

EVERYDAY SANDWICHES

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| <u>The Best Eggsalad</u> | \$5.49 |
| Organic free range eggs blended with panko crumbs, mayo and Raye's mustard topped with romaine lettuce on whole wheat bread. | |
| <u>Our Tuna Special</u> | \$5.99 |
| Dolphin safe tuna blended with panko crumbs, organic relish, and mayonnaise topped with romaine lettuce on whole wheat bread. | |
| <u>Feta, Cranberry & Walnut</u> | \$7.49 |
| Organic greens tossed with organic cranberries, walnuts and a goat feta topped with olive oil and seasoning. | |
| <u>Roasted Turkey</u> | \$6.99 |
| Applegate roasted turkey topped with sliced tomato, mixed greens, mayonnaise and special seasonings. | |
| <u>Chicken Caesar Wrap</u> | \$6.99 |
| Free range chicken with organic romaine, Romano cheese then lightly tossed with Drew's Caesar dressing. Extra dressing available | |
| <u>Provolone and Veggie</u> | \$6.99 |
| Organic mixed greens and Applegate provolone cheese topped with cucumber, sprouts, red pepper and Veganaise. | |
| <u>Blackbean & Avocado Wrap</u> | \$5.99 |
| Black Beans layered with avocado and sprouts on a spinach wrap | |
| <u>Hummus & Veggie Wrap</u> | \$6.99 |
| Hummus topped with cucumbers, sprouts, avocado, carrots, and spinach wrapped tightly in a white wheat wrap. | |
| <u>Black Forest Ham and Cheese</u> | \$6.99 |
| Applegate Black Forest Ham topped with your choice of cheddar or provolone with romaine lettuce a spicy mustard. | |
| <u>Cheddar & Apple Wrap</u> | \$5.99 |
| Organic mixed greens with chopped apples and sharp cheddar cheese topped with Drew's honey Dijon dressing..... Add Turkey for \$2.00 | |

Most sandwiches are available on whole wheat bread, flatbread, or a wrap. Gluten free bread or wrap and Artisan rolls add \$1.00. Prices subject to change.

SPECIALITY SANDWICHES

Speciality sandwiches are not always available

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| <u>Spicy Thai Chicken Wrap</u> | \$6.99 |
| Free range grilled chicken blended with rice, carrots, mushroom, and cilantro in a spicy peanut sauce on a tomato wrap. | |
| <u>Mexican Burrito Wrap</u> | \$6.99 |
| Black bean topped with salsa, rice and cheddar cheese and tightly wrapped in a tomato wrap. Ask for it to be heated. Salsa and sour cream .50 cents each | |
| <u>Chili Chicken Burrito Wrap</u> | \$7.99 |
| Chili seasoned grilled chicken, refried beans topped with sharp cheddar tightly wrapped in white wheat wrap. Salsa and sour cream .50 cents each | |
| <u>Tofu Cutlet Sandwich</u> | \$7.49 |
| A spicy breaded slice of tofu topped with mixed greens, tomato, and a veganaise and cranberry mustard on your bread choice. | |
| <u>Southwest Turkey Wrap</u> | \$7.99 |
| Roasted turkey breast with avocado, sliced red pepper, mixed greens and a spicy southwest mayo in a tomato wrap. | |
| <u>Curried Chicken Salad</u> | \$7.49 |
| Free range chicken, chopped apples, crushed walnuts and a blend of mayo, curry and cilantro topped with spinach in a white wrap | |
| <u>The Vegetarian</u> | \$6.49 |
| A spinach wrap filled with spring mix, tomato, avocado, cucumber, and sprouts topped with herbed olive oil. | |
| <u>Fromage Blanc Cheese or Goat's Chevre & Veggies</u> | \$7.49 |
| Local fromage Blanc Cheese or Local Goat Chevre' topped with a variety of organic veggies in a tortilla wrap | |

HOMEMADE SOUPS AND VEGETARIAN CHILI

We offer fresh homemade soup daily.

BAKED GOODSA variety of fresh baked products available regular and gluten-free.

EVERYDAY ENTREES

GREEN SALADS

Feta, Cranberry, Walnut Salad \$7.49

Organic Spinach topped with cranberries, crushed walnuts and goat feta served with your choice of dressing

Protein Salad \$7.99

Organic mixed greens topped with organic vegetable, sunflower seeds and homemade hummus.....substitute Tuna or Eggsalad for \$1.00 more

Chicken Caesar Salad \$ 7.49

Organic romaine lettuce tossed with free range chicken, red onion, romano cheese, and Drew's Caesar dressing.

QUESADILLA'S

Chili Chicken \$7.99

Refried Beans, sharp cheddar and chili seasoned free range chicken grilled in a white tortilla and served with sour cream and spicy salsa

Sweet Potato & Feta \$7.99

Black bean, fried red onion & sweet potato , and goat feta grilled in a tomato tortilla and served with sour cream and spicy salsa

Spinach & Cheddar \$7.49

Organic spinach, sharp cheddar, blackbean and cilantro grilled in a spinach tortilla and served with sour cream and spicy salsa

ETHNIC ENTREES

A variety of sautéed organic vegetables tossed with your protein choice and a special seasoning atop a bed of white rice.

Choose Chicken or Tofu \$7.50

Choose General Tsao(Chinese), Tikki Masala(Indian) or Satay Partay(Thai)

We offer a large variety of other entrees and salads including Spanakopita, Lasagna, Vegetable Potstickers, Quiche, Barley and Rice Salads, Edamame Salad, & Enchilada Pie. Call us at 255-8855 for our daily specials or we can fax them to you.

Whole Life



Market Café

Stop in and relax in our music filled Café seating area or Call your order ahead for pickup for your day trip, hike, or picnic.

Catering available for parties of 20 or less

Downtown Machias, corner of Main and Colonial Way. 207-255-8855