

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.

Look For Our Updated Menu Coming Soon

If you purchased a #HereForGoodRKFD t-shirt for Mary's Market, we would like to show you our appreciation for supporting local businesses.

Come in wearing the t-shirt and you'll leave with a **FREE Gourmet Cookie!**

Offer Valid June 1st-August 30th



Edgebrook and Perryville
Breakfast is Available
M-F 7am-11am
Sa-Su 7am-12pm

State St and Roscoe
Breakfast is Available
M-Su 7am-2pm

Light Starts

✔ Market Steel-Cut Oatmeal

Served with Raisins, Brown Sugar, Milk, and Our House-Made Granola

\$6.89

Avocado Toast

Toasted Country Grain Bread, Smashed Avocado, Tomato, Bacon, and an Egg Cooked Your Way

\$9.99

✔ Mary's Market Yogurt Parfait

Layers of Yogurt, Strawberries, Blueberries, and our House-Made Granola

\$5.49

Mary's Continental

Mixed Fruit and Yogurt Topped with House Made Granola, Served with Your Choice of One of Our Select Pastries

\$9.69

Espresso and Pastry Combo

\$1 Off One of Our Select Pastries with the Purchase of an Espresso Drink

Eggs

Served with Choice of Hash Browns, Pancake, Yogurt, or Fruit Cup and Choice of Toast

Market Quiche Lorraine

Eggs, Cream, Applewood Smoked Bacon, and Swiss Cheese Baked in a Flaky Pastry Shell

\$9.99

✔ Mary's Favorite GF

Two Any-Style Eggs

\$6.99

Market Combo GF

Two Any-Style Eggs with Bacon or Sausage Links

\$8.99

Omelettes

Served with a Choice of, Hash Browns, Pancake, Yogurt, or Fruit Cup and Your Choice of Toast

Southwestern Omelette GF

Ham, Green Pepper, Onions, Cheddar Cheese, Pico de Gallo, and Fresh Cilantro

\$9.99

Farmers Market Omelette GF

Grilled Sausage, Green Pepper, Onion, Tomato, and Choice of Cheddar or Swiss Cheese

\$8.99

Create Your Own Omelette GF

Includes 3 Toppings

Cheese - Cheddar, Swiss, Smoked Gouda, Feta, Colby, White Cheddar, Monterey Jack, Dill Havarti

Meat - Bacon, Ham, Sausage, Chicken

Veggies - Green Pepper, Jalapeño, Onion, Tomato

\$8.99

Additional toppings: \$.89

Avocado: \$1.29

Pancakes

Served with Syrup & Whipped Butter
*Add Strawberries \$.99

✔ Market Buttermilk Pancakes

Aunt Mary's Original Buttermilk Pancake Recipe

Short (2) \$4.89 Regular (3) \$6.49

Gluten Sensitive Market Pancakes

✔ Made-From-Scratch Gluten Sensitive Buttermilk Pancakes

Short (2) \$6.49 Regular (3) \$7.89

✔ Swedish Pancake Stacks

Stacks of Swedish Pancakes with Lingonberry Butter and Powdered Sugar

*Lingonberries Available Upon Request \$.69

Short (2) \$5.89 Regular (3) \$6.49 Super (4) \$7.69

Breakfast Sandwiches

Served with a Choice of Hash Browns, Pancake, Yogurt or Fruit Cup
Breakfast Sandwiches can be made Gluten Free by Substituting for a Gluten Free Wrap for \$1

Market Classic Sandwich

Fried Egg, Smoked Gouda Cheese, Choice of Bacon or Ham, Hollandaise Sauce on Francese Bread

\$7.99

Early Bird Croissant

Ham, Fried Egg, Cheddar Cheese, on a Butter Croissant

\$8.39

À La Carte Menu

Two Eggs (Any Style) GF	\$2.89	Single Buttermilk Pancake (1)	\$2.49
Applewood Smoked Bacon (4 pcs) GF	\$3.99	Single Gluten Sensitive Pancake (1)	\$3.49
Pork Sausage Links (2) GF	\$3.99	Hash Browns GF	\$3.29
Side of Toast	\$2.49	Fresh Fruit Cup GF	\$3.89
Swedish Pancake (1)	\$2.99	Yogurt GF	\$4.19



Gourmet Sandwiches

Served with Your Choice of Side (Add \$1.29 for House Salad)

Monte Cristo

Ham, Swiss Cheese, Mary's Whole Grain Mustard Sauce, Served on Sourdough Bread, Hand-Dipped in Egg Batter, Dusted with Powdered Sugar, Served with Cranberry Compote

\$9.99

Mary's Market BLT

½ Pound of Applewood Smoked Bacon, Leaf Lettuce, Tomato, Herb and Sun-Dried Tomato Aioli, Served on Toasted 7-Grain Bread

\$10.89

Market Tuna Melt

Mary's Market Albacore Tuna Salad, Swiss Cheese Served on Multigrain Bread

\$9.69

Vegetarian Fresh Stack

Leaf Lettuce, Tomato, Cucumber, Green Pepper, Mary's Whole Grain Mustard Sauce, Swiss and Dill Havarti Cheese, Served on 7-Grain Bread

