

## Eggwich

Your choice of toast, bagel, wrap or croissant (+ \$1)

Try adding veggies from the Extras list.

**Egg & Cheese •V** 5

add ham, sausage, bacon, turkey 1

**El Diablo •V** 5

egg panino with ghost pepper cheese

**Grilled Avocado, Egg & Cheese Wrap •V** 7

with chipotle mayo

## Bagelwich

**Xander Bagel •V** 6

Cinnamon raisin bagel, granny smith apple slices,  
plain cream cheese, and a drizzle o' honey

**Resurrection Bagel** 6

Grilled ham & Raise the Dead® pepper jelly cream cheese

**Vegan Bagel •VN** 7.50

Avocado, sprouts, tomato, red onion, roasted red pepper,  
pickled carrot, greens, and veganaise

## Breakfast Bowls

	CUP	BOWL
<b>Cranberry Almond Granola •VN</b>	5	7

Organic oats, almonds, dried cranberries & maple syrup.

Your choice of dairy. Non-dairy almond or soy milk +.50

<b>Muesli •VN</b>	5	7
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Thick rolled oats, coconut, pepitas, flax seed, sesame seeds, assorted raisins and dark chocolate. Your choice of dairy. Non-dairy almond or soy milk +.50

<b>Icelandic-style Yogurt •GF</b>	5.25	7
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Add fruit compote or granola 1

<b>Organic Steel Cut Oats •V</b>	4.50	6.50
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Served with brown sugar & cream on the side

*Carma suggests adding our homemade granola or fruit compote \$1*

## Toasted Spread

**Bagels •VN** 2.00

plain, everything, multigrain, cinnamon raisin

**Health Toast •VN**

wheat, flax, sunflower, sesame seeds

**Sourdough thick sliced •VN**

Butter or

Flourchild Jam .75

Peanut Butter 1.50

Cream Cheese 2.50

plain

veggie

sun-dried tomato

Flourchild Raise the

Dead pepper jelly

Mayo or Homemade

Veganaise - free

## 3 Egg Frittata of the Day

•V •GF 9.25

A baked omelette made with eggs from the happy chickens at Springfield Farm.

with choice of toast or green salad

## Extras

Coconut Bacon 1

Avocado 2

Ham or Turkey 2

Bacon per slice 2

Veggies 50¢

- caramelized onion
- cucumber
- greens
- pickled carrot
- red onion
- roasted red pepper
- sprouts
- tomato

## SIDES

**Cold Sesame Noodles**

•VN Reg. 2.50

Lg. 4.50

**Mesclun Salad**

•VN •GF 2

**Utz Kettle Chips**

•VN •GF 1

**Homemade Soup**

Cup 4.50

Bowl 6.50

## Beverages & Salads on back >

Catering inquiries:  
carmascafe@verizon.net

Call for pick up & avoid the line!  
**410.243.5200**

Specials posted daily at  
[www.carmascafe.com](http://www.carmascafe.com)



## Sandwiches

*Breads indicated are suggestions (except the Rockets). Ask if you would prefer a different bread or even NO bread - we'll "saladify" your sandwich choice!*

**Meatball Rocket**

whole 10 half 7

Italian meatballs, marinara and provolone stuffed inside a ciabatta

**Veggie Rocket •V**

10 7

Our vegetarian version of the Meatball Rocket

**Grilled Ham & Brie**

10 7

with greens, caramelized onions, dijon vinaigrette grilled on ciabatta

**Blue Ribbon**

10 7

Turkey, bacon, swiss cheese, caramelized onions, greens & blue cheese spread grilled on ciabatta

**Veggie Rowhouse •V**

10 7

Sun-dried tomato basil cream cheese, cucumber, pickled carrot, sprouts, red onion, and swiss on toasted ciabatta

**San Pedro •VN**

10 7

Avocado, coconut bacon, sprouts, caramelized onions, greens and veganaise on toasted ciabatta

**Garlicky Avocado Grilled Cheese •V** 10

with sun-dried tomato pesto

**Apple Alexander •V**

10 7

Granny smith apple, brie & honey, grilled on ciabatta

**Turkey Club**

10

Bacon, tomato basil cream cheese, swiss, greens, tomato on toasted sourdough

**TCB aka Turkey, Cranberry & Brie**

10 7

Turkey, whole cranberry relish and brie grilled on ciabatta

## SOUP

**Always from scratch**

cup 4.50 bowl 6.50

**Creamy Tomato Basil (•V •GF) and Soup/Chili of the Day**

## Grilled Cheese & Soup

A Charles Village favorite! Ooey gooey mixed cheeses  
on sourdough & homemade soup or chili.

cup 11 • bowl 13

**V • Vegetarian VN • Vegan GF • Gluten Free Ingredients**

**ALLERGY WARNING:** Although we prepare gluten-free items (gf), our kitchen is not gluten free. Cold sesame noodles contain peanuts. If you have food allergies please inform us prior to ordering.

