

BREAKFAST

SERVED FROM 6AM -11AM

Egg Sandwiches

on a roll, bagel or wrap

TWO EGGS	4.59
EGG & CHEESE	5.59
EGG & BACON	6.39
WESTERN OR CHEESE OMELETTE	6.99
EGG WHITE VEGGIE OMELETTE	6.99
TWO EGGS ANY STYLE w/Potatoes & Toast	6.59

Create Your Own Omelette

3 EGGS WITH 3 TOSS-INS:	7.99
Broccoli, Mushrooms, Spinach, Scallions, Kale, Tomatoes, Onions, Bell Peppers	
CHEESES American, Swiss, Cheddar, Feta	
MEAT Ham, Bacon, Sausage	
ADD-ON Extra Meat 2.00 Cheese 1.00 Extra Egg 1.50	

Griddles

FRENCH TOAST OR BUTTERMILK PANCAKES with Strawberries or Blueberries	7.99
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Hot Cereal Bar

REG 5.99 • LG. 6.99

HEARTY OATMEAL Served with 3 Complimentary Toppings: Fresh Fruit & Berries, Homemade Granola, Raisins, Honey, Cinnamon, Brown Sugar

HOMEMADE GRANOLA & YOGURT PARFAIT

6.99
Delicious, Crunchy Honey Granola Served with Non-Fat Yogurt & Fresh Seasonal Fruit & Berries

Breakfast Quinoa Bowls

10.99

Q1. Two Soft Fried Eggs Lemon Braised Kale, Feta, Tomatoes, Olives, Scallions with Teriyaki Sauce over Gluten-Free Quinoa

Q2. Two Soft Fried Eggs Lemon Braised Kale, Feta, Cilantro, Red Onion with Chipotle Lime Ancho Sauce over Gluten-Free Quinoa

Q3. Two Soft Fried Eggs, Lemon Braised Kale, Feta, Sautéed Mushrooms, Caramelized Shallots, Chick Peas with Traditional Moroccan Sauce over Gluten-Free Quinoa

ADD AVOCADO +1.50

MAKE IT PERFECT! ADD

FRESH FRUIT SALAD 5.99

FRESH PURE ORANGE JUICE 5.99

BAKERY

ALL OUR BAKERY ITEMS ARE 100% TRANSFAT FREE

Bagels

Plain · Sesam · Everything,

· Cinnamon Raisin · Multi-Grain · Whole Wheat	
Plain, Buttered or Jelly	2.99
Cream Cheese	3.50
Vegetable or Scallion	4.25
Lox Spread	4.99
Smoked Norwegian Salmon	14.99

Croissants

All Butter or Whole Wheat

Almond or Chocolate

Danish

Cheese · Fruit

Muffins

Blueberry · Corn · Raisin Bran · Mixed Berry

English Scones

Blueberry · Chocolate Chip · Raisin

Brownies & Bars

Oreo · Raspberry · Double Fudge · Pecan Bar

· Lemon Bar · Cheesecake · Turtle Caramel

· Peanut Butter · Snickers · Carrot · Key Lime

· Mango

BEVERAGES

Piping Hot

	REG.	MED.	LG.
House Blend/Decaf	2.29	2.89	3.09
Herbal Tea	2.29	2.89	3.09
Hot Chocolate	2.59	3.39	3.79
Chai	3.89	4.59	5.09
Cappuccino/Latte	3.89	4.69	4.99
Espresso	SINGLE 2.69	DOUBLE 3.69	

ALMOND MILK, SOYMILK, SYRUPS +0.99

Chilled

	REG.	LG.
Iced Coffee (Cold Brew)	4.49	5.49
Iced Tea	3.79	4.79
Iced Cappuccino/Latte	4.79	5.59

Hydrate

	REG.	MED.	LG.
Spring Water	2.50	3.50	4.50
Fresh Squeezed Orange Juice			5.99

MAKE IT PERFECT! ADD

FRESH FRUIT SALAD 5.99

FRESH PURE ORANGE JUICE 5.99

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CATERING SELECTIONS

Breakfast Packages

BREAKFAST PACKAGE #1

12.99

- Our Signature Mini Pastry Platter
- Hot Coffee Service
- Freshly Squeezed Orange Juice **ADD 2.00 PER GUEST**

