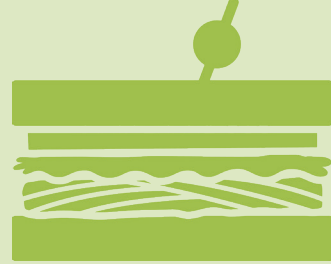


Build Your Own Deli Sandwich



Choose a Deli Sandwich

| | | |
|--|--|---|
| <p><u>\$8.99 each</u></p> <p>Genoa Salami Mortadella Bologna Turkey Hummus</p> | <p><u>\$6.99 each</u></p> <p>Egg Salad Liverwurst Grilled Cheese</p> | <p><u>\$9.99 each</u></p> <p>Roast Beef Roasted Turkey Breast Tuna Salad Pastrami Chicken Salad Chicken Breast Prosciutto Curried Chicken Salad Corned Beef</p> |
|--|--|---|

When Available from our Kitchen —

| | | |
|----------------------|----------------------|------------|
| Meatball Sub \$11.99 | Veggie \$10.99 | BLT \$7.99 |
| Tofu \$9.99 | Chicken Parm \$12.99 | |

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

Add Cheese

| | | |
|---|--|--|
| <p><u>Add \$1.00</u></p> <p>American Swiss Provolone Havarti Muenster Cheddar</p> | <p><u>Add \$1.75</u></p> <p>Pepper Jack Asiago Chipotle Goudy Hickory Smoker Gruyere</p> | <p><u>Add \$1.75</u></p> <p>Fresh Mozzarella Boursin Brie Smoked Cheddar</p> |
|---|--|--|

Add Deluxe Extras

| | |
|--|---|
| <p><u>Add \$1.00 each</u></p> <p>Fresh Peppers Apples Hummus</p> | <p><u>Add \$2.00 each</u></p> <p>Bacon Avocado Roasted Red Pepper</p> |
|--|---|

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 \$1.00 for Focaccia, Croissant, Ciabatta Roll, Pretzel Roll or Thick-sliced Honey Oat Bread

Add 3 extras at no additional charge

| | | | |
|----------|-------------------|-------------------|-------------------|
| Lettuce | Tomato | Spinach | Cucumber |
| Carrots | Red Onion | Pickles | Hot Pepper Relish |
| Sprouts | Jalapeno peppers | Assorted Mayo's | Black Olives |
| Mustards | Horseradish Sauce | Various Dressings | |

Soup & Half Sandwich _____ \$9.99

Juices All juices are 12oz.

- Energizing** Pineapple, carrot, celery, green apple, orange & turmeric...\$7.99
- Green Detox** Spinach, pineapple, cucumber, mint, lime & ginger\$7.99
- The Refresher** Strawberries, watermelon, cucumber & cilantro.....\$7.99
- Purple Buster** Beets, purple kale, red cabbage, ginger, lemon & cucumber.....\$7.99
- Pink Lady** Beets, carrots, red apple, kale, celery, lemon & ginger.....\$7.99

Our juices are made to order with fresh ingredients!

Smoothies All smoothies are 24 oz. (also available in 16oz. for \$1 less)

- Green Machine** Spinach, cucumber, pineapple, avocado, green apple, coconut oil, mint & coconut water\$8.99
- Berry Delicious** Mixed berries, banana, agave, protein powder and coconut milk\$8.99
- Cacao Shake** Banana, cacao nibs, almond butter, raw honey, lactose-free kefir & vanilla\$8.99
- Healthy Heaven** Green apple, pear, kale, banana, flax seed, raw agave, hemp milk & a touch of ginger \$8.99
- Blue Coconut** Banana, blueberries, orange juice, coconut, coconut water & oat milk..... \$8.99
- Tropical** Mango, pineapple, green apple, orange, chia seeds & coconut milk \$8.99
- Extras**
Flax seeds, hemp seeds, chia, goji berries,cacao nibs, oats, buckwheat \$1.50 each
- Spices** Ginger, turmeric, molasses \$1.00 each
- Protein** Whey, plant-based protein, hemp, vegan, pea, bone broth, organic, paleo, muscle milk..... \$.75/scoop

All prices subject to change



Phone: 617-491-2244 • Fax: 617-491-0055
www.pembertonmarketplace.com
2225 Massachusetts Avenue, Cambridge, MA 02140
(Between Porter Square and Rte. 16)



Deli Menu

- Grab & Go and Salads
- Specialty Sandwiches
- Breakfast Specials
- Egg Bar
- Grilled Panini Sandwiches
- Vegetarian Sandwiches
- Beverages & Desserts
- Fresh Sushi Daily
- 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.



