



Main Market Deli Menu

Salads:

Airport Chicken Salad (w.f., d.f.)

Chicken, rice noodles, *red and green cabbage, *spinach, *green onion, *cilantro, sesame seeds, peanuts, house made sesame dressing

Mediterranean Lentil (w.f., vegetarian)

PNW co-op black caviar lentils, feta cheese, *baby spinach, *cucumber, *parsley, balsamic vinaigrette

Pad Thai Salad (w.f., d.f.)

Rice noodles, *cabbage, *carrot, *scallions, *cilantro, *Spanish peanuts, *sweet chili tofu, house made green curry dressing **contains shrimp**

Sumi Salad (Vegan, w.f.)

* Green cabbage, *green onions, *sesame seeds, almonds, house made sesame dressing

Smoked Mozzarella Pasta (vegetarian)

Cavatappi pasta, smoked mozzarella, mama lil's picked peppers, *parsley, parmesan, creamy golden balsamic dressing

Garlic lovers Pasta (vegetarian)

Orecchiette pasta, peas, Asiago cheese, fresh parsley all tossed in our house made garlic lovers dressing

Vegan German Potato Salad (vegan, w.f.)

*Yukon potatoes, *red onion, apple cider vinegar, stone ground mustard

Honey Mustard Beets (vegetarian)

*Steamed beets, crushed hazelnuts, *parsley, honey mustard vinaigrette

Kale Chicken Caesar

*Kale, *romaine, chicken, parmesan, house made croutons, house made vegetarian Caesar dressing

Greek Orzo (vegetarian)

Orzo, feta, *spinach, *cucumber, *peppers, house made Italian dressing

Panini's, Wraps and Flatbreads:

Turkey Bacon & Chipotle Panini

Premiere turkey, provolone cheese, *red onions, *spinach & house-made chipotle aioli on ciabatta

Chicken Torta

Honey chipotle chicken breast, refried beans, picked *onion, cotija cheese on ciabatta

Tuna Melt

Tuna salad, Tillamook cheddar cheese, organic Franz Bread

Main Market Rieben

Premier brand corned beef, bubbie's brand sauerkraut, thousand island dressing, swiss cheese, marble rye

Italian Veggie (vegan)

House pickled veggies, lentil hummus, house made tapenade on ciabatta baguette

French Onion and Mushroom

Caramelized onion and mushrooms, creamy brie spread, provolone, on focaccia

Pesto Grilled Cheese (vegetarian)

Cheddar cheese, provolone cheese, & pesto-grilled on organic artisan *Essential bread

Porchetta Mi (Dairy free)

Porchetta pork loin, *kale, sautéed onion, lemon garlic aioli, on focaccia

Cuban

Beeler's ham and pulled pork, *pickles, pickled jalapeños, butter, garlic aioli, Dijon mustard, swiss cheese on ciabatta

Rotating Flatbreads:

Cheese - Stone fire brand garlic naan, brushed with house made garlic herb oil and topped with a generous amount of whole milk mozzarella and provolone cheeses

Caprese - Stone fire brand garlic naan, brushed with house made garlic herb oil and topped with fresh mozzarella & provolone cheeses, sun roasted tomatoes, and fresh *basil pesto

Bacon and Blue Cheese - Stone fire brand garlic naan, brushed with house made garlic herb oil and topped with whole milk mozzarella, provolone & fontina cheeses, beeler's bacon, sautéed onion and mushrooms, blue cheese

Entrées:

Honey Chipotle (w.f. , d.f.)

All natural chicken breast, house made honey chipotle marinade baked till golden

Honey Garlic Salmon (w.f., d.f.)

Wild Caught Salmon baked with house made honey garlic marinade

Lemon Pepper Salmon (w.f., d.f.)

Wild caught salmon baked with frontier lemon pepper seasoning, garlic and kosher salt

Main Market Meatloaf (d.f.)

All natural ground beef mixed with sautéed organic onions, celery, and garlic, cage free eggs, breadcrumbs, tomato juice, chicken stock, thyme, parsley, soy sauce, dijon mustard, salt and pepper, glazed with a sweet and spicy topping

Italian Chicken (w.f.)

All natural chicken breast marinated in house made Italian dressing and baked till golden

Falafel (Vegan)

Organic chickpeas, mixed with Middle Eastern spices and pan fried

Cookies and Bars:

Fruit & Nut Bars (vegan, w.f.)

Pecans, almonds, roasted & salted cashews, walnuts, hazelnuts, dried cranberries, raisins, pumpkin seeds, brown rice syrup, cornstarch, vanilla extract

Sea Salt Brownies

Decadent deep chocolatey brownies with Maldon sea salt

Vegan Oatmeal Raisin Cookie

Black and White Cookies

Brown Butter Chocolate Chip Cookie

Raspberry Hamataschen

Vegan Chocolate Chip

Double Chocolate Cookie

Snickerdoodle (w.f.)

Ginger Molasses Cookie

Florentine Cookie (w.f.)

Iced Lemon Cookie

Vegan Sugar Cookies

Vegan Chocolate Rugelach

Vegan Raspberry Rugelach

Vegan Apricot Almond Thumbprints

Coconut Macaroons (w.f.)

White Toque assorted Macrons (w.f.)

Russian Tea Cookies

Desserts and Specialty bakery items:

Soft Pretzels

House made soft pretzels sticks - assorted flavors

Vegan Banana Chocolate Chip Mini Loaves

Organic vegan banana bread studded with vegan chocolate chips

Vegan Carrot Cake

Moist vegan carrot cake with raisins and coconut topped with vegan cream cheese frosting and cut into squares

Vegan Peanut Butter Brownies

Sweet and salty topped with maldon salt

Vegan Peanut Butter Crispy Treats

Crispy peanut butter bottom topped with vegan ganache

Decadent Chocolate Coconut Tarte (vegan, w.f.)

Rich coconut chocolate filling encased in a crunchy coconut shell

Lemon Bars

Delicate crumb crust topped with perfectly balanced sweet and sour lemon curd layered with more crumb topping and dusted with powdered sugar

Cake Bakery Chocolate Marquise

Decadent chocolate mousse in cake form with a crunchy cookie crust and ganache

Cake Bakery Coconut Cream Cake

Light layers of coconut cake with coconut cream filling and vanilla butter cream

Chuckanut Bay Bakery Cheesecakes

Rotating selection may include: peanut butter cup, huckleberry or carrot cake. Please call for more information about availability

