



Main Market Deli Grab and Go Menu

Salads:

Pesto Tortellini (vegetarian)

Cucina Fresca four cheese tortellini, pesto, *baby spinach

Thai Mango chicken

*cabbage, green onion, chicken breast, mango, carrot, sesame seeds, thai peanut sauce

Sesame Tofu (vegan, w.f.)

MMC deli lemon garlic *tofu. *cabbage, *carrot, *edamame, rice noodles, sesame dressing

Classic Beet (vegetarian, w.f.)

*Baby spinach, steamed *beets, goat cheese, toasted walnuts, balsamic vinaigrette

Harvest Chicken (w.f.)

*Spring mix, blue cheese crumbles, Wilcox cage free egg, Beeler's brand bacon, herbed chicken, *tomato, *sliced olives, house made green goddess dressing

Buddah Bowls:

Tempeh Peanut (vegan, w.f)

*Brown rice, sweet sesame tempeh, *cabbage, *carrot, *cilantro, coconut sweet potatoes, crushed peanuts, *cucumber, *green onion, house made vegan peanut sauce

Falafel Bowl (vegan)

*Couscous, house made falafel cakes, *arugula, *cucumber, *tomato, Greek olive mix, tahini vinaigrette

Sandwiches and Wraps:

Turkey Triangle

Premier turkey breast, *mixed greens, Tillamook cheddar cheese, *Franz 9 grain bread or Franz buttermilk white

Ham Triangle

Beelers ham, *mixed greens, Swiss, *Franz 9 grain bread or Franz buttermilk white

Egg Salad Triangle

MMC Egg Salad, Spinach and *Franz 9 grain bread

Turkey Cranberry Wrap

Premiere turkey, *spinach, swiss cheese, house-made herb cream cheese & cranberry mostarda all wrapped up in an Indian Life tortilla

Vegan Bahn Mi

La brea demi baguette, sweet chili garlic *tofu, pickled carrot-daikon-red onion mix, fresh *cilantro, vegan sriracha aioli

Tempeh Peanut Wrap (vegan)

Baked seasoned *tempeh, *Spinach, *Carrots, *Green Onions, *Cabbage, house made Vegan Peanut Sauce

Smoked Turkey Sandwich

*Smoked Turkey, apricot jam, Arugula, Green Apple, on ciabatta

Bacon Jam Blt

*House made Bacon Jam, Lemon Garlic Aioli, Arugula, Roma Tomatoes, and Beelers Bacon on Ciabatta

Dips and Spreads:

Lentil Hummus Creamy Bonzo Hummus Salsa Tuna Salad
Pesto Chicken Salad Chickpea “tuna” salad

Desserts:

Vegan carrot cake Raspberry oat bars Vegan Peanut Butter Brownies
Cake Bakery Chocolate marquise Cheesecakes
Classic Chia Pudding

Take Home Entrées:

Chicken Pot Pie Mac ‘n’ Cheese Pumpkin Enchilada Thai Turkey meatball entrée
Meatloaf Entrée Vegan Curry Entrée Lemon Pepper Salmon Entree

Rotating selection of take home cold deli soups may include the following:

Tomato Basil (vegetarian) Curry Lentil Vegetable(vegan) Lemon Chicken Cous-Cous (d.f.)
Punjabi Black lentil Thai Chicken Curry