

# Market Crates

## Main Menu

### LUNCH COMBOS

#### The Classic Lunch Combo

**\$9.49**

Sandwich, can of soda and chips.

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#### Quiche & 8 Ounce Soup Combo

**\$6.99**

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#### Half Sandwich & 8 Ounce Soup Combo

**\$7.49**

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#### The Market Crates Combo

**\$9.49**

Sandwich and 8 ounce soup.

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## SOUPS

### Chicken Noodle Soup

Made with fresh market ingredients.

Cup. ....	<b>\$2.99</b>
Regular .....	<b>\$3.99</b>
Large .....	<b>\$4.99</b>

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### Lentil Soup

Cup. ....	<b>\$2.99</b>
Regular .....	<b>\$3.99</b>
Large .....	<b>\$4.99</b>

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### Tuscan Veggie Soup

Cup. ....	<b>\$2.99</b>
Regular .....	<b>\$3.99</b>
Large .....	<b>\$4.99</b>

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### Split Pea Soup

Cup. ....	<b>\$2.99</b>
Regular .....	<b>\$3.99</b>
Large .....	<b>\$4.99</b>

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## CUSTOM SALADS

**Custom Salad** **\$8.99**

Pre-chopped.

+ Grilled Chicken .....	<b>\$2.50</b>
+ Crispy Chicken .....	<b>\$2.50</b>
+ Cajun Chicken.....	<b>\$2.50</b>
+ Albacore Tuna.....	<b>\$2.50</b>
+ Falafel.....	<b>\$2.50</b>

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## CHEF DESIGNED SALADS

### Chicken Fiesta Salad

**\$8.99**

Crispy chicken, romaine, jack and cheddar cheese, fresh corn, tomatoes, red onions and tortilla strips with ranch dressing.

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### California Cobb Salad

**\$8.99**

All natural turkey, turkey bacon, avocado, mushrooms, blue cheese, alfalfa sprouts, tomatoes, cucumbers and egg whites over spinach and romaine with blue cheese dressing.

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### Classic Caesar Salad

**\$7.49**

Romaine, garlic croutons and parmigiano cheese with low-fat Caesar dressing.

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### Baked Falafel Salad

**\$8.99**

Romaine hearts, scallions, tomatoes, cucumbers, carrots and chick peas with spicy tahini.

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### Bistro Chicken Salad

**\$8.99**

Field greens, seedless grapes, raisins, blue cheese, candied walnuts and caramelized pears with low fat balsamic vinaigrette.

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### Greek Chicken Salad

**\$8.99**

Romaine, cherry tomatoes, red onions, cucumbers, kalamata, olives and tri color peppers with red wine vinaigrette and extra olive oil.

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## SIDE SALADS

### Beets Salad

**\$3.79**

Roasted red and golden beets, haricot vert, red onions, goat cheese, candied walnuts, sliced almonds, arugula and red wine vinaigrette.

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### Green Bean Salad

**\$3.79**

French beans, sesame seeds, ginger, julienned tri-color peppers, edamame and sweet soy.

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### Kale Salad

**\$3.79**

Dried cranberries, honey walnuts, red and green grapes, radicchio and pomegranate with pesto vinaigrette.

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### Moroccan Chick Pea Salad

**\$3.79**

Cucumber, tomato, edamame, black olives, chick peas and hummus with spicy Moroccan vinaigrette.

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### Tomato Salad

**\$3.79**

Cherry tomatoes, English cucumber, sliced red onions, olives, feta cheese, parsley, oregano, olive oil and tomato vinaigrette.

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## SIGNATURE SANDWICHES

**Smoked Salmon Sandwich** **\$7.49**

With chive cream cheese and cucumbers on pumpernickel bread.

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**Tuna Salad Sandwich** **\$7.49**

Served with lettuce and tomato on multigrain bread.

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**House Roast Beef Sandwich** **\$7.49**

Served with white cheddar cheese, crispy onions, arugula and horseradish mayo on black Russian bread.

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**Truffle Balsamic Chicken Sandwich** **\$7.49**

Served with mesclun, avocado and tomatoes on ciabatta.

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**California Turkey Sandwich** **\$7.49**

Smoked turkey, avocado, cucumbers, tomatoes, mesclun and lemon dill mayo on wheat bread.

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**Turkey & Brie Sandwich** **\$7.49**

Served with lettuce, tomato and honey dijon spread on crispy French baguette.

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**Cape Cod Chicken Salad Sandwich** **\$7.49**

Served with lettuce, tomato, walnuts and low fat mayo on 7 grain bread.