BREAKFAST PACKAGE #2

15.99

(THE CLASSIC CARVING BOARD)

17.99

- Our Signature Mini Pastry Platter
- Sliced Fruit & Mixed Berries
- Hot Coffee Service
- Freshly Squeezed Orange Juice **ADD 2.00 PER GUEST**

BREAKFAST PACKAGE #3

19.99

- Our Signature Mini Pastry Platter
- Low-Fat Yogurt Parfait
- Freshly Squeezed Orange Juice
- Hot Coffee Service
- Sliced Fruit & Mixed Berries **ADD 3.00 PER GUEST**

BREAKFAST PACKAGE #4

19.99

- Hearty Breakfast Quesadillas or Roll Ups
- Sliced Fruit & Mixed Berries
- Freshly Squeezed Orange Juice
- Hot Coffee Service

BREAKFAST PACKAGE #5

20.99

- Hearty Breakfast Buffet
- Hot Coffee Service
- Freshly Squeezed Orange Juice
- Sliced Fruit & Mixed Berries **ADD 3.00 PER GUEST**

BREAKFAST PACKAGE #6

23.99

- Quinoa Breakfast Bowl
- Gluten-Free Bagel Platter
- Hot Coffee Service
- Sliced Fruit & Mixed Berries **ADD 3.00 PER GUEST**

Lunch Packages

LUNCH PACKAGE #1

17.99

- Assortment of Chef Designed Sandwiches & Wraps
- Your Choice of Side Salad

LUNCH PACKAGE #2

20.99

(THE CLASSIC CARVING BOARD)

20.99

- Elegant Array of Sliced Meats and Cheeses
- Basket of Brick Oven Baked Italian Bread
- Relish Tray of Lettuce, Pickles, Tomatoes & Kalamata Olives
- Homemade Spreads

LUNCH PACKAGE #3

19.99

- Market Crates Dessert Platter
- Assortment of Mexican Style Mini Quesadillas Served with Pico De Gallo, Guacamole & Sour Cream
- Your Choice of Gourmet Side Salad

add-ons

5.00

- CRATES DESSERT PLATTER
- TROPICAL FRUIT & MIXED BERRIES
- REFRESHING ASSORTED BEVERAGES
- HOMEMADE SOUP OF THE DAY

COFFEE BREAK PACKAGE

13.99 PP

- CHOICE OF DESSERT PLATTER OR AFTERNOON PASTRY PLATTER
- HOT BEVERAGE SERVICE
- ASSORTED COLD BEVERAGES

Beverage Services

COFFEE SERVICE

4.99

Market Crates House Blend Regular or Decaf

TEA SERVICE

5.29

Assorted Brewed Tea, Regular, Decaf or Herbal

HOT CHOCOLATE

4.99

with Steamed Milk

BOX OF JOE

28.99

Serves 8-10 Guests. Reg. or Decaf

FRESHLY SQUEEZED JUICE

18.95

Serves 6-8 Guests. A Selection of Fresh Orange or Grapefruit Juices

ALL NATURAL JUICE

3.99

Cranberry or Apple Juices

ICED COFFEE SERVICE

4.29

BOTTLED SPRING WATER

2.75

HEALTHY BE

SANDWICHES

Signature Sandwiches

12.99

SMOKED SALMON with Chive Cream Cheese, Cucumbers on Pumpernickel +2.00**TURKEY & BRIE** with Lettuce, Tomato, Honey Dijon Spread on Crispy French Baguette**TUNA SALAD** with Lettuce, Tomato, on Multigrain**CAPE COD CHICKEN SALAD** with Lettuce, Tomato, Walnuts, Low Fat Mayo on 7 Grain**HOUSE ROAST BEEF** with White Cheddar Cheese, Crispy Onions, Arugula, Horseradish Mayo on Black Russian Bread**CHEESE CAPRESE** with Fresh Mozzarella, Roasted Tomatoes, Fresh Basil with Tomato Pesto Spread on Olive Pocket**TRUFFLE BALSAMIC CHICKEN** with Mesclun, Avocado and Tomatoes on Ciabatta**CRANBERRY TURKEY** with Roasted Turkey, Mixed Greens, Roasted Peppers, White Cheddar Cheese & Cranberry Mayo on Pumpernickel**CALIFORNIA TURKEY** with Smoked Turkey, Avocado, Cucumbers, Tomatoes, Mesclun & Lemon Dill Mayo on Wheat

