



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.

SOUPS

Served with Mary's Market artisan breads
Also 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

INTERNATIONAL GOURMET SANDWICHES

Served on hand-sliced fresh bread

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

- 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
Aunt Mary's classic! Tender roast beef on a grilled French baguette, served with au jus * add choice of cheese & caramelized onions for \$1.00
- CUBANO** \$8.50
Roast pork & ham, monterey jack cheese, sliced pickle & onion, with grain mustard sauce grilled on francese 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 grilled multigrain bread
- MARY'S REUBEN** \$8.25
Corned beef, sauerkraut, thousand island dressing, and swiss cheese grilled between marble rye bread



MARKET SALADS

Served with Mary's Market fresh baked artisan breads

- 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 slivered red onion, toasted walnuts, dried cranberries, feta cheese, and finished with raspberry-maple vinaigrette * add grilled chicken \$2.00 / grilled salmon \$6.00
- CLASSICO CAESAR SALAD** \$8.75
1/2 SALAD \$5.50
Romaine lettuce tossed in our house-made caesar dressing finished with roma tomatoes, shaved parmesan, and artisan croutons
- TROPICAL MANGO SALAD** \$10.75
Fresh mangos, 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
- 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, hard-boiled egg, applewood smoked bacon, roma tomato, bleu cheese crumbles, tossed with chopped seasonal greens with Green Goddess dressing and sunflower seeds

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 dill cheeses 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 Francese 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 sriracha vinaigrette





GOURMET GRILLS & WRAPS

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

MARKET BURGER ROYALE \$8.50

1/2 pound black angus burger served on a multigrain bun with leaf lettuce, tomato, and sliced pickle with choice of melted cheese

NU AWLINS BURGER \$9.00

1/2 pound cajunized black angus burger with melted bleu cheese on a kaiser bun with leaf lettuce, tomato, red onion, and sliced pickle with creole mayo

GRILLED CHICKEN PESTO \$8.50

Grilled basil chicken breast served on a multigrain bun with bruchetta tomatoes, leaf lettuce, basil pesto mayo, and sliced pickle

SPICY BUFFALO CHICKEN WRAP \$8.50

Grilled buffalo chicken, tomato, fresh mozzarella, scallions, and romaine lettuce in a herb tortilla, with a side of house dressing

CHICKEN SALAD WRAP \$8.50

Chicken tarragon salad, mandarin oranges, lettuce, tomato, and Havarti dill cheese wrapped in a herb tortilla

TURKEY CLUB WRAP \$8.50

Sliced turkey, bacon, lettuce, tomato, Swiss cheese, sprouts, and basil pesto mayo wrapped in a herb tortilla

FLATBREAD PIZZA

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



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 \$.40 half / \$.75 whole)

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

Cheese: Havarti dill, swiss, white cheddar, colby, smoked gouda, mozzarella, and monterey jack

Sauce: special sauce, mayo, dijon mustard, basil pesto mayo, sriracha aioli, creole mayo, and cranberry compote

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

MARKET SAMPLER \$8.95

Pick 2 of the following 3 choices - Includes a Gourmet Cookie

1) 1/2 CREATE-YOUR-OWN SANDWICH (CUBANO & FISH TACOS NOT AVAILABLE)

*INTERNATIONAL GOURMET SANDWICHES ADD \$.75

2) 1/2 MARKET GARDEN OR CLASSICO CAESAR SALAD

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



MARKET FRESH SPECIALTIES

Served with freshly baked artisan breads and whipped butter

BRUSCHETTA & HUMMUS DUO \$5.95

Hummus and bruchetta 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 /\$1.00

MARKET STIR FRY \$8.75

Fresh julienne of seasonal vegetables with braised rice sauteed 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

NEW ENGLAND CRAB CAKE \$14.95

Maryland-style crab cake sauteed and baked to perfection, finished with remolaude sauce on a bed of mixed greens with roasted red potatoes and seasonal vegetable. Served with our House Salad & Special Dressing. *Upgrade to petite Market Garden Salad or Classico Salad for \$1.00

NORTH ATLANTIC SALMON \$15.95

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 Classico Salad for \$1.00

COFFEE | BEVERAGES | BEER | WINE | SPIRITS

MARY'S MARKET BLEND COFFEE \$1.95

Locally roasted by Java Mania - Our full bodied custom blend is sure to perk your senses!



ESPRESSO

ESPRESSO \$1.95 \$2.15 \$2.45

CAPPUCCINO \$2.85

CAFÉ LATTE \$3.00 \$3.50 \$3.90

BREVÉ LATTE \$3.45 \$4.00 4.30

WHITE CHOC. MOCHA \$3.45 \$4.00 4.30

MARY'S MACCHIATO \$3.45 \$4.00 4.30

MILKY MOCHA \$3.45 \$4.00 4.30

AMERICANO \$2.15 \$2.45 \$2.75

RED EYE \$2.35 \$2.55 \$2.95

CINNAMON ROLL LATTE \$3.45 \$4.00 4.30

MARY'S FROZEN COFFEE BLENDS

(ONLY AT STATE ST. LOCATION)

FROZEN MOCHA \$4.75

FROZEN LATTE \$4.75

ICED COFFEE \$2.45

BEER & HARD CIDER

MILLER LIGHT (PILSNER) \$3.25

LAGUNITAS (IPA) \$4.50

SAM ADAMS BOSTON LAGER \$4.50

HEINEKEN (PALE LAGER) \$4.50

BLUE MOON \$4.50

BELGIAN STYLE WHEAT BEER \$4.50

ANGRY ORCHARD HARD CIDER \$4.50

(GF OPTION)



WINE & SPIRITS

WHITE WINE

ALEXA PROSECCO/SGL GLS/1/2 BTL \$5

A-Z CHARDONNAY/UN-OAKED \$7 / \$12

MASON SAUVIGNON BLANC \$7 / \$12

SARACCO MOSCATO D'ASTI \$7 / \$12

RED WINE

A-Z PINOT NOIR GLS/1/2 BTL \$9 / \$16

ALEXANDER VALLEY VINYARDS

CABERNET SAUVIGNON \$9 / \$16

KLINKER BRICK ZINFANDEL \$9 / \$16

SPIRITS

MIMOSA \$6

OPICI RED SANGRIA \$6

(WITH FRESH FRUIT)

OPICI WHITE SANGRIA \$6

(WITH FRESH FRUIT)

HOUSE SPECIALTIES

HOT TEA \$1.75

BREWED ICED TEA \$2.00

CHAI TEA LATTE \$3.10 \$3.50 \$3.90