

goodfood.

café & market

BREAKFAST

AVOCADO TOAST \$9

Multigrain bread, mashed avocado, lemon, cumin, salt, cracked pepper
Add poach or fried organic egg \$2.5

WHOLE WHEAT WRAP \$9

Scrambled eggs, brown rice, black beans, queso fresco,
pico de gallo & avocado

EGG SANDWICH \$7

Choice of toasted croissant or multigrain roll, scrambled eggs,
gruyere cheese, tomatoes & dijon butter
add bacon - \$2
add avocado - \$3

AÇAÍ BOWL (AVAILABLE ALL DAY) \$10.95

Purêed acai berries layered with granola. topped with fresh berries,
sliced bananas, toasted coconut & a drizzle of honey
add peanut butter \$1 / mini chocolate chips \$1

SMOOTHIES

16 oz. \$7.95 / 24 oz. \$10.95

CHOCOLATE PEANUT BUTTER SMOOTHIE

Banana, unsweetened cocoa powder, greek yogurt,
oat milk, peanut butter & honey

GREEN MACHINE DETOXIFYING SMOOTHIE

Kale, pineapple, parsley, mango & ginger

HYDRATING SMOOTHIE

Melon, lime, mint & cucumber

TRIPLE BERRY PROTEIN SMOOTHIE

Strawberries, blueberries, raspberries, chia seeds,
banana, protein powder

SANDWICHES

MILANESA DE POLLO \$11.95

Chicken, tomatoes, local greens and mayo

CHICKEN PARMESAN \$12.95

House made tomato sauce, mozzarella, parmesan on a ciabatta roll

CRAB CAKE \$10.95

Served on toasted English muffin with coleslaw & house made tartar sauce

FALAFEL \$10.50

House made falafel served on flat bread with tahini sauce
and a side of farro

CURRIED CHICKEN SALAD \$11.95

Served on a ciabatta roll

FRESH TUNA SALAD \$13.50

with baby arugula and avocado in a pita

VEGETARIAN SANDWICH \$11.95

with avocado, manchego cheese, tomato, greens
and chipotle mayonnaise on whole grain bread

VEGAN SANDWICH \$11.95

with hummus, avocado, cucumbers, radishes,
tomatoes and arugula

*(substitute gluten free bread – add \$2)

*Add a side of hand cut oven roasted fries to any sandwich \$4.95

EMPANADAS

GULA GULA MEAL \$10.50

Any 2 empanadas with one side. *Add \$1 if choosing 2 bison

Choice of Sides : Summer Cole Slaw, Moroccan Chickpea, Kale Salad,
Farro Salad, Israeli Couscous, Cup of Daily Soup

BISON \$4.50 ea./ \$48 dozen

Traditional flavors from el rio de la plata; with green olives, onions, raisins,
garlic, olive oil crust

BBQ PORK AND MANGO \$3.95 ea./ \$42 dozen

East hampton's smokin' wolf bbq with fresh mangoes, sweet potatoes,
red onion, red peppers & jalapeno, corn & wheat flour

BLACK BEAN AND CORN \$3.50 ea./ \$38 dozen

A tex-mex twist without the beef; with zucchini, red peppers, onions,
garlic, jalapenos, cilantro, corn & wheat flour crust

BREAKFAST \$3.50 ea./ \$38 dozen

Yukon gold potatoes, onion, apple smoked bacon, eggs & chives

CHICKEN \$3.95 ea./ \$42 dozen

Southwestern flavors with roasted poblanos & tomatillos,
chipotle puree, cilantro, onion, corn & wheat flour crust

FISH \$4.50 ea./ \$48 dozen

Albacore tuna, flounder roasted red pepper, kalamata olives,
tomatoes, parsley, onion, olive oil crust

SPINACH & FETA CHEESE \$3.50 ea./ \$38 dozen

Traditional thin wheat crust

HAM & CHEESE \$3.50 ea./ \$38 dozen

with a touch of basil

SEASONAL GREENS \$3.50 ea./ \$38 dozen

Kale, swiss chard, onions, roasted garlic, manchego, whole wheat crust

ASSORTED DOZEN EMPANADAS \$42

Half meat/half vegetable

CHIMICHURRI SAUCE 2 oz \$2 / 4 oz \$4 / 8 oz \$8

MORE GOOD FOOD

SEASONAL QUICHES Whole \$28 / Half \$15 / Slice \$5.95 / Slice w/ a side \$8.95

VEGGIE SALAD SAMPLER \$11.95

Choose up to 3 vegetarian salads from our case.

QUESADILLA \$10.95

with cheddar, caramelized red onion, and avocado
add chicken or shrimp - \$3

POWER BOWL \$12.95

Gluten free grain, beans, sautéed greens, roasted vegetable,
avocado & poached organic egg

w/spiced tofu \$14.95 / w/grilled chicken

\$15.95 / w/ grilled salmon \$16.95

*add double order of tofu - \$2 / double chicken - \$3 / double salmon - \$4

SEASONAL HOUSE MADE SOUPS & LOCAL GREENS SALAD

Available daily

VEGGIE CHILI \$6.95 Sm / \$8.95 Lg

served w/cheddar and sour cream on the side

CORN BREAD \$2.50 / slice

Baked fresh daily

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PREPARED FOODS

SUMMER COLE SLAW \$10 lb.

