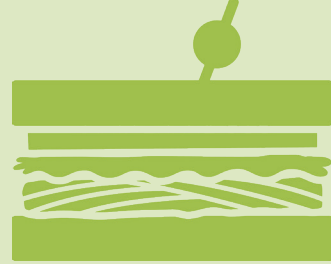


Build Your Own Deli Sandwich



Choose a Deli Sandwich

\$10 each	\$8 each	\$11 each
Genoa Salami Mortadella Bologna Turkey Ham	Egg Salad Liverwurst Grilled Cheese BLT Hummus	Roast Beef Roasted Turkey Breast Tuna Salad Pastrami Chicken Salad Chicken Breast Prosciutto Corned Beef

When Available from our Kitchen —

Meatball Sub \$12	Veggie \$10
Tofu \$11	Chicken Parm \$13

Fresh Local & Specialty Cold Cuts Available Daily—Ask for our Selection

Add Cheese

Add \$1		Add \$1.75
American Swiss Provolone Havarti Muenster Cheddar	Pepper Jack Asiago Chipotle Gouda Hickory Smoked Gruyere	Fresh Mozzarella Boursin Brie Smoked Cheddar

Add Deluxe Extras

Add \$1 each		Add \$2 each
Fresh Peppers Apples	Hummus Micro-greens	Bacon Avocado Roasted Red Peppers

Choose your favorite freshly baked bread

Multi-grain, Rye, Sourdough, Baguette, Whole Wheat, Scali Roll, Syrian, Gluten-Free Wrap or Wrap

Add \$.50 for a Bagel

Add \$1 for Focaccia, Croissant, Ciabatta Roll, Pretzel Roll or Thick-sliced Honey Oat Bread, Rosemary Ciabatta, Telera Roll

Add 3 extras at no additional charge

Lettuce Tomato Spinach Cucumber Carrots Red Onion	Pickles Hot Pepper Relish Sprouts Jalapeno Peppers Assorted Mayos Black Olives	Mustards Horseradish Sauce Various Dressings
--	---	--

Build Your Own Bowl



Made to order with ingredients you choose. Just follow the easy steps below!

1. Select a Bowl

Spicy Shredded Chicken.....	\$12
Mixed Veggies.....	\$10
Marinated Tenderloin.....	\$15

2. Pick a Base

Jasmine Rice	Tri-colored Quinoa	Mixed Greens
Soba Noodles	Farro	

3. Choose the Sides

Black Beans	Yellow or Red Peppers	Cucumber
Shredded Carrots	Hummus	Edamame
Pineapple	Shredded Cabbage	Spinach
Cherry Tomatoes	Black Olives	Red Onion
Green Onions	Green Apple	Shredded Lettuce

4. Add Your Topping

Cilantro	Pumpkin Seeds	Avocado \$1.50
Toasted Sesame Seeds	Sliced Almonds \$1.50	Feta Cheese \$1.50
Pico de Gallo	Walnut Pieces \$1.50	Shredded Jack \$1.50

5. Finish with a Sauce

Vinegar Sriracha	Apple Cider Vinaigrette	Lime Sesame Vinaigrette
Lemon Olive Oil & Basil	Spicy Thai Dressing	Aioli



Pemberton Farms

MARKETPLACE

Phone: 617-491-2244 • Fax: 617-491-0055

www.pembertonmarketplace.com

2225 Massachusetts Avenue, Cambridge, MA 02140
(Between Porter Square and Rte. 16)

All prices subject to change



Deli Menu

Fresh Baked Goods **NEW**

Grab & Go and Salads

Specialty Sandwiches

Breakfast Specials

Grilled Panini Sandwiches

Vegetarian Sandwiches

Beverages & Desserts

Fresh Coffee

Call us with orders and/or questions:

Phone: 617-491-2244

Fax: 617-491-0055

www.pembertonfarms.com

Open Everyday 7 a.m. to 9 p.m.