## REVIVE

COFFEE	12 oz	16 oz	20oz
Brewed Coffee	2	2.50	2.75
Bottomless			3.50
Americano	2.25	3	3.50
Low Acid Coffee	2.25	2.75	3.50
Rise & Shine	2.75	3.50	4
Cafe au Lait	3	3.50	4

## INVIGORATE

### LATTES

Cafe Latte	3.50	4.00	4.50
Cafe Creme	4	4.50	5
Caramel Cloud	4	4.50	5
Mocha Latte	4	4.50	5
White Mocha Latte	4	4.50	5
Mayan Mocha Latte	4	4.50	5

### CAPPUCCINOS

Cappuccino	3.50	4	4.50
Honey Cappuccino	3.50	4	4.50

### ESPRESSO

Espresso Doppio	2.25
Espresso Machiatto	2.75
Espresso Con Panna	2.75

### TEA & TEA LATTES

Hot Tea	2	2.50	3
Chai	3.50	4	4.50
Twiggy	3.50	3.75	4.50
Earl Grey & Vanilla			
Tea Cake	3.50	4	4.50
Roibos, Honey & Soy Milk			

### HOT CHOCOLATES

Hot Cocoa	3.50	4	4.50
Mayan Cocoa	3.50	4	4.50

### ADD ONS

Flavor Shot	.50
Extra Espresso Shot	.75

## ICED COFFEES

	12 oz	16 oz	24 oz
Iced Cold Brewed Coffee	3	3.50	4.25
Iced Americano	3.25	3.75	4.25
Iced Rise & Shine	3.75	4.50	5
Iced Latte	3.75	4.50	5
Iced Mocha	4.25	4.75	5.50
Iced Mayan Mocha	4.25	4.75	5.50
Iced Au Lait	3.75	4.25	5

## REFRESH

### ICED TEAS

Black Tea • Mint Tea • Green Tea • Sweettea

Half & Half	2.50	3	3.50
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### ICED CHAI LATTES

Iced Chai	4	4.25	4.75
Iced Vanilla Chai	4.50	4.75	5.25

### LEMONADES

Lemonade	2.50	3.50	4.25
Flavored Lemonade	3.25	4.25	4.75
raspberry • strawberry			
blackberry • lavender			

### Housemade Gingerade

	3.25	4.25	4.75
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## QUENCH

San Pellegrinos Soda			2
orange • lemon • grapefruit			
clementine • prickly pear			
blood orange • pomegranate			
Soda			1.50
Coke • Diet Coke • Fresca			

### San Pellegrino Sparkling Water

	9 oz	12 oz	16 oz	24oz
Orange Juice	2.25	2.75	3.75	4.50
Zinger		3.25	4.25	5.25
Milk	1.50	2	2.75	3.50
Chocolate Milk	2	2.50	3.25	4.15
Chocolate Not Milk	2.50	3	4	5
- almond or soy milk				

## Saladify It!

Our sandwiches reconfigured as salads! A slice of baguette or gf crackers available upon request.

**Rocket Platter** 12  
Mixed green salad with shallot vinaigrette and a side of meatballs, marinara, and provolone.

**Veggie Rocket Platter •V** 12  
Mixed green salad with shallot vinaigrette and a side of Carma's veggieballs, marinara, and provolone.

**Ham & Brie Salad •GF** 12  
Green salad with dijon vinaigrette & caramelized onions, diced ham, and brie.

**Blue Ribbon Salad •GF** 12  
Salad with a blue cheese caramelized onion vinaigrette, sliced turkey, bacon, and swiss cheese.

**Rowhouse Salad •V •GF** 12  
Green salad with a sun-dried tomato vinaigrette, cucumber, pickled carrot, sprouts, red onion, and swiss cheese

**San Pedro Ensalada •VN •GF** 12  
Green salad with a caramelized onion vinaigrette, avocado, coconut bacon, and sprouts.

**Club Salad •GF** 12  
Green salad with a shallot vinaigrette, sliced turkey, bacon, tomato and swiss cheese.



## Don't forget Dessert!

Voted **Baltimore's Best Cookies**, pick up one for dessert or a bag to share. **1.00 each**  
**Chocolate Chip, Pink Dalmatian, Cappuccino Chews, Oatmeal Raisin, Peanut Butter, Pumpkin Oatmeal (vegan), Chocolate or Plain Coconut Macaroon, & seasonal favorites Snickerdoodle and Molasses Crinkle.**

**Carma's House Biscotti** 2

**Brownies, muffins, croissants, quick breads and other treats available daily.**