

## BREAKFAST

### EGGS & STUFF

**EGG SANDWICH - 4.50** and up  
bread: roll, whole grain, bagel or croissant  
additions: bacon, ham, turkey, cheddar or swiss

### EGGS COLOMBIAN - 4.75

scrambled with scallion and tomato in a whole wheat wrap  
side of salsa - 1.00

### AREPAS - 3.00

corn cake with milk, butter and white cheese

### FRITTATA - 4.00

muffin-sized and baked with all fresh veggies

### BAGELS

|                      |                              |
|----------------------|------------------------------|
| butter - 1.75        | plain cream cheese - 2.25    |
| jam - 2.25           | scallion cream cheese - 3.25 |
| peanut butter - 2.25 | veggie cream cheese - 3.25   |

add:

|              |               |                   |
|--------------|---------------|-------------------|
| capers - .50 | tomato - 1.50 | salmon - 5.00     |
| onion - .50  | bacon - 2.50  | the works - 10.00 |

### STEEL-CUT OATMEAL - SM 3.50 / LG 4.50

made with organic oats, dairy free  
choose your toppings: Brown sugar, raisins, banana, dried cranberries, Mary's granola add .50  
organic maple syrup, honey, nuts, fresh fruit add 1.00

### YOGURT PARFAIT - 7.50

layered with Mary's Marvelous Granola, fresh seasonal fruit and honey

## FRESHLY BAKED

### MUFFINS - 3.00 / Mini size .95

some of our regulars: plain corn, banana walnut granola, cranberry pear, raisin bran, chocolate sour cream, apricot cream, carrot raisin, sour cherry pistachio, raspberry almond crumb, zucchini ginger hazelnut.

### SCONES - 3.00

whole wheat maple, cheddar dill & scallion, apricot, oatmeal currant, apple cranberry, ginger almond.

### COFFEE CAKE - 3.00

sour cream, cinnamon buttermilk walnut, chocolate espresso, lemon.

### CROISSANTS - 3.00

plain, chocolate, almond.

### CINNAMON BUNS - 1.00

All made from scratch

## LUNCH

### SOUP

#### SELECTIONS CHANGE DAILY

small - 4.50 / large - 5.50 / quart - 10.00

### SALADS

#### FRESH FRUIT - 6.50

selection changes with the seasons  
honeydew, cantaloupe, pineapple, berries, figs, grapes, kiwi, citrus, asian pear, etc ...

#### MIXED VEGETABLE - 7.50

greens, shredded carrot, cucumber and beets, tomato, avocado, edamame, soy tahini vinaigrette  
add: tuna - 2.00 / feta cheese - 1.50 / roast turkey - 2.00

#### COBB - 8.50

greens, hard cooked egg, bacon, chicken, avocado, tomato, blue cheese, vinaigrette

Try our homemade  
dill pickles, or else!

### DAILY SPECIALS

#### TURKEY MEATLOAF - 9.75

#### CHICKEN POT PIE - 12.50

#### LASAGNA - beef 9.50 / cheese 8.50

#### SPINACH PIE - 4.95

#### ROTATING (call for daily menu)

#### CHICKEN OF THE DAY - 5.50 - 6.50

teriyaki, marbella, balsamic, lemon or orange ginger, apricot ginger, barbecue or fried, arroz con pollo, curried