Market Crates Wraps

12.99

ALL OUR WRAPS ARE SERVED ON A WHOLE WHEAT TORTILLA

CHICKEN CAESAR with Roasted Peppers, Romaine Lettuce, Shaved Parmesan & Low-Fat Caesar Dressing**VEGGIE DELIGHT** Avocado, Garbanzo Beans, Shredded Beets, Carrots, Cucumbers, Spinach with Homemade Hummus Spread**CLASSIC CALIFORNIA** All Natural Chicken, Avocado, Roasted Peppers, Lettuce & Tomato with Peppercorn Ranch**CHICKEN FIESTA** with Avocado, Fresh Corn, Mesclun & Black Bean Puree**ALBACORE TUNA** with Sprouts, Plum Tomatoes, Arugula with Light Mayo**CHIPOTLE ANCHO CHICKEN** Crispy Chicken, Avocado, Arugula, Lettuce, Tomatoes & Mayo**Our Partners for Healthy Eating:**

PANINIS

Oven Melt Paninis

12.99

SMOKED TURKEY CHIPOTLE with Fresh Roasted Turkey, Pepper Jack Cheese, Arugula & Chipotle Spread on Multigrain**CHICKEN PESTO** with Melted Tomatoes, Fresh Mozzarella & Pesto on Rosemary Foccacia**CHICKEN PARMESAN** with Crispy Chicken Breast, Fresh Mozzarella, Shaved Romano, Basil with Homemade Marinara Sauce on Italian Pocket**BAKED FALAFEL** with Tomatoes, Caramelized Onions and Spicy Tahini Sauce on Multigrain Pocket**MUENSTER CHICKEN** with Grilled Chicken, Muenster Cheese, Arugula, Honey Dijon on Ciabatta**BELLA FONTINA** with Portabella Mushrooms, Fontina Cheese, Arugula, Porcini Puree & Truffle Oil on Multigrain**TUNA MELT** with Albacore Tuna Salad, Lettuce, Tomatoes, Swiss Cheese on Multigrain**EGGPLANT PARMESAN** with Lightly Breaded Eggplant, Fresh Mozzarella, Pomodoro Sauce on Ciabatta**MARKET STEAK** with Caramelized Onions, Sautéed Mushrooms, Gruyere & Roasted Shallots Aioli on Onion Pocket**CHIPOTLE CHICKEN** Smoked Gouda, Avocado, Lettuce and Black Bean Puree on Ciabatta

Side Salads

6.99 EACH

BEETS SALAD Roasted Red & Golden Beets, Haricot Vert, Red Onions, Goat Cheese, Candied Walnuts, Sliced Almonds, Arugula & Red Wine Vinaigrette**MOROCCAN CHICK PEA** Cucumber, Tomato, Edamame, Black Olives, Chickpeas, Hummus w/ Spicy Moroccan Vinaigrette**TOMATO SALAD** Cherry Tomato, English Cucumber, Sliced Red Onion, Olives, Feta Cheese, Parsley, Oregano, Olive Oil & Tomato Vinaigrette**GREEN BEAN** French Beans, Sesame Seeds, Ginger, Julienne Tri Color Pepper, Edamame and Sweet Soy**KALE** Dried Cranberries, Honey Walnuts, Grapes (Red & Green), Radicchio, Pomegranate

QUINOA BOWLS

Create Your Own

12.99

QUINOA INCORPORATES QUITE A LOT OF NUTRIENTS INTO TINY SEEDS. IT CONTAINS MORE PROTEIN THAN MOST GRAINS AND OFFERS A MORE EVENLY BALANCED ARRAY OF AMINO ACIDS. THE BUILDING BLOCKS OF PROTEIN. QUINOA IS ALSO A HIGHER IN PHOSPHORUS, MAGNESIUM, COPPER, ZINC AND IRON THAN MOST GRAINS.

