
goodfood.

café & market

BREAKFAST

AVOCADO TOAST \$9

Multigrain bread, mashed avocado, lemon, cumin, salt, cracked pepper
Add poach or fried organic egg \$3

WHOLE WHEAT WRAP \$9.75

Scrambled eggs, brown rice, black beans, queso fresco,
pico de gallo & avocado

EGG SANDWICH \$7.50

Choice of toasted croissant or multigrain roll, scrambled eggs,
gruyere cheese, tomatoes & dijon butter
add bacon - \$2.50
add avocado - \$3

AÇAÍ BOWL (AVAILABLE ALL DAY) \$10.95

Puréed acai berries layered with granola. topped with fresh berries,
sliced bananas, toasted coconut & a drizzle of honey
add peanut butter \$1 / mini chocolate chips \$1 / Nutella \$2 / brownie bits \$2
*Substitute GF Granola \$2

SMOOTHIES

16 oz. \$7.95 / 24 oz. \$10.95

CHOCOLATE PEANUT BUTTER SMOOTHIE

Banana, unsweetened cocoa powder, greek yogurt,
oat milk, peanut butter & honey

GREEN MACHINE DETOXIFYING SMOOTHIE

Kale, pineapple, parsley, mango & ginger

TRIPLE BERRY PROTEIN SMOOTHIE

Strawberries, blueberries, raspberries, chia seeds,
banana, protein powder

SANDWICHES

**(substitute gluten free bread - add \$2)
Add a side of hand cut oven roasted fries to any sandwich \$4.95

MILANESA DE POLLO \$12.95

Chicken, tomatoes, local greens and mayo

CHICKEN PARMESAN \$13.95

House made tomato sauce, mozzarella, parmesan on a ciabatta roll

CRAB CAKE \$12.95

Served on toasted English muffin with coleslaw & house made tartar sauce

FALAFEL \$12.95

House made falafel served in pita bread with tahini sauce, hummus,
lettuce and Israeli salad

CURRIED CHICKEN SALAD \$13.50

Served on a ciabatta roll

FRESH TUNA SALAD \$14.50

with baby arugula and avocado in a pita

VEGETARIAN SANDWICH \$12.95

with avocado, manchego cheese, tomato, greens
and chipotle mayonnaise on whole grain bread

VEGAN SANDWICH \$12.95

with hummus, avocado, cucumbers, radishes,
tomatoes and arugula

IMPOSSIBLE BURGER (VEGETARIAN) \$16

toasted whole grain roll, avocado, tomato, red onion, arugula & chipotle
mayo. Oven roasted fries

MORE GOOD FOOD

SEASONAL QUICHES Whole \$28 / Half \$15 / Slice \$5.95 /
Slice w/ a side \$8.95

VEGGIE SALAD SAMPLER \$13.95

Choose up to 3 vegetarian salads from our case.

HOUSE SALAD \$8.95

Arugula, tomato, red onion, cucumbers, Kalamata olives, house-made
Balsamic vinaigrette. w/ Avocado \$5 / w/ Grilled Salmon \$8 /
w/ Spiced Tofu \$4 / w/ Grilled Chicken \$5 / w/ Feta Cheese \$3

QUESADILLA \$10.95

with cheddar, caramelized red onion, avocado and sour cream on the side.
Add chicken or shrimp - \$3

POWER BOWL \$13.95

Gluten free grain, beans, sautéed greens, roasted vegetable,
avocado & poached organic egg. Choice of Chimichurri,
balsamic dressing or Sriracha.
w/ Spiced Tofu \$16.95 / w/ Grilled Chicken \$18.95 / w/ Grilled Salmon \$20.95
*Extra Tofu \$2 / Extra Chicken \$5 / Extra Salmon \$8

SEASONAL HOUSE MADE SOUPS

Available daily

VEGGIE CHILI \$6.95 Sm / \$8.95 Lg

served w/cheddar and sour cream on the side

CORN BREAD \$3 / slice

Baked fresh daily

EXTRAS & ADD ONS

AVOCADO \$3.00

ORGANIC EGG \$3.00

HOUSE MADE GUACAMOLE (2 OZ.) \$3.00 / 4 oz. \$6

HOUSE MADE HUMMUS (2 OZ.) \$2 / 4 oz. \$4

FRESH PICO DE GALLO (2 OZ.) \$2 / 4 oz. \$4

CHIPOTLE MAYO OR LEMON MAYO (2 OZ.) \$1 / 4 oz. \$2

GOODFOOD FOR KIDS

CHEESE QUESADILLA \$6.95

PB & J SANDWICH \$5.95

MILANESA CUTLET \$8.25

DAILY DESSERTS

BREAD PUDDING \$6.95 / slice

HOUSE MADE COOKIES \$2 - \$2.50 each

Chocolate Chip / GF Peanut Butter Chocolate Chip / Oatmeal Raisin

BURNT BASQUE CHEESECAKE \$8 / slice

GF WALNUT TORTE \$7 / slice



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PREPARED FOODS

SUMMER COLE SLAW \$10 lb.