#### AREPAS - 8.00

filled w/ shredded beef, guacamole and hard-boiled egg

#### CHICKEN EMPANADAS - 5.00

corn masa shell filled w/ roast chicken, onion, tomatoes & peas

#### QUESADILLAS Vegetable or Chicken - 8.00

#### Roasted seasonal VEGETABLES - 10 lbs

#### Assorted GRAIN, BEAN OR PASTA dishes - 10 lbs

## SANDWICHES

**ROASTED CHICKEN SALADS** tarragon or curried - 8.75

**GOOD OLE EGG SALAD** with lettuce on pumpnickel - 7.50

**HAM & SWISS** with dijon mayo on triangle crispina - 7.95

**HOUSE-ROASTED BEEF** with lettuce & horseradish mayo on a roll - 8.95

**CHICKEN BREAST**, spice-rubbed with avocado, bacon & chipotle mayo on ciabatta - 8.95

**TURKEY MEATLOAF** with lettuce & mayo on a triangle crispina - 8.00 / add cheese - 1.50

**CLASSIC TUNA SALAD** (only celery, no onions) with lettuce, tomato on 8 grain - 7.50

**HUMMUS** with shredded carrot, cucumber & tomato on whole wheat wrap - 7.50

**AVOCADO, TOMATO, CUCUMBER, SPROUT** on 8 grain - 8.25 / add cheddar - 1.50

## MINI SANDWICHES

### ON BAGUETTE - 5.00

**SOPRESSATA**, fresh mozzarella, with pesto

**SPICE-RUBBED CHICKEN BREAST** with avocado, bacon & chipotle mayo

**GOAT CHEESE** with roasted peppers & oil cured olives

**ROAST TURKEY BREAST** with cheddar

**ROAST BEEF** with horseradish mayo

**HAM AND SWISS** with mustard mayo

### ON WHOLE GRAIN - 5.00

**TUNA SALAD**, lettuce & tomato

**GOOD OLE'EGG SALAD** with lettuce

### CURRIED CHICKEN SALAD

### GRILLED

**SOPRESSATA** with fresh mozzarella and pesto - 8.15

**VERMONT AGED CHEDDAR** on white - 5.45 / add tomato - 7.00 / bacon - 8.15 / both - 8.50

**HAM & SMOKED MOZZARELLA** with red onion, russian dressing - 8.15

**CUBANO** - braised pork, ham, Mary's Marvelous pickle, swiss cheese, garlic aioli - 9.75

## DRINKS

|                              | Hot  |      | Iced |      |
|------------------------------|------|------|------|------|
|                              | sm   | lg   | sm   | lg   |
| <b>Coffee and Tea</b>        |      |      |      |      |
| Mary's Blend Coffee/Tea      | 1.50 | 1.75 | 2.00 | 2.50 |
| Cafe Au Lait                 | 2.00 | 2.25 | 2.50 | 3.00 |
| Organic Green Tea            |      |      | 2.00 | 3.00 |
| <b>From the Espresso Bar</b> |      |      |      |      |
| Espresso                     | 1.50 | 2.50 | 2.00 | 2.75 |
| Latte or Cappuccino          | 3.00 | 4.00 | 3.50 | 4.50 |
| Macchiato                    | 2.00 | 3.00 | 2.50 | 3.25 |
| Mocha                        | 3.50 | 4.50 | 4.00 | 4.75 |
| Americano                    | 2.50 | 3.50 | 3.00 | 4.00 |
| Extra Shot                   | 1.00 |      |      |      |
| Our own blend Chai Latte     | 3.00 | 4.00 | 3.50 | 4.50 |

**Our own hot chocolate** 3.00 3.50

made with a mix of belgian dark and semi sweet chocolate  
add whipped cream - .50

**SMOOTHIES - \$7.00/24 oz**  
create your own combo

1. PICK A BASE: low fat yogurt/soy milk/milk/apple juice/  
orange juice
2. PICK ANY combination of fruit: strawberries/raspberries/  
blueberries/banana/mango/peach
3. ADD A BOOST: soy or whey protein, peanut butter, golden  
flaxseed, acai

Voted **BEST** in  
the Hamptons!

## SWEET THINGS

### CUPCAKES

grandma Culleys' banana mocha, coconut coconut, chocolate or  
vanilla w/ buttercream or dark chocolate ganache

**COOKIES - .85 - 1.75**

*all your favorites sold individually*

chocolate chip, oatmeal raisin, ginger molasses, peanut butter,  
Mary O's, hazelnut pistachio biscotti, peanut butter filled peanut  
butter sandwich cookies

**Our packaged selection - 6.95 - 8.50**

russian tea cakes, chocolate ginger, chocolate sable, fresh lime  
sugar, vanilla shortbread, chocolate shortbread, pistachio hazel-  
nut biscotti, Mary O's, chocolate chip, oatmeal raisin

**BROWNIES without nuts - 3.00**

**PECAN SQUARES - 3.50**

**MOLTEN CHOCOLATE CAKE - sm 2.25 / large 4.75**

**INDIVIDUAL APPLE TARTS - 5.50**

**RICE PUDDING - 3.50**

**A GIFT CARD !** any amount... you choose....

**A GIFT BOX !** customize... personalize...  
and we'll put a ribbon around it.

**A COFFEE CARD !** buy 10... get 1 free

Have a houseful of guests? An office meeting?  
Take a **COFFEE TOTE**... 96 oz with all the supplies.

Please ask us about catering.

Our aim is to provide our customers  
with our **BEST SERVICE**.

We strive to offer the best **LOCAL** and  
**ALL NATURAL** products at fair prices.

All of our soups, salads, prepared foods and  
baked goods are **HOMEMADE FROM**  
**SCRATCH** the old fashioned way.  
The way we **BELIEVE** it ought to be!

In season, many of our ingredients come  
from **OUR OWN** organic garden or  
from the farmers in our neighborhood.

Mary's  
Marvelous

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## SANDWICH & BAKE SHOP

Open for **Breakfast, Lunch** or **Treats**

**631-267-8796**

207 Main Street, Amagansett