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**Cheese Caprese Sandwich** **\$7.49**

Served with fresh mozzarella, roasted tomatoes and fresh basil with tomato pesto spread on olive pocket.

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**Cranberry Turkey Sandwich** **\$7.49**

Roasted turkey, mixed greens, roasted peppers, white cheddar cheese and cranberry mayo on pumpernickel bread.

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## MARKET CRATES WRAPS

### Chicken Caesar Wrap

**\$7.49**

With roasted peppers, romaine lettuce, shaved Parmesan and low fat Caesar dressing.

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### Classic California Wrap

**\$7.49**

All natural chicken, avocado, roasted peppers, lettuce and tomato with peppercorn ranch dressing.

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### Chipotle Ancho Chicken Wrap

**\$7.49**

Crispy chicken, avocado, arugula, lettuce, tomatoes and mayo.

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### Veggie Delight Wrap

**\$7.49**

Avocado, garbanzo beans, shredded beets, carrots, cucumbers and spinach with homemade hummus spread.

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### Chicken Fiesta Wrap

**\$7.49**

With avocado, fresh corn, mesclun and black bean puree.

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### Albacore Tuna Wrap

**\$7.49**

Served with sprouts, plum tomatoes and arugula with light mayo.

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## OVEN MELT PANINIS

### Smoked Turkey Chipotle Panini

**\$7.99**

Fresh roasted turkey, pepper jack cheese, arugula and chipotle spread on multigrain bread.

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### Baked Falafel Panini

**\$7.99**

With tomatoes, caramelized onions and spicy tahini sauce on multigrain pocket.

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### Muenster Chicken Panini

**\$7.99**

Grilled chicken, muenster cheese, arugula and honey dijon on ciabatta.

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### Tuna Melt Panini

**\$7.99**

Served with albacore tuna salad, lettuce, tomatoes and Swiss cheese on multigrain.

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### Market Steak Panini

**\$7.99**

With caramelized onions, sauteed mushrooms, Gruyere cheese and roasted shallot aioli on onion pocket.

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### Chicken Pesto Panini

**\$7.99**

With tomatoes, melted fresh mozzarella and pesto on rosemary foccacia.

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### Chicken Parmesan Panini

**\$7.99**

Crispy chicken breast, fresh mozzarella, shaved Romano, basil and homemade marinara sauce on Italian pocket.

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### Bella Fontina Panini

**\$7.99**

Portobella mushrooms, fontina cheese, arugula, porcini puree and truffle oil on multigrain bread.

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### Eggplant Parmesan Panini

**\$7.99**

Lightly breaded eggplant, fresh mozzarella cheese and pomodoro sauce on ciabatta.

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### Chipotle Chicken Panini

**\$7.99**

With smoked Gouda, avocado, lettuce and black beans puree on ciabatta.

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## QUICHE

<b>Goat Cheese &amp; Herb Quiche</b>	<b>\$4.99</b>	<b>Leek &amp; Swiss Cheese Quiche</b>	<b>\$4.99</b>
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<b>Mushroom &amp; Swiss Cheese Quiche</b>	<b>\$4.99</b>	<b>Broccoli &amp; Cheddar Cheese Quiche</b>	<b>\$4.99</b>
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## PASTA BAR

**Pasta Bar**

**\$8.99**

Served with garlic Bread.

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## QUINOA BOWLS

**Quinoa Bowls**

**\$8.99**

Create Your Own Quinoa Bowl.

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## CHEF DESIGNED QUINOA BOWLS

### Ranchero Quinoa Bowl

**\$8.99**

Beyond meat chicken (vegan), roasted peppers, caramelized onions, cilantro, red beans, tortilla chips and kale tossed with chipotle ancho vinaigrette.

*vegan*

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### Asian Ginger Quinoa Bowl

**\$8.99**

Carrots, scallions, daikon, cabbage, kale, mushrooms and olives with scallion ginger sauce.

*vegan*

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### Greek Med Quinoa Bowl

**\$8.50**

Organic quinoa, capers, kale, chickpeas, kalamata olives, feta, cherry tomatoes, tri-color peppers and fresh oregano with red wine vinaigrette.

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### Moroccan Quinoa Bowl

**\$8.99**

Grilled chicken, chickpeas, caramelized onions, fresh basil, olives, kale and carrots tossed with traditional Moroccan Sauce.

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### Southwestern Quinoa Bowl

**\$8.99**

Grilled chicken, roasted peppers, cilantro, cherry tomatoes, red beans, kale, scallions and corn tossed with sweet chili sauce.

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### Teriyaki Shrimp Quinoa Bowl

**\$9.99**

Shrimp, daikon, Napa cabbage, kale, carrots, scallions and broccoli tossed with very teriyaki sauce.