Sliced red and green cabbage, onions and carrots with a honey & lime vinaigrette

KALE SALAD \$16 lb.

with roasted butternut squash, toasted almond slivers, parmesan, with lemon vinaigrette

ISRAELI COUSCOUS \$13 lb.

feta cheese, kalamata olives, cucumbers red peppers, with garlic lemon dressing

CURRIED CHICKEN SALAD \$18 lb.

Bell & evans chicken breast, scallion, red pepper, celery, with lemon curry dressing

FRESH TUNA SALAD \$11 ½ lb.

Poached fresh tuna, red onion, celery, lemon juice, olive oil, mayo

FARRO SALAD \$13 lb.

Tossed with local greens and a balsamic vinaigrette

MOROCCAN CHICKPEA SALAD \$12 lb.

Seasoned with onion, turmeric, curry and cilantro

CRAB CAKES \$9.25 ea.

Lump crab meat, celery, peppers, onion with a hint of spice, served with house made tartar sauce

CHICKEN SATAY SKEWERS \$6.25 ea.

Grilled bell & evans chicken breast marinated

SHRIMP PROVENÇAL \$25 lb.

Poached shrimp tossed with fresh parsley, garlic, red pepper and celery in a citrus vinaigrette

SEASONAL ROASTED VEGETABLES \$15 lb.

BEVERAGE

FRESH BREWED COFFEE \$3.00 sm / \$3.25 lg

TEA \$3.00 sm / \$3.25 lg

UNSWEETENED ICED TEA \$3.00 sm / \$4.00 lg

HOUSE MADE LEMONADE \$3.00 sm / \$4.00 lg

COLD BREW COFFEE \$3.75 sm / \$4.50 lg

ICED CHAI LATTE \$3.75 sm / \$4.50 lg

BOTTLED DRINKS

BOYLAN \$3

Seltzer, Lemon Seltzer, Cola, Diet Cola, Ginger Ale

FENTIMAN'S – BOTANICALLY BREWED \$4.75

Rose Lemonade, Ginger Beer

SPINDRIFT SPARKLING WATER \$3.25

Lemon, Lime, Raspberry, Grapefruit, Pineapple

MONTAUK ICED TEA \$3

White Tea, Green Tea w/Honey, Half & Half

ESSENTIA WATER \$2.50/\$4.00

CRYSTAL GEYSER WATER \$1.75/\$3.50

COASTAL CRAFT KOMBUCHA \$5.50

Rotating Flavors

SEEK NORTH KOMBUCHA \$5.95

Rotating Flavors

EMPANADAS

GULA GULA MEAL \$11.95

Any 2 empanadas with one side. *Add \$1 if choosing 2 bison

Choice of Sides : Summer Cole Slaw, Moroccan Chickpea, Kale Salad, Farro Salad, Israeli Couscous, Cup of Daily Soup. Includes Chimichurri sauce

BISON \$4.50 ea./ \$50 dozen

Traditional flavors from el rio de la plata; with green olives, onions, raisins, garlic, olive oil crust

BBQ PORK AND MANGO \$3.95 ea./ \$43 dozen

East hampton's smokin' wolf bbq with fresh mangoes, sweet potatoes, red onion, red peppers & jalapeno, corn & wheat flour

BLACK BEAN AND CORN \$3.75 ea./ \$40 dozen

A tex-mex twist without the beef; with zucchini, red peppers, onions, garlic, jalapenos, cilantro, corn & wheat flour crust

BREAKFAST \$3.75 ea./ \$40 dozen

Yukon gold potatoes, onion, apple smoked bacon, eggs & chives

CHICKEN \$3.95 ea./ \$43 dozen

Southwestern flavors with roasted poblanos & tomatillos, chipotle puree, cilantro, onion, corn & wheat flour crust

FISH \$4.50 ea./ \$50 dozen

Albacore tuna, flounder roasted red pepper, kalamata olives, tomatoes, parsley, onion, olive oil crust

SPINACH & FETA CHEESE \$3.75 ea./ \$40 dozen

Traditional thin wheat crust

HAM & CHEESE \$3.75 ea./ \$40 dozen

with a touch of basil

SEASONAL GREENS \$3.75 ea./ \$40 dozen

Kale, swiss chard, onions, roasted garlic, manchego, whole wheat crust

ASSORTED DOZEN EMPANADAS \$43

Half meat/half vegetable

CHIMICHURRI SAUCE 2 oz \$2 / 4 oz \$4 / 8 oz \$8

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631-298-7599

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