

Amy's Market ~ Lunch Menu 11am-8pm ~ 681.318.3430

SOUP OF THE DAY: Cup \$4.50 ~ Bowl \$7.25

Served with Crackers or Crostini

SALADS:

COBB SALAD: \$9.25

Spring Mixed Greens - Cheddar Cheese
Grape Tomatoes - Hard Boiled Egg - Chopped Bacon
Cucumber - Red Onion - Shredded Carrots
Black Forest Ham - Ranch Dressing

SPINACH SALAD: \$8.50

Baby Spinach - Granny Smith Apples - Pecans
Chopped Bacon - Dried Cranberries - Red Onion
Choice of Feta, Goat, Cheddar or Blue Cheese
Apple Cider Vinaigrette

GARDEN SALAD: \$7.25

Spring Mixed Greens - Grape Tomatoes
Cucumbers - Red Onion - Shredded Carrots
Ranch Dressing

STRAWBERRY GOAT CHEESE: \$8.50

Spring Mixed Greens - Goat Cheese
Balsamic Marinated and Fresh Strawberries
Local Maple Candied Walnuts
Strawberry Balsamic Vinaigrette

MEDITERRANEAN POWER GRAIN: \$11.25

Quinoa and Brown Rice - Spring Mixed Greens
Cucumbers - Roasted Tomatoes - Red Onions - Feta
Cheese Kalamata Olives - Garbanzo Beans
Tzatziki dressing

DRESSING SUBSTITUTES:

Ranch - Strawberry Balsamic - Balsamic - Italian
Blue Cheese - Apple Cider Vinaigrette

ADD ONS:

Chicken Salad \$4.00
Egg Salad \$3.25 ~ Tuna Salad \$3.75
Grilled Chicken or Turkey \$4
Dressing \$.50 ~ Bacon \$3 ~ Ham \$3
Avocado \$1.50 ~ Cheese \$.75

SIDES:

Chips \$2 ~ Pita Chips \$1.75
Salad of the day \$3
Hummus with Pita Chips \$3.50
Hummus with Veggies \$4
Fresh Fruit \$3.50 ~ Half Garden Salad \$4

PEANUT BUTTER & JELLY: \$6

Homemade White Bread with choice of:
Grape, Strawberry, Raspberry,
Blackberry, Blueberry Jelly

SANDWICHES:

Served with a kosher dill pickle spear and a bag of
chips or salad of the day

TURKEY CLUB: \$8.75

Oven Roasted Turkey and Tomatoes - Lettuce
Swiss - Bacon - Seasoned Mayo
Multigrain Bread

THE ULTIMATE TURKEY CLUB \$10.00

Oven Roasted Turkey and Tomatoes - Lettuce
Bacon - Ham - Seasoned Mayo
Swiss, Provolone and Cheddar Cheese - Fried Egg
Multigrain Bread

CHICKEN SALAD CROISSANT: \$8.75

Traditional Fresh Cooked Chicken Breast Salad with
Celery and Onions - Lettuce - Tomato - Mayo

EGG SALAD CROISSANT: \$6.50

Local Farm Eggs - Lettuce - Tomato
Add Bacon and Swiss \$3.50

GRILLED CHEESE: \$6

Provolone, Swiss and Cheddar Cheese
House Made Country White Bread
Add Ham or Bacon \$3

SWEET AND SPICY BLT: \$8.25

Caramelized Brown Sugar Bacon - Sriracha Mayo
Lettuce - Tomato - Multigrain Bread

MEATLOAF SANDWICH: \$9.25

Local Beef with Sweet Ketchup Glaze
Seasoned Mayo - Lettuce - Tomato
House Made Country White Bread

TUNA SALAD: \$7.75

Lettuce - Tomato - Swiss Cheese
House Made French Bread

HAM AND BRIE PANINI: \$9.00

Granny Smith Apple Slaw - Apple Cider Mayo
Sourdough Bread

CHICKEN BACON AVOCADO RANCH WRAP: \$9.00

Grilled Chicken Breast - Bacon
Lettuce - Tomato - Avocado
Regular or Whole Wheat

CHIPOTLE TURKEY PANINI: \$9.00

Oven Roasted Turkey - Chipotle Jalapeno Ranch
Red Onion - Provolone
Sourdough Bread

HUMMUS TOAST: 1 - \$4 / 2 - \$7.50

Tomato - Cucumber
Extra Virgin Olive Oil - Smoked Paprika
Multigrain Bread

BREAD OPTIONS:

Croissant ~ House Made Country White Bread
Multigrain ~ House Made French Bread
Sourdough
Gluten Free White and Wheat Bread Available