



mediterranean market

*At "Fresh, Mediterranean Market" our goal is to prepare, cook and serve food in its' purest form...fresh from the garden or right off the burner.*

*The variety of foods and the rich farmlands of the Mediterranean, as well as the recipes, which have been handed down from generation to generation is the sought after taste for "Fresh". The food is simple and alive with flavor. The menu includes ever changing seasonal ingredients from Spain, Italy, France, Greece and Morocco with a domestic flair.*

*Our wine list consists of selected wines from around the Mediterranean which are of a lighter body and compliment the menu. As an alternative we've prepared an authentic Sangria, lively and fruity.*

## **Juice Extracts**

*Health Conscious Extracts from Fresh Vegetables and Fruits*

*Detox, Antioxidant and Wheatgrass*

## **Yogurt Parfaits**

*Fresh Fruits, Yogurt and Homemade Granola*

## **Oatmeal & Grits**

*Stone Ground Oatmeal*

*Anson Mills White Cheddar Grits*

## **Breakfast Meats**

*Slow Roasted Smoked Virginia Ham*

*Herbed Turkey Breast*

## **Eggs Any Style**

*Omelettes made to order, Eggs Prepared Any Style*

*Egg Whites and Egg Beaters available*

## **Pancakes, Waffles, French Toast**

*Traditional Pancakes, Waffles and French Toast*

## **Variety of Pastries, Danishes and Muffins**

*Market Breakfast includes Juice and Freshly Brewed Starbucks 100% Colombian Coffee and Decaffeinated Coffee*

*Adults \$17.95*

*Children 3 - 9 \$10.95*

## **Beverages**

*Fresh Bloody Mary*

*\$9.00*

*Mimosa*

*\$7.50*

*Prices exclusive of tax and gratuity; for parties of 6 or more an optional 18% gratuity will be added.*

*We are happy to discuss with you and attempt to accommodate any dietary or special needs diets.*

*All food items are cooked to the recommended FDA Food Code temperatures, unless otherwise requested.*

*Consuming raw or undercooked meats, seafood, shellfish, or eggs may increase your risk of food borne illness.*



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## Hot Cereals

*Anson Mills "Southern" Grits  
Grafton Village Cheddar, Vermont Butter  
4.95*

*Spiced Oatmeal  
Cinnamon Sugar, Raisins  
4.95*

## Eggs from the Skillet

*Two Eggs, Any Style  
Choice of Bacon or Sausage, Breakfast Potatoes, Toast  
12.95*

*Dungeness Crab Frittata  
Asparagus, Organic Spinach  
14.95*

*Black Forest Ham Pannini  
Gruyere Cheese, Brioche, Hammock Hollow Greens  
12.95*

## Griddle Favorites

*Belgium Waffle  
Cinnamon Apple compote, Toasted Almonds  
12.95*

*Pecan Raisin French Toast  
Seasonal Berries, Coconut Butter  
12.95*

## From the Pantry

*Pink Grapefruit  
Caramelized and topped with Homemade Granola  
4.95*

*Yogurt Parfait  
Homemade Granola and Low Fat Yogurt  
Fresh Fruit, Seasonal Berries  
8.95*

## Beverages

*Freshly Brewed Starbucks Coffee and Decaffeinated Coffee 2.50  
Hot Tea, Hot Chocolate 2.50  
Fresh Juices 3.75  
Fresh Bloody Mary 9  
Mimosa 7.50*

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An ever changing seasonal menu featuring ingredients from Spain, Italy, France, Greece and Morocco with a domestic flair.

## Lunch

### Appetizers

#### "Antipasto"

Mushroom Quiche, Prosciutto di Parma, Breasola, Vegetables, Pecorino Romano 13.95

#### Wild Mushroom and Fennel Soup

Chanterelle Mushroom-Fennel Salad, Lemon Crème Fraîche 12.00

#### Tuna Tartare

Avocado, Cucumber, Sweet n' Sour, Gaufrette Potatoes 12.50

### Salads

#### "Fresh" Caesar Salad 11.95

Polenta Croutons, Lemon-Garlic Dressing

Add: Shredded Rotisserie Chicken 4.95      Add: Rock Shrimp Scampi 5.95

#### Greek Salad

Greek Peppers, Red Onions, Kalamata Olives, Feta Cheese 13.95

#### Organic Baby Greens

Red Grapes, Florida Citrus, Fines Herbs, Truffle Vinaigrette 12.95

#### Duck Confit and Frisée Salad

Fried Egg, Applewood Bacon Lardons, Sherry Vinaigrette 15.95

### Entrées

#### Chicken Marsala

Chicken Scaloppini, Fingerling Potatoes, Mushroom-Marsala Sauce 18.95

#### Pappardelle Pasta

Porcini Mushrooms, Romano Cheese 17.95

#### Seared Black Bass

Crispy Bacon, Lentils, Citrus Confit, Consommé 23.95

### Sandwiches

#### California Turkey Club

Toasted Croissant, Avocado, Applewood Bacon, Swiss Cheese 14.95

#### Rotisserie Chicken Salad "Wrap"

Mustard-Celery Remoulade, Caramelized Walnuts, Red Grapes, Spinach Tortilla 13.95

#### Italian "Charcuterie" Panini

Deli Meats, Vinegar Peppers, Mozzarella, Basil Pesto, Cipollini Onions 15.95

#### Beef Sliders

Pommery Aioli, Parkerhouse Rolls 16.95

### Beverages

#### White Wines

Fresh Select Chardonnay

Tolloy, Pinot Grigio, Alto Adige

Trimbach, Reserve, Riesling, Alsace

#### Glass

8.00

10.50

10.50

#### Organic Wine Selection

15.00 per bottle, 375ml / 7.50 per glass

Try our selection of Sustainable Wines from Parducci Vineyards, Mendocino County

#### Rose Wines

Savion, Rose D'Anjou, Loire

6.00

Chardonnay

Merlot

#### Red Wines

Fresh Select Cabernet Sauvignon

Louis Jadot, Beaujolais Villages, Beaujolais

Monte Antico, Sangiovese, Tuscany

8.00

7.50

7.00

Amstel Light, Holland

Estrella Galicia, Spain

Heineken, Holland

Peroni, Italy

5.75

5.75

5.75

5.75

#### Beer

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