STEP 1 Sauce

CHOOSE 1

Sweet Chili Lime • Scallion Traditional Moroccan • Very Teriyaki • Chipotle Ancho Vinaigrette

STEP 2 Proteins

CHOOSE 1

• Crispy Chicken • Grilled Chicken • Tofu
Sauteed Shrimp +4.00 Grilled Salmon +4.00
ADDITIONAL TOPPING +2.50

STEP 3 Toss-Ins

CHOOSE 4

Sweet Peas • Kalamata Olives • Spinach • Broccoli • Scallions • Mushrooms • Daikon • Napa Cabbage • Oven Roasted Peppers • Kale • Caramelized Onions • Carrots • Roasted Corn • Cherry Tomatoes • Fresh Mozzarella +2.00 • Sun-Dried Tomatoes +2.00
EXTRA TOSS INS +1.00

Chef Designed Quinoa Bowls

OUR ORGANIC QUINOA HAS THE HIGHEST NON-MEAT PROTEIN ON THE PLANET.

RANCHERO QUINOA

12.99

(Vegan) Tofu, Roasted Peppers, Caramelized Onions, Cilantro, Red Beans, Tortilla Chips & Kale tossed with Chipotle Ancho Vinaigrette

MOROCCAN QUINOA

12.99

Grilled Chicken, Chickpeas, Caramelized Onions, Fresh Basil, Olives, Kale and Carrots tossed with Traditional Moroccan Sauce

SOUTHWESTERN QUINOA

12.99

Grilled Chicken, Roasted Peppers, Cilantro, Cherry Tomatoes, Red Beans, Kale, Scallions and Corn tossed with Sweet Chili Sauce

ASIAN GINGER QUINOA

12.99

(Vegan) Carrots, Scallions, Daikon, Cabbage, Kale, Mushrooms and Olives with Scallion Ginger Sauce

TERIYAKI SHRIMP

16.99

Shrimp, Daikon, Napa Cabbage, Kale, Carrots, Scallions & Broccoli tossed with Very Teriyaki Sauce

GREEK MED

12.99

Organic Quinoa, Capers, Kale, Chickpeas, Kalamata Olives, Feta, Cherry Tomatoes, Tri-Color Peppers, Fresh Oregano Red Wine Vinaigrette

MARKET PLATES

ENTREE WITH 2 SIDES ON A BED OF GRAINS 16.99

Healthy Grains

WILD RICE • BROWN RICE • FREEKEH • GOLDEN JEWEL

Entrees

- LEMON HERB CHICKEN
- BRAISED STEAK +4.00
- ROSEMARY TURKEY
- SALMON OR SHRIMP +4.00
- MEATBALLS
- GRILLED TOFU

Hot & Cold Sides A LA CARTE 6.99 EACH

SEASONAL & CHANGES DAILY. PLEASE CALL US FOR THE SELECTIONS OF THE DAY OR VISIT OUR WEBSITE AT

marketcrates.com

Soups

MADE WITH FRESH MARKET INGREDIENTS

CUP 4.99 REG 6.99 LARGE 7.99

PREMIUM SOUPS ADD \$1.00 FOR ALL SIZES

Quiche

7.99

MADE FRESH USING THE FINEST MARKET INGREDIENTS

- GOAT CHEESE & HERB
- LEEKS & SWISS
- MUSHROOM & SWISS
- BROCCOLI & CHEDDAR

LUNCH COMBOS

THE CLASSIC LUNCH COMBO 13.99

Sandwich, Can of Soda and Chips

HALF SANDWICH & AN 8 OZ. CUP OF SOUP

THE MARKET CRATES COMBO 12.99

Sandwich and 8 oz. Cup of Soup

QUICHE & AN 8 OZ. CUP OF SOUP COMBO 13.99

UPGRADE TO:

- 12 OZ. SOUP +2.00
- 16 OZ. SOUP +3.00

FOR FRESH AND NATURAL FOODS

FROM LOCALLY SOURCED FARMS ORDER AT

marketcrates.com

CUSTOM SALAD

CUSTOM SALAD (PRE-CHOPPED) 14.99

Greens

SELECT UP TO 2

Organic House Blend • Baby Arugula • Romaine Hearts Fresh Kale • Organic Baby Spinach • Organic Mesclun

Proteins

CHOOSE 1 • EXTRA TOPPING +2.50

Cajun Chicken • Crispy Chicken • Grilled Chicken • Albacore Tuna • Roasted Turkey • Falafel • Grilled Tofu

Salmon +4.00 • Grilled Shrimp +4.00 • Steak +3.00

Premium

SELECT UP TO 3 • EXTRA TOPPING +1.00

Sun-Dried Tomatoes • Craisins • Toasted Almonds • Walnuts • Portobello • Artichokes • Egg Whites • Bacon Bits • Edamame • Kalamata Olives • Jack & Cheddar • Fetta • Blue Cheese • Baby Mozzarella

ADD AVOCADO +1.50

Toss-Ins

SELECT UP TO 6 • EXTRA TOPPING +.50

Broccoli • Sliced Roasted Beets • Carrots • Corn • Cucumbers • Red Onion • Radish • Mushrooms • Hard Boiled Egg • Sweet Peas • Tomatoes • Bell Peppers • Roasted Peppers • Scallions • Chickpeas • Kidney Beans • Grapes • Apple Slices • Croutons • Sunflower Seeds • Crunchy Noodles • Tortilla Strips

Chef Designed Salads

12.99

CHICKEN FIESTA Crispy Chicken, Romaine, Jack & Cheddar cheeses, Fresh Corn, Tomatoes, Red Onions & Tortilla Strips with Ranch Dressing**BAKED FALAFEL** Romaine Hearts, Scallions, Tomatoes, Cucumbers, Carrots & Chickpeas with Spicy Tahini**BISTRO CHICKEN** Field Greens, Seedless Grapes, Craisins, Blue Cheese, Candied Walnuts & Caramelized Pears with Low Fat Balsamic Vinaigrette**CALIFORNIA COBB SALAD** All Natural Turkey, Turkey Bacon, Avocado, Mushrooms, Blue Cheese, Alfalfa Sprouts, Tomatoes, Cucumbers, Egg Whites over Spinach & Romaine with Blue Cheese Dressing**GREEK CHICKEN SALAD** Romaine, Cherry Tomatoes, Red Onions, Feta Cheese, Cucumbers, Kalamata Olives, Tri-Color Peppers with Red Vinaigrette & Extra Virgin Olive Oil

CLASSIC CAESAR SALAD 10.99

Romaine, Garlic Croutons & Parmigiano Cheese with Low-Fat Caesar Dressing

WITH:

- GRILLED CHICKEN 12.99
- FLAT IRON STEAK 14.99
- ROASTED TURKEY 12.99
- GRILLED SHRIMP 14.99

EXTRA DRESSING +1.00

PASTA BAR

SERVED WITH GARLIC BREAD 12.99

Pasta

CHOOSE 1

Linguine • Penne • Whole Wheat +1.00 • Gluten-Free +1.00

Sauce

CHOOSE 1

Tomato Basil • Fresh Basil Pesto • Ala Vodka • Spicy Arabiatta • Alfredo Romano • Beef Bolognese +1.00

Main Ingredient

CHOOSE 1

Crispy Chicken • Grilled Chicken • Portobello Mushroom • Tofu • Spicy Shrimp +4.00 • Grilled Salmon +4.00

Toss-Ins

CHOOSE 4

Kalamata Olives • Sun-Dried Tomatoes • Sweet Peas • Caramelized Onions • Roasted Peppers • Broccoli Florets • Fresh Mozzarella • Wild Mushrooms • Parmesan • Pepper Flakes
EXTRA TOSS INS +0.75