

# goodfood.

café & market

## BREAKFAST

### AVOCADO TOAST \$8.25

Multigrain bread, mashed avocado, lemon, cumin, salt, cracked pepper

### WHOLE WHEAT WRAP \$7.95

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

### EGG SANDWICH \$6.95

Choice of toasted croissant or multigrain roll, scrambled eggs, gruyere cheese, tomatoes & dijon butter

add bacon - \$1.75

add avocado - \$2.50

### AÇAÍ BOWL (AVAILABLE ALL DAY) \$9.95

Puréeed 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

Romaine, 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 \$10.95

Chicken, tomatoes, local greens and mayo

### CHICKEN PARMESAN \$11.95

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

### CRAB CAKE \$9.95

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

### FALAFEL \$9.50

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

### CURRIED CHICKEN SALAD \$10.95

Served on a ciabatta roll

### FRESH TUNA SALAD \$13.50

with baby arugula and avocado in a pita

### VEGETARIAN SANDWICH \$10.95

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

### VEGAN SANDWICH \$10.95

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 \$9.95

Any 2 empanadas with one side & chimichurri sauce

### 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

### CHOICE OF SIDES : SUMMER COLE SLAW, MOROCCAN CHICKPEA,

KALE SALAD, FARRO SALAD, ISRAELI COUSCOUS, CUP OF DAILY SOUP, CHIMICHURRI SAUCE

## MORE GOOD FOOD

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

Fillet with grilled pineapple, red onions & shiitaki mushrooms

### VEGGIE SALAD SAMPLER \$10.95

Choose up to 3 vegetarian salads from our case.

### QUESADILLA \$10.95

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

### FRITTATA OF THE DAY Whole \$28 / Slice \$6.75

### 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

### SEASONAL HOUSE MADE SOUPS & LOCAL GREENS SALAD

Available daily

### VEGGIE CHILI \$6.95 Sm / \$8.95 Lg

### CORN BREAD \$2.50 / slice

Baked fresh daily

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## PREPARED FOODS

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**SUMMER COLE SLAW** \$10 lb

Sliced red and green cabbage, onions and carrots with a honey &amp; 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

**TABBOULEH** \$12 lb

Kasha, cucumbers, tomatoes, mint &amp; parsley

**CURRIED CHICKEN SALAD** \$16 lb.

Bell &amp; 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

**BLACK BEAN & FRESH MANGO SALAD** \$12 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 &amp; evans chicken breast marinated

**SHRIMP PROVENÇAL** \$21.95 lb.

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

**SEASONAL ROASTED VEGETABLES** \$15 lb

## GOODFOOD FOR KIDS

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**CHEESE QUESADILLA** \$5.95**PB & J SANDWICH** \$5.95**MILANESA CUTLET** \$7.25

## DAILY DESSERTS

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**BREAD PUDDING** \$6.95 / slice**BROWNIES** \$2.50 sm / \$2.75 lg**HOUSE MADE COOKIES** \$1.75 - \$2.25 each

Chocolate chip / gluten free peanut butter chocolate chip

## BEVERAGE

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**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

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**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

**ESSENTIAL WATER** \$2.25/\$3**CRYSTAL GEYSER WATER** \$1.75/\$3.50

## WINE & BEER

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**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

**ROSÉ****BRIDGE LANE, ROSÉ** 12 oz can \$11

North Fork of Long Island

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

Portugal 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

**BEER****GREENPORT HARBOR BREWING CO.** 12 oz can \$4.50

Summer Ale, Harbor Ale

**GREAT SOUTH BAY** 12 oz can \$4

Blonde Ale, Honey Ale, Summer Ale

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