

Classic Pizza

Red Sauce, Mozzarella, Sausage, Pepperoni, Mushrooms, Green Peppers, Onions
\$13.99

Margherita Pizza

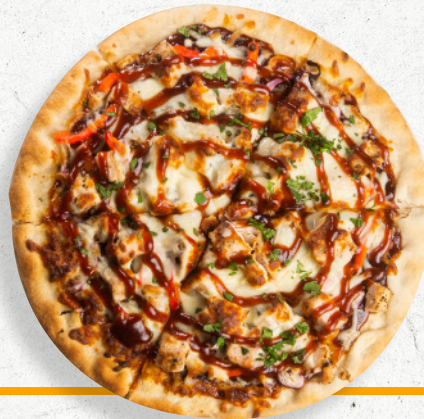
Red Sauce, Fresh Mozzarella, Tomato, Basil, Shaved Parmesan
*Add Sausage for \$1.69
\$13.69

Baja Pizza

Grilled Chicken, Avocado, Red Pepper, Mozzarella, Olive Oil, Cilantro, and Jalapeño Sour Cream
\$13.99

Barbeque Chicken Pizza

Grilled Chicken, Red Pepper, Red Onion, Mozzarella, BBQ Sauce, Cilantro
\$13.99



Create Your Own Pizza \$13.69

Includes Your Choice of Sauce, Your Choice of Cheese, and 2 Toppings *Add \$.89 for Each Additional Topping

Sauces — Basil Pesto, Marinara Sauce, Carrot Ranch, BBQ Sauce

Cheese — Mozzarella, Parmesan, Cheddar, Feta, White Cheddar, Goat Cheese

Meat — Sausage, Ham, Bacon, Chorizo, Chicken, Pepperoni+

Veggies — Onions, Green Peppers, Red Peppers, Grilled Asparagus, Tomato, Mushrooms, Bruschetta Tomatoes, Spinach, Jalapeños, Artichokes, Grilled Veggies, Garlic, Broccoli

Add Avocado \$1.50

Market Fresh Specialties

Served with Artisan Fresh Bread
*Add Small Market Garden Salad
or Small Caesar Salad for \$3.95

Mary's Mac-N-Cheese

Cavatappi Pasta, House-Made White Cheddar Cheese Sauce, Toasted Panko Bread Crumbs
*Add Mushrooms, Asparagus, Broccoli,
or Bacon \$1.19 /Add Shrimp \$5 /Add Chicken \$2.50
\$9.89

Chicken Pot Pie

Cream Of Chicken Gravy, White Meat Chicken, Carrots, Peas, Potatoes, Topped with Puff Pastry
\$11.99

California Pie

Turkey Breast, Braised Vegetables, Topped with Tomato Slices and Cheddar Cheese, Baked in a Flaky Pie Shell Served with Your Choice of Side
\$9.89

Market Stir Fry

Fresh Vegetables, Braised Rice, Teriyaki Sauce
*Add Chicken \$2.50 /Add Steak \$3.50
Add Shrimp \$5 /Add Salmon \$6
\$9.99



Disclaimer: If you have a Gluten Sensitivity, please make your server aware. Mary's Market will make every effort to accommodate your request, but we cannot ensure that cross-contamination will not occur.

GF = Gluten Free

🌿 = Vegetarian