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Elegant Fresh Salads

Spinach Salad (GF) Spinach with hard-boiled egg, bacon, red onion, & feta with homemade herb vinaigrette dressing.....\$8.99

Mixed Green Salad (GF) Red & green leaf lettuce tossed with shredded carrots, sliced cucumber, cherry tomatoes, with choice of dressings: Caesar, balsamic or blue cheese.....\$7.99

Summer Salad (GF) Green-leaf lettuce, vine ripe tomatoes, fresh mozzarella, fresh basil leaves, roasted red pepper & dressed with extra virgin olive oil & balsamic vinegar.....\$8.99

Caesar Salad Romaine lettuce, our own garlic croutons, freshly shaved imported Parmesan & classic Caesar dressing.....\$7.99

Greek Salad (GF) Green-leaf lettuce, Feta cheese, black olives, tomato, cucumber & homemade herb vinaigrette dressing.....\$8.99

Add to any salad or sandwich: Chicken breast, turkey breast, tuna salad or chicken salad for \$3.99 each; beef tenderloin for \$5.99 each

Wraps

Choose your wrap:

Whole wheat, Syrian, gluten-free, regular flour, spinach or tomato

Greek Salad Wrap Feta cheese, black olives, tomato, cucumber, baby spinach with homemade herb vinaigrette.....\$8.99

Tahini Temptation (Vegan) Falafel, tabouli, tomato, cucumber, lettuce & red onion, with homemade lemon tahini dressing.....\$9.99

The Natural (Vegan) Hummus, avocado, lettuce, sprouts, tomato, cucumber, roasted red peppers.....\$9.99

Chicken Caesar Wrap All-natural chicken, romaine, shredded Parmesan cheese & classic Caesar dressing..... \$10.99

Chicken Curry (contains tree nuts) Chicken curry salad with cranberries and sliced almonds, sunflower micro-greens, tomato, lettuce, carrots and toasted almond mayo on wrap..... \$10.99

Vegan Caesar Romaine, shredded Kale, parmesan, chickpeas with vegan ceasar dressing (nut based)..... \$10.99

Grilled Panini Sandwiches

Spicy Cuban Smoked ham, pulled pork, Swiss cheese, chipotle mayo, mustard & pickles on ciabatta..... \$11.99

The Vermonter Roast turkey, bacon, red onion, tomato, maple smoked cheddar, Granny Smith apple, sun-dried tomato garlic mayo on honey oat bread..... \$13.99

Reuben Lean corned beef, sauerkraut, Swiss cheese & Russian dressing on marble rye bread..... \$11.99

Pesto Grilled Chicken or Turkey (contains tree nuts) Grilled chicken breast or roasted turkey breast, fresh mozzarella, tomato, red onion, roasted red peppers, spinach & pesto on ciabatta bread..... \$12.99

Chicken Club Grilled chicken breast, bacon, cheddar cheese, tomato & Dijon mustard or chipotle mayo on a French sesame roll..... \$12.99

Veggie Fried eggplant, fresh mozzarella, tomato, roasted red peppers & pesto on a baguette..... \$11.99

Tuna Melt White albacore tuna with tomatoes & american or provolone cheese on sourdough..... \$11.99

The Flank Grilled flank steak, cheddar cheese, grilled peppers & onions & Worcestershire mayo on a scali roll..... \$12.99

Specialty Sandwiches

Pretzel Chicken Club EverRoast chicken breast, bacon, cheddar, garlic mayo, Dijon mustard, lettuce, tomato, granny smith apple on a pretzel roll..... \$11.99

The Mayflower Roasted turkey breast, sage stuffing, cranberry relish, lettuce & mayo on sourdough bread..... \$10.99

The Wellington Roast beef, Boursin cheese, lettuce, & tomato with a tangy horseradish cream sauce on sourdough..... \$10.99

The Turkey Avocado Cracked pepper turkey breast, brie, avocado, sprouts, lettuce & tomato on multi-grain bread..... \$11.99

Mass Ave Sub Mortadella, ham, salami, pepper jack cheese, onions, lettuce, hot peppers, pickles, tomato, oil & vinegar on a sub roll..... \$11.99

The Burgundy Black Forest ham, Brie, lettuce, tomato with honey mustard on French baguette.....\$9.99

The Tuscan Focaccia bread stuffed with mozzarella, roasted red peppers, vine ripe tomatoes, basil leaves, drizzled with extra virgin olive oil & balsamic vinegar. Add Prosciutto for \$3.00.....\$9.99