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## MARKET PLATES

Served on a bed of grains with your choice of two sides.

<b>Lemon Herb Chicken</b>	<b>\$8.99</b>	<b>Rosemary Turkey</b>	<b>\$8.99</b>
<b>Meatballs</b>	<b>\$8.99</b>	<b>Grilled Tofu</b>	<b>\$8.99</b>
<b>Braised Steak</b>	<b>\$9.99</b>	<b>Wild Salmon</b>	<b>\$9.99</b>

## SIDES

<b>Corn on the Cob</b>	<b>\$4.95</b>	<b>Sweet Potatoes</b>	<b>\$4.95</b>
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<b>Roasted Potatoes</b>	<b>\$4.95</b>	<b>Asparagus</b>	<b>\$4.95</b>
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<b>Zucchini &amp; Squash</b>	<b>\$4.95</b>	<b>Mac &amp; Cheese</b>	<b>\$4.95</b>
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<b>Cauliflower</b>	<b>\$4.95</b>	<b>Broccoli</b>	<b>\$4.95</b>
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<b>Brussels Sprouts</b>	<b>\$4.95</b>		
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## DESSERTS & SNACKS

<b>Chocolate Pudding</b>	<b>\$2.49</b>	<b>Rice Pudding</b>	<b>\$2.49</b>
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<b>Matcha Chia Cup</b>	<b>\$3.99</b>	<b>Veggie Snack Cup</b>	<b>\$3.99</b>
Matcha green tea yogurt with chia seeds and coconut flakes.		Sliced carrots, celery and cucumbers with hummus.	
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<b>Quinoa Snack Cup</b>	<b>\$3.99</b>	<b>Mini Gourmet Cake</b>	<b>\$4.99</b>
Quinoa with sliced egg, avocado and sliced lemon.			
<hr/>		<b>Emmy's Macaroons</b>	<b>\$4.99</b>
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**PIPING HOT BEVERAGES**

**House Blend Coffee**

Regular . . . . .	<b>\$1.69</b>
Medium . . . . .	<b>\$1.99</b>
Large . . . . .	<b>\$2.29</b>

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**Hot Chocolate**

Regular . . . . .	<b>\$2.19</b>
Medium . . . . .	<b>\$2.69</b>
Large . . . . .	<b>\$3.19</b>

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**Cappuccino**

Regular . . . . .	<b>\$3.49</b>
Medium . . . . .	<b>\$3.99</b>
Large . . . . .	<b>\$4.49</b>

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**Espresso**

Single . . . . .	<b>\$2.49</b>
Double . . . . .	<b>\$3.49</b>

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**House Decaf Coffee**

Regular . . . . .	<b>\$1.69</b>
Medium . . . . .	<b>\$1.99</b>
Large . . . . .	<b>\$2.29</b>

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**Chai**

Regular . . . . .	<b>\$3.29</b>
Medium . . . . .	<b>\$3.69</b>
Large . . . . .	<b>\$4.29</b>

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**Latte**

Regular . . . . .	<b>\$3.49</b>
Medium . . . . .	<b>\$3.99</b>
Large . . . . .	<b>\$4.49</b>

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## CHILLED BEVERAGES

### Iced Coffee

Cold brew.

Regular ..... **\$2.99**  
Large ..... **\$3.99**

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### Iced Latte

Regular ..... **\$3.99**  
Large ..... **\$4.99**

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### Iced Tea

Regular ..... **\$2.99**  
Large ..... **\$3.99**

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### Iced Cappuccino

Regular ..... **\$3.99**  
Large ..... **\$4.99**

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## HYDRATE BAVERAGES

<b>Spring Water</b>		<b>Large Fresh Squeezed Orange Juice</b>	<b>\$3.99</b>
Regular .....	<b>\$1.69</b>		
Large .....	<b>\$2.99</b>		
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<b>Soda (Bottle)</b>	<b>\$1.99</b>	<b>Soda (Can)</b>	<b>\$1.25</b>
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<b>Vitamin Water</b>	<b>\$2.99</b>	<b>Snapple</b>	<b>\$1.99</b>
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<b>Bai Antioxidant Drink</b>	<b>\$2.99</b>	<b>Honest Tea</b>	<b>\$2.99</b>
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<b>Izze Drink</b>	<b>\$2.49</b>	<b>Tropicana Juice</b>	<b>\$2.49</b>
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<b>Naked Drink</b>	<b>\$4.99</b>	<b>Bai Sparkling Drink</b>	<b>\$2.99</b>
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**disclaimer:** *pricing and availability subject to change.*  
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