Market Salads

Strawberry Spin $7.49
Greens, strawberries, blue cheese, walnuts tossed in a light pomegranate raspberry dressing

Blue Pear $7.49
Greens, pears, blue cheese, walnuts tossed in a creamy white balsamic dressing

Fall Cranberry $6.99
Greens, cranberries, feta cheese, almonds tossed in a creamy white balsamic dressing

Classic Caesar $6.99
Romaine, caesar dressing, croutons and parmesan cheese

Greek $7.49
Mixed greens, tomatoes, cucumbers, red onion, olives, feta cheese, croutons, Pepperoncinis and Greek dressing

Italian $6.99
Romaine, cucumbers, tomatoes, onion, olives, croutons and parmesan cheese with Italian dressing

Cobb $7.49
Mixed greens, tomato, cucumber, broccoli, onion, bacon, egg, cheddar cheese with a Dijon honey mustard

Bacon Blue $7.49
romaine, blue cheese crumbles, bacon, tomato, onion, croutons and blue cheese dressing

House Ceasar $4.99

House Italian $4.99
Add chicken to any salad for $1.99
Add shrimp to any salad for $2.49
Breadsticks .50¢

Build your own salad

Pick your greens
Romaine, spinach or mixed greens

Pick your Veggies and Fruits
Artichokes, Black Olives, Broccoli, Carrots, Cranberries, Cucumbers, Onions, Pears, Pepperoncinis, Red pepper, Strawberries, Tomato.

Pick your Cheese
Blue Cheese crumbles, Cheddar, Feta, Parmesan

Pick your Crunch
Almonds, Candied Walnuts, Croutons

Pick your dressing
Blue Cheese, Caesar, Creamy Balsamic, Dijon Honey Mustard, Fat Free French, Greek, Italian, POM Raspberry Vinaigrette, Ranch.

Pick your Protein
Egg, Bacon.

Add chicken $1.99

add shrimp $2.49

Soup

Chicken Wild rice

Sausage Potato kale

Creamy tomato basil

Soup of the Day

Cup $2.99 | Bowl $4.50

Market Pasta

All pastas include a breadstick Add a side caesar or Italian salad for $1.99

Chicken & Broccoli Alfredo $6.49/$9.49
Fettuccini, herb chicken, broccoli & Parmesan with creamy Alfredo sauce

Shrimp & Broccoli Alfredo $7.49/$10.49
Fettuccini, shrimp, broccoli & Parmesan with creamy Alfredo sauce

Chicken Carbonara $6.49/$9.49
Linguini, pancetta, herb chicken & parmesan with a cream sauce

Pancetta Mac & Cheese $5.99/$8.99
Elbow mac, pancetta & cheddar cheese with a creamy three cheese sauce

Polpetta $6.49/$9.49
Capelini, meatballs & parmesan with our 6 veggie red sauce

Bolognese $6.49/$9.99
Rigatoni, beef, sausage, pancetta, & parmesan with a tomato cream sauce

Garden Shrimp Pasta $7.49/$10.49
Linguini, Shrimp, mushrooms, broccoli, red peppers with a Parmesan cream sauce

Shrimp Habanero $6.49/$10.49
Capelini, shrimp, mushrooms & parmesan with a habanero cream sauce

The Bacon Shrimp Spin $6.99/$10.99
Bacon Shrimp & spinach sautéed over linguini with a white wine cream sauce

Sausage Pepper Penne $6.49/$9.99
Sausage, onions, peppers & penne pasta with our 6 veggie red

Veggie Lovers Pasta $5.99/$8.99
Artichokes, Broccoli, mushrooms, red pepper, spinach & onion over penne pasta with our 6 veggie red sauce & parmesan cheese

Pesto Pasta $5.99/$8.99
Penne pasta tossed in a basil pesto & topped with fresh tomatoes & parmesan cheese

Build your own pasta

Choose a noodle
Angel Hair, Linguini, Fettuccini, Penne, Elbow Mac, Rigatoni

Choose a sauce
Pesto, 6 veggie red, Habanero Garlic Red, Alfredo, Basil Cream, Tomato Cream, Habanero Cream, Three Cheese

Choose your Veggies
Artichokes, Broccoli, Carrots, Mushrooms, Onions, Red pepper, Spinach, Tomato

Choose Your Meat
Chicken, Meatballs, Pancetta, Sausage, Shrimp

Market Deli

All sandwiches come on a French hoagie roll with a small side from the deli case.

French Dip $6.99
Piled high roast beef, provolone & mushrooms, served with Au Jus

Italian Hot Beef $7.49
Piled high roast beef, provolone cheese & spicy peppers, served with Au Jus.

Chicken Salad $6.99
Our signature herb chicken salad with lettuce & tomato

Chicken Club $7.49
Chicken, Bacon, cheddar, lettuce. tomato & mayo

Meatball Hoagie $7.49
Meatballs, parmesan cheese & our signature 6 veggie red sauce

Chicken Caprese $7.49
Chicken, fresh mozzarella, tomato & greens with a basil pesto aioli