



Deli Menu

Grab & Go and Salads
Specialty Sandwiches
Breakfast Specials
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 Monday thru Thursday 7 a.m. to 10 p.m.

Friday & Saturday 7 a.m. to 11 p.m.

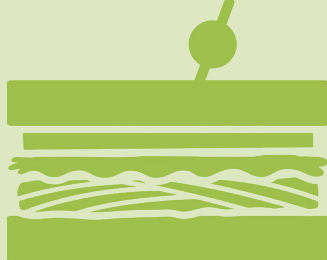
Sunday 7 a.m. to 9 p.m.

Pemberton Farms

MARKETPLACE

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

Build Your Own Deli Sandwich



Choose a Deli Sandwich

\$8.99 each

Genoa Salami
Mortadella
Bologna
Turkey
Hummus

\$6.99 each

Egg Salad
Liverwurst
Grilled Cheese

\$7.75 each

Turkey
Hummus

\$9.99 each

Roast Beef
Roasted Turkey Breast
Tuna Salad
Pastrami
Chicken Salad
Chicken Breast
Prosciutto
Curried Chicken Salad
Corned Beef

When Available from our Kitchen —

Meatball Sub \$11.99

Veggie \$9.99

BLT \$7.99

Tofu \$9.99

Chicken Parm \$12.99

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

Add Cheese

Add \$1.00

American
Swiss
Provolone
Havarti
Muenster

Cheddar
Pepper Jack
Asiago

Add \$1.75

Fresh Mozzarella
Boursin
Brie
Smoked Cheddar

Add Deluxe Extras

Add \$1.00 each

Fresh Peppers
Apples
Hummus

Sunflower
Micro-greens

Add \$2.00 each

Bacon
Avocado
Roasted Red Pepper

Choose your favorite freshly baked bread

Multi-grain, Rye, Sourdough, Baguette, Whole Wheat, Scali Roll 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
Carrots
Sprouts
Mustards

Tomato
Red Onion
Jalapeno peppers
Horseradish Sauce

Spinach
Pickles
Assorted Mayo's
Various Dressings

Cucumber
Hot Pepper Relish
Black Olives

Soup & Half Sandwich _____ \$9.99

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

The Vegetarian American cheese, shredded lettuce, pickles, carrots, sprouts, onions & tomato with homemade herb vinaigrette dressing.....\$9.99

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

Lentil Wrap (Vegan) Brown rice, lentils, garbanzo beans, carrots, cucumber, onions, sprouts & herbs with Tali Sauce\$9.99

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 \$12.99

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, 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

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

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

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 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 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

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	Farro Spinach
Chilled Soba Noodles	Shredded Lettuce
Tri-colored Quinoa	

3. Choose the Sides

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

4. Add Your Topping

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

5. Finish with a Sauce

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