SOUPS

Served with Mary’s Market artisan breads. Ask about our additional special soups of the day!

MARY’S MARKET DAILY SIGNATURE SOUPS $4.75
Offered Daily: Tomato Sweet Potato, Chicken Noodle, Beef Vegetable
Baked French Onion $5.50

MARKET GARDEN SALAD  FULL $8.75  HALF $5.50
Mixed greens, toasted pine nuts, feta cheese tossed with bruschetta tomatoes and balsamic vinaigrette  *add grilled chicken $2.00  / grilled salmon $6.00

GRILLED GARDEN VEGETABLE SALAD $8.75
Grilled vegetables, mixed greens, feta cheese, Roma tomatoes and balsamic vinaigrette  *add grilled chicken $2.00  / grilled salmon $6.00

MARY’S VINEYARD SALAD $8.75
Baby spinach and baby kale tossed with sliced red onion, toasted walnuts, dried cranberries, feta cheese, and finished with raspberry-maple vinaigrette  *add grilled chicken $2.00  / grilled salmon $6.00

MARKET SALADS

Served with Mary’s Market fresh baked artisan breads

CLASSICO CAESAR SALAD $8.75  1/2 SALAD $5.50
Romaine lettuce tossed in our house-made caesar dressing, finished with romas, parmesan, and artisan croutons

TROPICAL MANGO SALAD $10.75
Fresh mangoes, grilled chicken breast, strawberries, toasted walnuts, feta cheese, seasonal greens in citrus vinaigrette and finished with raspberry vinaigrette

SOUTH OF THE BORDER CHOPPED SALAD $10.75
Grilled chicken, pico de gallo, avocado, black bean corn salsa, and feta cheese with mixed seasonal greens tossed in fat-free chipotle honey dressing

VEGETARIAN SANDWICHES

Served with choice of side: Roasted Corn & Black Bean Salad, Caprese Pasta Salad, Roasted Beets with feta, Grain Mustard Potato Salad, Fresh Fruit Salad, Kettle Potato Chips, or Gourmet Cookie

VEGETARIAN FRESH STACK $7.50
Leaf lettuce, tomato, cucumber, green pepper, sprouts, special sauce, Swiss & Havarti 8 fl. oz. wheat bread on our 7-grain bread

GRILLED SEASONAL GARDEN WRAP $8.00
Grilled seasonal vegetables, layered with mixed greens, Roma tomatoes, cucumber, cheddar cheese, and carrot ranch dressing

MARKET BLACK BEAN BURGER $8.50
Grilled house-made gourmet black bean burger with seasonal field greens, pico de gallo, and honey chipotle sauce on French bread

MARKET AVOCADO TACOS $8.50
Two flour or corn tortillas with grilled avocado, black beans, mango, corn, pico de gallo, shredded lettuce, and drizzled with aioli vinaigrette

A ROCKFORD ORIGINAL

Mary’s Market is a fast and casual café that serves fresh, real food made from top quality ingredients by people who care.

Since 1982, we’ve built a reputation for serving wholesome, authentic and healthy cuisine in a relaxed and welcoming atmosphere at a value. All our foods are made from scratch. This means no preservatives! — our breads, desserts, soups, pasta sauces, sandwiches and salads – are handmade and prepared from the freshest, highest quality ingredients. No other restaurant of our kind, we’re very proud to say, can claim that.

But then there is no other restaurant of our kind, one that combines cuisine worthy of a big city fine dining restaurant with fast casual pricing. We are, to put it succulently, a Rockford original.

INTERNATIONAL GOURMET SANDWICHES

Served on hand-sliced fresh bread

MONTE CRISTO $8.50
Ham, swiss cheese, with special sauce grilled between two pieces of sourdough bread & dipped in our French toast batter

ALL-AMERICAN GRILLED CHEESE $8.00
Seasonal apple slices, white cheddar and colby cheeses with cranberry compote on multigrain bread

GRECIAN GRILLED CHEESE $8.25
Artichoke hearts in basil pesto, mozzarella, feta, and parmesan cheese on sourdough bread

MARKET FRENCH DIP $8.50
Roast pork & ham, monterey jack cheese, sliced pickle & onion, with grain mustard sauce grilled on francesne bread

CUBANO $8.50
Roast pork & ham, monterey jack cheese, sliced pickle & onion, with grain mustard sauce grilled on francesne bread

MARKET FISH TACOS $8.50
Succulent fish with shaved red cabbage, pico de gallo, and honey-chipotle mayo, and choice of corn or flour tortillas

MARKET TUNA MELT $8.25
Our house-made tuna salad, Swiss cheese melted on multigrain bread

MARY’S REUBEN $8.25
Corned beef, sauerkraut, thousand island dressing, and swiss cheese grilled between marble rye bread

BACKYARD BARBECUE CHICKEN SALAD $10.75
Grilled chicken in BBQ sauce served on romaine with black bean corn salsa, tortilla strips, diced tomatoes and cheddar cheese, tossed in carrot ranch dressing

GREEN GARDEN COBB SALAD $11.25
Diced avocado, grilled chicken, hand-broiled egg, applewood smoked bacon, roma tomato, blue cheese crumbles, tossed with chopped seasonal greens with Green Goddess dressing and sunflower seeds
CREATE YOUR OWN SANDWICH

“Create Your Own” sandwich is served with a Mary’s market gourmet cookie.

