

LUNCH SOUPS & SALADS

Salads

Market Salad full half

Lettuce mix, carrots, red onion, cucumbers, bell peppers, sprouts and grape tomatoes with your choice of dressing (ranch, blue cheese, Caesar, balsamic vinaigrette, fresh basil vinaigrette, raspberry vinaigrette, greek)
-add marinated chicken

Caesar Salad full half

Chopped romaine lettuce and garlic croutons tossed in Caesar dressing and topped with shaved Parmesan
-add marinated chicken

Greek Salad full half

Chopped romaine lettuce, red onion, artichoke hearts, Kalamata olives and grape tomatoes tossed with a Greek dressing and topped with feta
-add marinated chicken

Spinach Salad full half

Baby spinach, red onion, spiced walnuts, and fresh strawberries tossed in a basil vinaigrette and topped with honey whipped goat cheese
-add marinated chicken

Trio Salad

Choice of three deli salads (no more than one meat salad) on a bed of spring mix with focaccia

*prices subject to change without notice



Soup

Tomato-basil bisque

full half
Made with fresh basil and served with baguette

Soup of the moment

full half
Made in house and served with baguette

www.GourmetsMarketAndCafe.com



CATERING • LUNCH & ALL-DAY BREAKFAST • WEEKEND BRUNCH • BANQUET FACILITIES

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BREAKFAST

SAVORY

Classic Breakfast

Two eggs cooked to your liking, choice of country sausage or apple-wood smoked bacon or irish bacon and toast

Goat Cheese and Eggs

Diced tomatoes, red onion and fresh basil leaves scrambled with three eggs and topped with goat cheese

Toad in a Hole

Grilled Italian bread with 2 fried eggs in the middle and topped with double cream brie

Frog in a Ditch

Grilled italian bread with 2 fried eggs in the middle and topped with country sausage and cotswald cheese

Big Burrito

Bacon, diced tomatoes, onions, cheddar and jalapenos scrambled together with three eggs in a whole wheat tortilla and topped with salsa, salsa verde and sour cream

Market Scrambler

Specialty sausage of the moment, onions, bell peppers, and roasted red peppers scrambled together with three eggs and topped with cheddar

Biscuits & Gravy

Breakfast Bowl

2 buttermilk biscuits, 2 eggs, cheese, bacon & sausage gravy in a bowl

All Vol Omelet *a King of the Castle Favorite

- with hashbrowns, mushrooms, spinach, tomatoes, ham and cheddar topped with sausage gravy

Three Egg and Cheese Omelet

cheddar	swiss	provolone
feta	havarti	goat cheese

Customize your omelet with any ingredient below

onions	artichokes
tomatoes	kalamatas
mushrooms	bacon
spinach	sausage
bell peppers	ham
roasted reds	chicken
green onions	pesto
salsa	extra cheese

substitute egg whites

SWEET

Buttermilk Pancakes

Four of our light and fluffy buttermilk pancakes served with syrup and butter
-half order

Fresh Strawberry Pancakes

Four buttermilk pancakes filled with slices of fresh strawberries and served with syrup and butter
-half order

Chocolate Chip Pancakes

Four buttermilk pancakes loaded with Hershey's milk chocolate chips and served with syrup and butter
-half order

French Toast

Italian bread soaked in our vanilla custard then grilled golden brown and served with syrup and butter
-half order

Nutella Stuffed French Toast

Italian bread stuffed with Nutella Hazelnut Spread, soaked in our vanilla custard then grilled golden brown and served with syrup and butter

Cinnamon Raisin French Toast

Italian bread soaked in our vanilla custard and grilled golden brown then topped with cinnamon icing and cream soda soaked raisins
-half order

• • • Kid Selections • • •

Kid Pancake
Kid Strawberry or Chocolate Chip Pancake
Kid PB and J
Kid Grilled Cheese



A La Carte

Two eggs
Two egg whites
Toast (Italian, Marble Rye, Hearty Wheat)
Country sausage (2 patties)
Apple-wood smoked bacon (4 strips)
Irish bacon (4 slices)
Smoked Salmon
Coffee Cake
Cinnamon Roll
Stuffed Croissant
Muffin
Avocado
Bread Pudding
Specialty Dessert of the week

• • • Bowls • • •

Oatmeal
Granola
Yogurt
-add granola
-add strawberries
Strawberries Bowl - side -

Sides

Fresh Fruit
Hashbrown Casserole
Parmesan Potato Chips
Stone Ground Grits w/Boursin
Baked Apples

LUNCH SANDWICHES

HOT SANDWICHES

Served with our house made parmesan potato chips and a pickle

Southern Grilled Cheese

Grilled pimento cheese sandwich on Italian with tomato, bread and butter pickles and bacon

Grilled Asian Peanut Butter

House made asian peanut butter sandwich on Grilled hearty wheat w/ pineapple, cucumbers, Lingham's hot sauce

Fake Steak

Sautéed button mushrooms, red onion and fresh thyme mayo with provolone, lettuce, tomato on baguette

Tuna Melt

Caper-dill tuna salad toasted open face on hearty wheat bread w/tomato & cotswald cheese

Reuben

Choice of corned beef, pastrami or turkey on grilled rye with sauerkraut, swiss and our reuben sauce

PANINI SANDWICHES

Market Delight

Shaved Irish bacon on grilled Italian bread with sun-dried tomato paste and gruyere

Bacon and Goat Cheese

Honey whipped goat cheese, bacon, fresh basil and tomato on hearty wheat

Cuban

Roasted pork, black forest ham, dill pickles, gruyere and a brown sugar whole grain mustard on focaccia

New Chicken and Avocado

Roasted chicken, avocado, sun-dried tomato paste, provolone and pesto ranch on Italian

The Captain

Smoked turkey, fontinella cheese, and mango chutney on focaccia

KINGS OF THE CASTLE

Cosmo's Slider

Beef sliders with Boursin cheese, wilted greens and bacon onion jam served on a pretzel roll

All Vol Omelet

- with hashbrowns, mushrooms, spinach, tomatoes, ham and cheddar topped with sausage gravy

COLD SANDWICHES

Market Hero

Ham, doro salami, geno salami and provolone on baguette with red onion, lettuce, tomato sub oil and pepper relish

Hummus and Veggie Wrap

House-made black bean hummus, cucumbers, artichoke hearts, tomatoes, bell peppers, red onion and sprouts wrapped in a whole wheat tortilla

Old School Veg Head

Provolone, swiss, cheddar, pepper relish, bell peppers, lettuce, tomato and sub oil on focaccia

Cosmo's BLT

Bacon, lettuce, tomato, avocado mayonnaise and pepper relish on choice of bread
-add egg

Veggie and Cream Cheese

Caper-onion and dill whipped cream cheese, avocado, tomato, cucumber and sprouts on hearty wheat
-add smoked salmon

Create Your own Sandwich

Choice of meat or spread (1)

Smoked turkey, black forest ham, roasted chicken, roast beef, chicken salad, curry chicken salad, caper-dill tuna salad, low fat tuna salad, pimento cheese

Choice of cheese (1)

Swiss, provolone, cheddar, havarti

Choice of condiment

Nance's mustard, yellow mustard, Dijon mustard, mayonnaise, avocado-mayonnaise, sub oil, garlic thyme mayo

Choice of Vegetables

Lettuce, tomato, cucumber, sprouts, bell pepper, red onion

Choice of Bread

Wheat, italian, white, rye, whole wheat wrap, focaccia, baguette

Double-Decker Reuben

- Our famous - times 2, with a side of potato salad