The Harvard Club Jerk chicken, bacon, spinach & tomato with garlic sun-dried tomato mayo & pepper jack on whole wheat. Spicy!.. \$10.99

The Cali Grilled chicken breast, spinach, brie, avocado, fig spread & garlic mayo on toasted sourdough..... \$11.99

The Sicilian Hot capicola, salami, pepperoni, provolone, roasted red peppers, tomato, onion, hot pepper relish, garlic mayo, oil & vinegar on a scali roll..... \$10.99

Turkey Pastrami Chipotle Gouda, tomatoes, lettuce, chipotle mayo on a scali roll.....\$9.99

Breakfast Specials

AM Cure Grilled flank steak, pepper jack cheese, chimichurri & egg on your choice of bagel.....\$8.99

The BCE Smoked bacon, cheddar, & egg on your choice of bagel.....\$7.99

The Swiss Honey maple ham, Swiss cheese, egg on croissant.....\$8.99

The English Morning Sausage patty, American & egg on an English muffin.....\$7.99

Healthy Sunrise Egg, spinach, feta, roasted red peppers, sun-dried tomato pesto, grilled, in a wrap.....\$7.99

Egg-o-cado Egg, avocado, tomato & cheddar on your choice of bagel, grilled.....\$8.99

Breakfast Burrito Egg, avocado, salsa, black bean, pepper jack cheese, sour cream, peppers & onions.....\$7.99

The Wake-Up Call Egg, bacon, spinach & brie on an English muffin.....\$7.99
Substitute a croissant on any breakfast sandwich for \$.75 extra.

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

Signature Bowls

Classic combos created by our chef

Soba Bowl Soba, edamame, carrots, cilantro, purple cabbage, red onions, scallions, sesame seed, rice wine vinegar & sriracha..... \$9.99

Mediterranean Bowl Farro, cucumber, cherry tomatoes, red onions, black olives, feta cheese, hummus, lemon juice, olive oil & basil..... \$9.99

Thai Chicken Bowl (gluten free) Spicy shredded chicken, quinoa, cauliflower rice or jasmine rice, shredded carrots, almonds, green onions, avocado, purple cabbage, micro-greens & cilantro with a homemade spicy Thai dressing..... \$11.99

Tex-Mex Tenderloin Steak Bowl (gluten free) Marinated tenderloin steak, avocado, black beans, pico de gallo, shredded lettuce, jack cheese, cilantro, lime & jasmine rice..... \$14.99

Quinoa Bowl (gluten free) Quinoa, kale, red onion, pumpkin seeds, black beans, tomatoes, avocado, cilantro, lime juice, cider vinegar and honey..... \$9.99

Poke Ahi Tuna Sushi grade tuna, cucumber, carrots, edamame, radish slices, pickled ginger, sesame seeds & rice or cauliflower rice with lime sesame vinaigrette & alioli sauce..... \$14.99

Breakfast Bowls

Acai Bowl Acai, banana, blueberries, raspberries, strawberries, homemade granola & unsweetened coconut.....\$8.99

Farro Bowl Farro, almond milk, blueberries, raspberries, green apple, pumpkin seeds, honey & cinnamon.....\$7.99

Quinoa Bowl (gluten free) Quinoa, almond milk, walnut pieces, green apple, cacao nibs, raspberries, maple syrup & almond butter.....\$7.99

Breakfast Sandwiches

Avocado Toast Avocado & sunflower microgreens on honey oat bread.....\$7.99

Smoked Salmon Smoked Salmon, cream cheese, red onion & capers on honey oat bread.....\$8.99

Seed Toast Almond butter, pumpkin seeds, raspberry, banana granola, toasted coconut drizzled with honey on honey oat bread.....\$6.99

Build Your Own Bowl

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

1. Select a Bowl

Ahi tuna..... \$14.99
Spicy Shredded Chicken..... \$11.99
Mixed Veggies..... \$9.99
Marinated Tenderloin..... \$14.99
Kid's Bowl..... \$6.00

2. Pick a Base

Jasmine Rice
Cauliflower Rice
Chilled Soba
Noodles
Tri-colored Quinoa
Farro
Shredded Lettuce

3. Choose the Sides

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

4. Add Your Topping

Cilantro
Toasted Sesame Seeds
Pico de Gallo
Pumpkin Seeds
Sliced Almonds
Walnut Pieces
Avocado \$2.00
Feta Cheese \$1.00
Shredded Jack \$1.00

5. Finish with a Sauce

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