Pemberton Farms

MARKETPLACE

2225 Massachusetts Avenue, Cambridge, MA 02140
(Between Porter Square and Rte. 16)

Breakfast Specials

- AM Cure** Grilled flank steak, egg, pepper jack cheese, chimichurri, your choice of bagel \$9
- The BCE** Smoked bacon, egg, cheddar cheese, your choice of bagel \$8
- The Swiss** Honey maple ham, egg, swiss cheese, croissant..... \$9
- The English Morning** Sausage or veggie patty, egg, smoked gouda cheese, english muffin \$8
- Healthy Sunrise** Egg, spinach, feta cheese, roasted red peppers, garlic sun-dried tomato mayo, on your choice of wrap \$8
- Egg-o-cado** Egg, cheddar cheese, avocado, tomato, your choice of bagel.. \$9
- Breakfast Burrito** Egg, jack cheese, black beans, avocado, peppers, onions, pico de gallo, sour cream \$8
- The Wake-Up Call** Bacon, egg, brie cheese, spinach, english muffin..... \$8
- Smoked Salmon** Smoked salmon, cream cheese, red onion, tomato, capers, your choice of bagel \$9

Substitute a croissant on any breakfast sandwich for \$1 extra.

Ask about more breakfast options including assorted pastries, muffins and bagels with cream cheese.

Smoothies

All smoothies 24 oz.

- Berry Delicious** Mixed berries, protein powder, agave, coconut water \$9
- The Classic** Strawberry, banana, almond milk, vanilla kefir \$9
- Sweet Green** Avocado, baby spinach, agave, almond milk..... \$9
- Tropical Delight** Mango, pineapple, honey, orange juice, vanilla kefir..... \$9
- Vibrant Blueberry** Oats, blueberries, lemon zest, lemon juice, almond milk..... \$9
- Red Queen** Cherries, raspberries, agave, beet juice, orange juice, almond milk..... \$9
- Not So Chunky Monkey** Banana, almond butter, protein powder, cacao nibs, almond milk..... \$9

Please ask if you need an alternative milk!

Juices

All juices 12 oz.

- Energizing** Pineapple, carrot, celery, green apple, orange, turmeric..... \$8
- Green Detox** Spinach, pineapple, cucumber, mint, lime, ginger \$8
- The Refresher** Strawberries, watermelon, cucumber, cilantro \$8
- Berry Lemonade** Blackberries, raspberries, lemon, cucumber, mint..... \$8
- Pink Lady** Beets, carrots, red apple, kale, celery, lemon, ginger \$8

Our juices are made to order with fresh ingredients!

Signature Bowls.....

- Soba Bowl** (vegan) Soba, edamame, shredded carrots, cilantro, purple cabbage, red onions, scallions, sesame seed, rice wine vinegar, sriracha. \$10
- Mediterranean Bowl** Farro, feta cheese, cucumber, cherry tomatoes, red onions, black olives, hummus, basil, lemon juice, olive oil..... \$10
- Thai Chicken Bowl** (*gluten free*) Spicy shredded chicken, quinoa, or jasmine rice, shredded carrots, sliced almonds, green onions, avocado, purple cabbage, micro-greens, cilantro, spicy thai dressing. \$12
- Tex-Mex Tenderloin Steak Bowl** (*gluten free*) Marinated tenderloin steak, jack cheese, black beans, pico de gallo, avocado, shredded lettuce, cilantro, lime, jasmine rice \$15
- Quinoa Bowl** (*gluten free*) Quinoa, kale, red onion, pumpkin seeds, black beans, tomatoes, avocado, cilantro, lime, apple cider vinaigrette dressing \$10

Salads/Wraps.....