Sliced red and green cabbage, onions and carrots with a honey & lime vinaigrette

KALE SALAD \$15 lb.

with roasted butternut squash, toasted almond slivers, parmesan, with lemon vinaigrette

ISRAELI COUSCOUS \$12 lb.

feta cheese, kalamata olives, cucumbers red peppers, with garlic lemon dressing

CURRIED CHICKEN SALAD \$16 lb.

Bell & evans chicken breast, scallion, red pepper, celery, with lemon curry dressing

FRESH TUNA SALAD \$11 ½ lb.

Poached fresh tuna, red onion, celery, lemon juice, olive oil, mayo

FARRO SALAD \$11 lb.

Tossed with local greens and a balsamic vinaigrette

MOROCCAN CHICKPEA SALAD \$11 lb.

Seasoned with onion, turmeric, curry and cilantro

CRAB CAKES \$8.25 ea.

Lump crab meat, celery, peppers, onion with a hint of spice, served with house made tartar sauce

CHICKEN SATAY SKEWERS \$4.95 ea.

Grilled bell & evans chicken breast marinated

SHRIMP PROVENÇAL \$22 lb.

Poached shrimp tossed with fresh parsley, garlic, red pepper and celery in a citrus vinaigrette

SEASONAL ROASTED VEGETABLES \$15 lb.

GOODFOOD FOR KIDS

CHEESE QUESADILLA \$5.95

PB & J SANDWICH \$5.95

MILANESA CUTLET \$7.25

DAILY DESSERTS

BREAD PUDDING \$6.95 / slice

BROWNIES \$\$4.25 each

HOUSE MADE COOKIES \$1.75 - \$2.25 each

Chocolate chip / gluten free peanut butter chocolate chip

BEVERAGE

FRESH BREWED COFFEE \$2.50 sm / \$2.75 lg

TEA \$2.50 sm / \$2.75 lg

UNSWEETENED ICED TEA \$2.50 sm / \$3.50 lg

HOUSE MADE LEMONADE \$2.50 sm / \$3.50 lg

COLD BREW COFFEE \$3.25 sm / \$4 lg

ICED CHAI LATTE \$3.25 sm / \$4 lg

BOTTLED DRINKS

BOYLAN \$3

Seltzer, Lemon Seltzer, Cola, Diet Cola, Shirley Temple, Ginger Ale

FENTIMAN'S – BOTANICALLY BREWED \$3.75

Seltzer, Lemon Seltzer, Cola, Diet Cola, Shirley Temple, Ginger Ale

BREW DR. KOMBUCHAS \$4.25

Turmeric, Mint Lemon, Uplift, Ginger Lemon, Wildberry Ginger

SPINDRIFT SPARKLING WATER \$3.25

Lemon, Lime, Raspberry, Grapefruit, Mango

ESSENTIAL WATER \$2.25/\$3

CRYSTAL GEYSER WATER \$1.75/\$3.50

WINE & BEER

WHITE

BRIDGE LANE, SAUVIGNON BLANC 12 oz can \$11

North Fork of Long Island

BRIDGE LANE, WHITE MERLOT 12 oz can \$11

North Fork of Long Island

TUSSOCK JUMPER, PINOT GRIGIO 5 oz. single serve \$5

Italy 2019

CINTAS, PINOT GRIGIO \$8 glass / \$27 bottle

Valdadige, Italy 2019

NORA ALABARINO, RIAS BAIXAS \$11 glass / \$39 bottle

Rias Baixas, Spain 2018

SEASIDE CELLARS, SAUVIGNON BLANC \$8 glass / \$25 bottle

New Zealand 2018

RED

TONEL 46 RESERVA, CABERNET SAUVIGNON \$8 glass / \$30 bottle

Argentina 2016

QUINTA DO CASAL BRANCO, RED BLEND \$8 glass / \$25 bottle

Portugal 2016

CARACOL SERRANO, RED BLEND \$8 glass / \$25 bottle

Jumilla-Spain 2016

FUERZA, RED BLEND \$7 glass / \$21 bottle

Jumilla-Spain 2015

NEGROMARO DEL SALENTO \$7 glass / \$21 bottle

Puglia, Italy 2017

ROSÉ

BRIDGE LANE, ROSÉ 12 oz can \$11

North Fork of Long Island

JP AZEITAO, SYRAH \$8 glass / \$25 bottle

Portugal 2018

BEER

GREENPORT HARBOR BREWING CO. 12 oz can \$4.50

Harbor Ale

GREAT SOUTH BAY 12 oz can \$4

Blonde Ale, Honey Ale

MOUSTACHE BREWING 16 oz can \$6

FREE TIME, CRAFT HARD SELTZER 12 oz can \$4