WHOLE SANDWICH $7.50

HALF SANDWICH $4.75

Bread: French, sourdough, Italian, multigrain, 7-grain, Francese, marble rye croissant (upcharge $1.50 half / $2.50 whole)

Meat: turkey, ham, roast beef, chicken tarragon salad, tuna salad, corned beef

Cheese: Havarti dill, swiss, white cheddar, swiss, cheddar, havarti, gouda, canadian jack, and monterey jack

Toppings: Leaf lettuce, tomato, onion, pickles, cucumber, green pepper, jalapeno, and sprouts

MARKET FRESH SPECIALTIES

Pick 2 of the following 3 choices - Includes a gourmet cookie

1) 1/2 CREATE-YOUR-OWN SANDWICH
   Pick 2 of the following 3 choices - Includes a gourmet cookie
   (Includes a gourmet cookie)

   WHOLE SANDWICH $7.50
   HALF SANDWICH $4.75

   Toppings:
   Cranberry compote
   Sauce:
   Cheese:
   Meat:
   Bread:

   2) 1/2 MARKET GARDEN OR CLASSICO CAESAR SALAD

   3) SIGNATURE SOUP (ADD $.75 FOR FRENCH ONION)

   MARKET SAMPLER $8.95

   GOURMET GRILLS & WRAPS

   Created from scratch, whole wheat flat bread pizza

   MARGHERITA PIZZA $9.25
   Marinara sauce, fresh mozzarella, tomatoes, fresh basil, and shaved parmesan. *Add sausage for $1.00

   ARTICHOKE PESTO PIZZA $9.25
   Artichoke hearts, parmesan & mozzarella cheese, basil pesto, and baby arugula

   BARBECUE CHICKEN PIZZA $9.95
   BBQ chicken, red peppers, red onion, mozzarella, BBQ sauce, and fresh cilantro

   BAJA PIZZA $10.50
   Grilled chicken, avocado, red peppers, mozzarella, olive oil, and sour cream/jalapeno sauce with cilantro

   MARKET FRESH SPECIALTIES

   NEW ENGLAND CRAB CAKE $14.95
   Maryland-style crab cake sauteed and baked to perfection, finished with remoulade sauce on a bed of mixed greens and roasted red potatoes and seasonal vegetables. Served with our House Salad & Special Dressing. *Upgrade to petite Market Garden Salad or Caesar Salad for $4.00

   NORTH ATLANTIC SALMON $19.95
   Seared North Atlantic Salmon served with roasted red potatoes, seasonal vegetable, finished with lemon-thyme butter & garnished with a bed of mixed greens and grilled lemon. Served with our House Salad & Special Dressing. *Upgrade to Petite Market Garden Salad or Caesar Salad for $4.00

   FLATBREAD PIZZA

   Served with freshly baked artisan breads and whipped butter

   BRUSCHETTA & HUMMUS DUO $5.95
   Hummus and bruschetta tomatoes served with artisan breads and grilled crostini

   MARY’S MAC-N-CHEESE $8.00
   Cavatappi pasta tossed in our made-from-scratch creamy cheese sauce with white cheddar, finished with toasted panko bread crumbs. *Add mushrooms & asparagus, or bacon /$10.00

   MARKET STIR FRY $8.75
   Fresh julienne of seasonal vegetables with braised rice sautéed in a mild teriyaki sauce. *Add chicken $2.00 / add salmon $6.00

   CALIFORNIA PIE $8.75
   Turkey breast with braised vegetables, topped with tomato slices and melted cheese, baked in a pie shell served with a fresh fruit cup

   BEER & HARD CIDER

   MILLER LIGHT (Pilsner) $3.25
   LAGUNITAS (IPA) $4.50
   SAM ADBOM BOSTON LAGER $4.50
   HEINEKEN (PALE LAGER) $4.50
   BLUE MOON $4.50
   BELGIAN STYLE WHEAT BEER $4.50
   ANGRY ORCHARD HARD CIDER (GF OPTION) $4.50

   WINE & SPIRITS

   WHITE WINE
   GLASSES BTL
   SPIRITS
   GLASSES BTL
   OPICI RED SANGRIA $6
   OPICI RED SANGRIA (WITH FRESH FRUIT) $6
   OPICI WHITE SANGRIA (WITH FRESH FRUIT) $6

   RED WINE
   GLASSES BTL
   A.Z. PINOT NOIR $9 / $16
   ALEXANDER VALLEY SYRAH $9 / $16
   CABERNET SAUVIGNON $9 / $16
   KLINKER BRICK ZINFANDEL $9 / $16

   COFFEE | BEVERAGES | BEER | WINE | SPIRITS