

Smoothies

Signature Smoothies

16 oz. - \$5.99

Made with all natural & organic ingredients

Tropical Bliss

Mango, Pineapple, Strawberry, Banana, Lime Juice & Coconut Water

Greens Matter

Spinach, Parsley, Cucumber, Banana, Green Pear, Fresh Ginger, Apple Juice

The Eye Opener

Organic Cold Coffee Concentrate, Banana, Dark Chocolate Almond Milk and Ice

Nuts Over Berries

Banana, Dark Chocolate Almond Milk, Fresh Ground Peanut Butter or Almond Butter, Strawberries

Energy & Protein Boosts (add 50¢ ea.)

- Organic Greens Powder
- Organic Vegan Protein
- Fresh Ground Natural Almond Butter
- Organic Cold Coffee Concentrate
- Organic Whey Protein
- Organic Raw Protein
- Fresh Ground Organic Peanut Butter
- Wheatgrass Shot 1 oz. \$2.00 ea.

Build Your Own Smoothie

16 oz. - \$6.49

Organic Fruits & Veggies Choice of 4

Banana, Blueberries, Cucumber, Fresh Ginger, Mango, Parsley Pear, Pineapple, Strawberries, Raspberries, Spinach

Liquids

Choice of 1

Apple Juice, Coconut Water, Dark Chocolate Almond Milk Unsweetened Almond, Coconut or Rice Milk or Local Grass-fed Cow's Milk

Flavors & Sweeteners


Choice of 2


Organic Stevia Powder, Local Raw Honey, Organic Unsweetened Cocoa Powder, Organic Vanilla Bean Extract, Organic Lemon Juice, Organic Lime Juice


Kids Menu


\$4.99

Sandwiches come with choice of baby carrots or apple slices and a juice box. Gluten-free and peanut free options are available upon request.

 Grilled Cheese-A-Vore

 Turkey & Cheese

 Ham & Cheese

 PB&J
(With House-made Peanut Butter)

Beverages

served in 16oz. cup

Coffee	\$1.99
Hot Tea	\$1.59
Iced Tea	\$1.89
Hot Chocolate	\$1.39

We also offer a wide selection of cold bottled drinks, beer and wine



We are a community market where people and food matter. We believe in using local, fresh, organic, sustainable foods first and foremost. We proudly support our local producers, and are passionate about healthy, organic foods. We believe in helping our area's economy and creating a sustainable and healthy environment where people and food matter.



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210 Avery Ave,
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www.foodmattersmarket.com



Dine In or Take Out

Menu

Healthy Eating



We believe that food connects us to one another and creates a community. It's the "breaking of bread" together and the sharing of our hopes, dreams, beliefs and life's stories over food that creates simple and lasting conversations, connections and memories. Food is what lifts us up and why Food Matters Market is the place where people feed their souls and where everyone matters.



Food Matters Market & Cafe

Where People & Food Matter

www.foodmattersmarket.com



Sandwiches

Gluten-free bread available upon request
Choose: Hot panini pressed or cold

	Half	Whole
Roasted Veggie Delight	\$4.29	\$7.79

Roasted Zucchini, Yellow Squash, Provolone, Roasted Red Peppers, Avocado Spread, Organic Sprouts and Organic Spinach

Reuben	\$4.19	\$7.69
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Corned Beef, Swiss Cheese, Sauerkraut and Thousand Island Dressing on Marbled Rye Bread

Grilled Chicken Pesto w/ Mozzarella	\$4.49	\$7.99
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Grilled Chicken, Pesto Spread, Mozzarella Cheese, Roasted Red Peppers, Organic Spring Mix and Tomato

Turkey, Bacon & Cheddar	\$4.49	\$7.99
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Oven Roasted Turkey, Bacon, Cheddar Cheese, Organic Spring Mix and Tomato

Salmon Lover's	\$4.49	\$7.99
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Roasted Dill Salmon, Organic Spinach, Tomato, Onion and Lemon Aioli

Classic BLT	\$4.99	
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All natural, Nitrate-free Bacon, Organic Spring Mix, Tomato and Mayo



Featuring all-natural meats & cheeses without any antibiotics, hormones or added nitrites/nitrates.

Build-Your-Own Sandwich

Half	Whole
\$5.39	\$8.49

Choose Bread or Wrap

Multi-grain, Sourdough, Marble Rye, Udi's Gluten-free, White Wrap

Choose Protein

Turkey, Ham, Chicken Salad, Tuna Salad, Corned Beef, Portabella Mushroom, Roast Beef add 50¢

Choose Cheese

Cheddar, Swiss, Provolone, Mozzarella

Choose Toppings

Tomato, Cucumber, Onions, Organic Spinach, Organic Spring Mix, Sprouts, Pickles, Jalapeños, Roasted Red Peppers

Choose Spreads

Mayo, Vegan Mayo, Basil Pesto, Lemon Aioli, Deli Mustard, Horseradish Mayo, Hummus, Avocado Spread add 50¢

Rice Bowls

Gluten Free & Vegan

Rice Bowl

\$6.99

Add Grilled Chicken or Tofu - \$1.99

Southwestern - Organic Brown Rice, Black Beans, Fire Roasted Corn, Bell Peppers & Tomatoes, Field Day Organics Cilantro Salsa topped with Sour Cream (optional)

OR

Lemon Ginger - Organic Brown Rice, Sweet Bell Peppers, Cabbage, Cashews, Coconut Milk, Cilantro in a Tangy Lemon Ginger Sauce

Grab & Go

Complimentary croutons and dressing are available with the purchase of a salad

Chicken Caesar Salad	\$6.99
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Spring Mix, Shredded Parmesan Cheese, Topped with Grilled Chicken Slices and Caesar Dressing

Mixed Green Salad	\$4.99
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Spring Mix, Shredded Carrots, Sliced Cucumbers, Tomato and Your Choice of Dressing

Spinach Salad with Feta, Strawberries & Walnuts	\$5.99
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Fresh Spinach, Fresh Strawberries, Walnuts and Feta with Your Choice of Dressing

Salmon Salad	\$6.99
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Spring Mix, Cucumbers, Topped with Roasted Dill Salmon with your Choice of Dressing

Gluten-free Salad Dressings

Ranch, Goddess, Raspberry Vinaigrette, Balsamic Vinaigrette, Caesar



Fresh & Healthy Soups

Soups are also available cold and ready-to-reheat in our Grab & Go Section

Cup	\$2.99
Bowl	\$4.99

