



Market Café

# MENU

WE ARE OPEN  
7 DAYS A WEEK  
8 AM - 8 PM

## SALADS

### Choice of Protein:

**Steak** (315 Calories | 30g Protein)

**Grilled Chicken** (187 Calories | 20g Protein)

**Salmon** (234 Calories | 25g Protein)

### \*Caesar Salad 12

romaine | shaved parmesan | croutons | creamy caesar dressing |  
368 Calories | 12g Protein | 4g Fiber

### \*Low Carb Shred Salad 12

baby spinach | romaine | hard boiled egg | zucchini | cucumber |  
cherry tomato | choice of dressing |  
139 Calories | 11g Protein | 5g Fiber

### \*Protein Power Salad 12

mixed greens | baby spinach | quinoa | cherry tomato | feta |  
cucumber | choice of dressing |  
127 Calories | 6g Protein | 6g Fiber

### \*Rainbow Recovery Salad 12

mixed greens | shredded red cabbage | roasted beets | edamame |  
bell pepper | choice of dressing |  
324 Calories | 22g Protein | 10g Fiber

### \*Burrata Salad 14

arugula | heirloom tomato | burrata | balsamic glaze |  
453 Calories | 31g Protein | 4g Fiber

## BOWLS

### Choice of Base:

**Quinoa:** (204 Calories | 7g Protein | 5g Fiber)

**Cauliflower Rice:** (43 Calories | 3g Protein | 3g Fiber)

**Rice & Quinoa Blend:** (213 Calories | 6g Protein | 3g Fiber)

**Mixed Greens:** (40 Calories | 2g Protein | 3g Fiber)

### \*Lean Muscle Bowl 16

grilled steak | roasted sweet potato | steamed broccoli | sliced  
avocado | chimichurri |  
566 Calories | 35g Protein | 9g Fiber

### \*Southwest Bowl 14

blackened grilled chicken breast | tomato | red onion | peppers |  
black beans | corn | sliced avocado | spicy aioli |  
471 Calories | 36g Protein | 11g Fiber

### \*Green Goddess Bowl 12

spinach | kale | chickpeas | cucumber | sliced avocado | lemon  
vinaigrette |  
351 Calories | 11g Protein | 12g Fiber

### \*Replenish Bowl 12

roasted sweet potato | black beans | corn | sliced avocado | cilantro  
lime slaw |  
364 Calories | 10g Protein | 14g Fiber

### \*Greek Muscle Bowl 14

romaine | kale | olives | cucumber | tomato | red onion | chickpeas  
| feta | tzatziki |  
349 Calories | 16g Protein | 10g Fiber

## HANDHELD

### \*Smash Burger 14

grilled burger patty | caramelized onion | american cheese | smash  
burger sauce | lettuce | tomato | pickle |  
477 Calories | 21g Protein | 8g Fiber

### \*Grilled Chicken Sandwich 12

grilled or blackened chicken breast | provolone cheese | lettuce |  
tomato | onion |  
459 Calories | 44g Protein | 5g Fiber

### Smokehouse Burger or Chicken Sandwich 14

grilled beef patty or chicken | BBQ sauce | bacon | cheddar  
cheese | toasted brioche bun | lettuce | tomato | onion  
**Burger:** 931 Calories | 41g Protein | 3g Fiber  
**Chicken:** 815 Calories | 44g Protein | 1g Fiber

## HANDHELD

### \*Vegetarian Wrap 12

spinach wrap | hummus | shredded carrots | avocado | edamame |  
cucumber | mixed peppers | olive oil | salt | pepper |  
539 Calories | 18g Protein | 16g Fiber

### \*Chicken Caesar Wrap 12

grilled chicken | shredded romaine | shaved parmesan | diced  
tomatoes | caesar dressing | honey wheat tortilla |  
522 Calories | 43g Protein | 6g Fiber

### \*Buffalo Chicken Wrap 12

grilled chicken | buffalo sauce | lettuce | tomato | shredded cheddar  
jack cheese | honey wheat tortilla |  
405 Calories | 39g Protein | 7g Fiber

### \*Grilled Chicken Power Wrap 12

grilled chicken breast | hummus | quinoa blend | sliced avocado  
| spinach | cucumber | honey wheat tortilla  
658 Calories | 45g Protein | 14g Fiber

### \*Tuna & Avocado Wrap 12

housemade tuna salad (chicken salad available) | mixed greens |  
tomato | red onion | spinach herb tortilla |  
546 Calories | 27g Protein | 15g Fiber

### \*Turkey & Kale Wrap 12

roasted turkey breast | kale | sun-dried tomato | red bell pepper  
| honey mustard dressing |  
527 Calories | 47g Protein | 14g Fiber

### \*Mediterranean Protein Wrap 12

grilled chicken breast | mixed greens | cucumber | red onion |  
tomato | feta cheese | tzatziki | spinach herb tortilla |  
574 Calories | 50g Protein | 6g Fiber

### Salmon BLT 14

grilled faroe island salmon fillet | turkey bacon | sliced avocado |  
romaine lettuce | sliced tomato | sun-dried tomato aioli | multi  
grain ciabatta |  
534 Calories | 31g Protein | 11g Fiber

### \*Steak Sandwich 14

char-grilled steak | grilled zucchini | pickled red onion | mixed  
greens | sliced avocado | chimichurri | multi grain ciabatta |  
527 Calories | 36g Protein | 7g Fiber

**\*Can be made Gluten Free upon request. All served with house made chips. Fries and sweet potato fries add \$2.**

*Consuming raw or undercooked foods may increase your risk of food-borne illness, especially if you have a medical condition.*