

goodfood.

café & market

breakfast

avocado toast \$8.25
multigrain bread, mashed avocado, lemon, cumin, salt, cracked pepper

egg muffin \$4.75
scrambled eggs with seasonal vegetables on a toasted english muffin

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 or *sausage* - \$1.75
add *avocado* - \$2.50

açaí bowl (available all day) \$9.95
puréed acai berries layered with granola. topped with fresh berries, sliced bananas, toasted coconut & a drizzle of honey
add *peanut butter* / \$.75 *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

beverages

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

check out our market for a wide selection of bottled drinks and kombuchas

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

steak sandwich \$13.50
with caramelized onions, goat cheese, arugula, balsamic vinaigrette

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 \$1.50*)

more goodfood

seasonal quiches whole / \$28 - half / \$15
slice / \$5.95 or slice w/ a side \$8.95

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 steak* - \$3

frittata of the day whole / \$28 - slice / \$6.75

tortilla española \$6.25
spanish potato and onion omelette

power bowl \$12.95
gluten free grain, beans, sautéed greens, roasted vegetable, edamame, 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

corn bread lg \$2.50 / slice
baked fresh daily

empanadas

gula gula meal	\$9.95
any 2 empanadas with one side & chimichurri sauce	
bison	\$4.50 ea./ \$45 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 crust	
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./ \$45 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	
party platters	
3 dozen large assorted	\$110
with chimichurri sauce	
4 dozen small assorted	\$59
with chimichurri sauce	
chimichurri sauce	4 oz. - \$4.50 8 oz. - \$8.00
our popular herb dipping sauce	

daily desserts

bread pudding	\$6.95 / slice
brownies	\$4.25
walnut torte	\$4.75 / slice
simple but elegant dessert that's naturally gluten free	6" torte \$21 9" torte \$29

goodfood.market

Our food market features locally-sourced and imported specialty food items such as gourmet cookies and snacks, condiments, spices, olive oils, vinegar, teas, North Fork coffee, kombuchas, bottled beverages, soups and stocks, house made guacamole & pico de gallo, ready to bake and serve frozen meals such as our famous macaroni and cheese, eggplant parmigiana and acclaimed gula gula empanadas, desserts, quiches and more.

prepared foods

summer cole slaw	\$9.95 lb.
sliced red and green cabbage, onions and carrots with a honey & lime vinaigrette	
kale salad	\$14.95 lb.
with roasted butternut squash, toasted almond slivers, parmesan, with lemon vinaigrette	
israeli couscous	\$11.95 lb.
feta cheese, kalamata olives, cucumbers red peppers, with garlic lemon dressing	
tabbouleh	\$11.95 lb.
bulgur wheat, cucumbers, tomatoes, mint & parsley	
curried chicken salad	\$15.95 lb.
bell & evans chicken breast, scallion, red pepper, celery, with lemon curry dressing	
fresh tuna salad	\$10.95 ½ lb.
poached fresh tuna, red onion, celery, lemon juice, olive oil, mayo	
black bean & fresh mango salad	\$11.95 lb.
peppers, jalapeño, red onion & cilantro \$10.95 / lb.	
eggplant caponata	\$10.95 lb.
tomatoes, onion, celery and green olives	
farro salad	\$10.95 lb.
tossed with local greens and a balsamic vinaigrette	
moroccan chickpea salad	\$18.95 lb.
seasoned with onion, turmeric, curry and cilantro	
crab cakes	\$7.85 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 in peanut sauce	
shrimp provençal	\$21.90 lb.
poached shrimp tossed with fresh parsley, garlic, red pepper and celery in a citrus vinaigrette	
seasonal roasted vegetables	\$14.95 lb.

goodfood for kids

cheese quesadilla	\$5.95
pb & j sandwich chicken	\$5.95
milanesa cutlet	\$7.25

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eat in or take out catering-to-go
open 7 days



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