- Garden Salad** (*Vegan*) Mixed greens, tomatoes, cucumbers, shredded carrots, herb vinaigrette dressing \$8
- Caesar Salad** Romaine lettuce, shaved parmesan cheese, garlic croutons, caesar dressing \$9
- Greek Salad** Mixed greens, crumbled feta cheese, tomatoes, cucumbers, shredded carrots, kalamata olives, pepperoncini, greek vinaigrette dressing..... \$10
- Caprese Salad** Green leaf lettuce, fresh mozzarella cheese, tomatoes, basil leaves, roasted red peppers, olive oil, balsamic vinegar \$10
- Spinach Salad** Baby spinach, goat cheese, sliced almonds, dried cranberries, pears, poppy seed dressing..... \$10
- Tahini Temptation** (*Vegan*) Romaine lettuce, falafel, tabouli, cucumbers, red onions, lemon tahini dressing \$11
- The Natural** (*Vegan*) Green leaf lettuce, hummus, sunflower seeds, avocado, sprouts, tomato, cucumber, roasted red peppers, herb vinaigrette dressing \$11

Salad/Wraps Add-Ons.....

- Grilled chicken, roasted turkey breast, prosciutto, tuna salad, chicken salad \$4
- Grilled salmon, grilled flank steak..... \$6



Specialty Sandwiches

- Pretzel Chicken Club** Chicken, bacon, cheddar cheese, lettuce, tomato, green apple, garlic mayo, dijon mustard, pretzel roll \$13
- The Mayflower** Roasted turkey breast, sage stuffing, cranberry relish, lettuce, mayo, sourdough bread..... \$11
- The Wellington** Roast beef, boursin cheese, lettuce, tomato, horseradish cream, telera roll..... \$11
- The Turkey Avocado** Cracked pepper turkey, brie cheese, avocado, sprouts, lettuce, tomato, multi-grain bread \$12
- Mass Ave Sub** Mortadella, rosemary ham, salami, pepper jack cheese, onions, lettuce, hot pepper relish, pickles, tomato, olive oil, balsamic vinegar, ciabatta bread \$13
- The Burgundy** Rosemary ham, swiss cheese, lettuce, tomato, dijon mustard, ciabatta bread..... \$11
- The Tuscan** Fresh mozzarella cheese, roasted red peppers, tomatoes, basil leaves, olive oil, balsamic vinegar, rosemary ciabatta bread \$11
- The Harvard Club** Jerk chicken, bacon, pepper jack cheese, spinach, tomato, garlic sun-dried tomato mayo, whole wheat bread. Spicy!..... \$12
- The Cali** Grilled chicken breast, brie cheese, spinach, avocado, fig spread, garlic mayo, toasted sourdough bread..... \$13
- The Sicilian** Hot capicola, salami, pepperoni, provolone cheese, roasted red peppers, tomato, onion, hot pepper relish, garlic mayo, olive oil, balsamic vinegar, scali roll \$12
- The Davis** Micro greens, grilled haloumi cheese, tomato, shredded carrots, radish, tzatziki, toasted honey oat bread \$11

Grilled Panini Sandwiches

- Spicy Cuban** Smoked ham, pulled pork, swiss cheese, pickles, chipotle mayo, mustard, ciabatta bread..... \$12
- The Vermonter** Roasted turkey, bacon, maple smoked cheddar cheese, red onion, tomato, green apple, garlic sun-dried tomato mayo, honey oat bread..... \$15
- Reuben** Lean corned beef, swiss cheese, sauerkraut, russian dressing, marble rye bread \$12
- Pesto Grilled Chicken or Turkey** (*contains tree nuts*) Grilled chicken breast or roasted turkey breast, fresh mozzarella cheese, tomato, red onion, roasted red peppers, spinach, pesto, ciabatta bread \$13
- Chicken Club** Grilled chicken breast, bacon, cheddar cheese, tomato, dijon mustard or chipotle mayo, french sesame roll \$13
- The Veggie** Fried eggplant, fresh mozzarella cheese, tomato, roasted red peppers, pesto, ciabatta bread \$13
- Tuna Melt** Tuna salad, american or provolone cheese, tomatoes, sourdough bread \$12
- The Flank** Grilled flank steak, cheddar cheese, caramelized peppers and onions, worcestershire mayo, ciabatta bread \$14