Half \$6.89 Full \$9.89

Signature Soups

Served with Mary's Market Artisan Breads and Your Choice of Gourmet Cookie

Tomato Sweet Potato GF, Chicken Noodle.....\$5.99

Baked French Onion, Vegetable Beef GF.....\$6.69

Signature Dish

Mary's Mac-N-Cheese

Cavatappi Pasta, House-Made White Cheddar Cheese Sauce, Toasted Panko Bread Crumbs

*Add Mushrooms, Asparagus, Broccoli, or Bacon \$1.19 /Add Shrimp \$5 /Add Chicken \$2.50

\$9.89

Create Your Own Sandwich

Half.....\$5.99 Whole.....\$8.99 Served with your choice of Gourmet Cookie or Chips

Your Choice of Bread — French, Sourdough, Italian, Multigrain, 7-Grain, or Francese

*Upcharge for Croissant, Whole \$.95 or Half \$.50

Your Choice of Meat — Turkey, Ham, Roast Beef, Mary's Market Tarragon Chicken Salad, or Mary's Market Albacore Tuna Salad

*Add Bacon for \$1.69

Your Choice of Cheese — Dill Havarti, Swiss, White Cheddar, Smoked Gouda, or Monterey Jack

*Additional Cheese \$.89

Sauces — Mayo, Dijon Mustard, Basil Pesto Mayo, Herb and Sundried Tomato Aioli, Mary's Market Whole Grain Mustard Sauce, Fat-Free Honey Chipotle Sauce, Cranberry Compote, Mustard, and Basil Pesto

Toppings — Leaf Lettuce, Tomato, Onion, Pickles, Cucumber, Green Pepper, and Jalapeño

Market Sampler \$10.99

Pick 2 of the following choices - Served with a Gourmet Cookie or Chips or Substitute a Side for \$1.19

1. ½ Create Your Own Sandwich or choose a Gourmet Sandwich for +\$.99 (Excludes BLT)

2. ½ Market Garden Salad (Upgrade to Any of Our Market Salads for \$1.29)

3. Signature Soup, Tomato Sweet Potato or Chicken Noodle (Add \$1.29 for French Onion or Veggie Beef)

4. Mac and Cheese

Flatbread Pizza

Flatbreads are Prepared with a House-Made Whole Wheat Flatbread. Flatbreads Can Also Be Prepared Gluten Free, by Substituting a Cauliflower Crust for \$5

Margherita Pizza

Marinara Sauce, Fresh Mozzarella, Tomatoes, Fresh Basil, and Shaved Parmesan

*Add Sausage for \$1.69

\$11.69

Baja Pizza

Grilled Chicken, Avocado, Red Pepper, Mozzarella, Olive Oil, Cilantro, and Jalapeño Sour Cream

\$11.89

Barbeque Chicken Pizza

Grilled Chicken, Red Peppers, Red Onion, Mozzarella Cheese, BBQ Sauce, and Fresh Cilantro

\$11.49

Create Your Own Flatbread \$11.19

Sauces — Basil Pesto, Marinara Sauce, Carrot Ranch, BBQ Sauce

Cheese — Mozzarella, Parmesan, Cheddar, Feta, White Cheddar, Goat Cheese

Meat — Sausage, Ham, Bacon, Chorizo, Chicken

Veggies — Onions, Green Peppers, Red Peppers, Grilled Asparagus, Tomato, Mushrooms, Bruschetta Tomatoes, Spinach, Jalapeños, Artichokes, Grilled Veggies, Garlic, Broccoli

Add Avocado \$1.50

Gourmet Grills & Wraps

Served with Your Choice of Side (Add \$1.29 for House Salad). All Wraps Can Be Made Gluten Free by Substituting for a Gluten Free Wrap \$1.

Turkey Club Wrap

Turkey, Bacon, Mixed Greens, Tomato, Swiss Cheese, Basil Pesto Mayo Wrapped in a Herb Tortilla

\$10.99

Spicy Buffalo Chicken Wrap

Grilled Buffalo Chicken, Tomato, Fresh Mozzarella Cheese, Scallions, Romaine Lettuce, and Carrot Ranch Dressing, Wrapped in a Herb Tortilla

\$10.99

Grilled Pesto Chicken Sandwich

Grilled Basil Chicken Breast, Bruschetta Tomatoes, Leaf Lettuce, and Basil Pesto Mayo Served on a Multigrain Bun

\$10.69

Chicken Salad Wrap

Mary's Market Tarragon Chicken Salad, Mixed Greens, Tomato, and Dill Havarti, Wrapped in a Herb Tortilla

\$10.29

Market Salads

Served with Fresh Baked Artisan Bread

Add a Protein: Chicken \$2.50, Steak \$3.50, Shrimp \$5

Tropical Mango Salad GF

Fresh Mango, Strawberries, Feta Cheese, Mixed Greens, Citrus Vinaigrette, Raspberry Vinaigrette, and Toasted Walnuts

\$10.89

Market Garden Salad GF

Bruschetta Tomatoes, Feta Cheese, Mixed Greens, Balsamic Vinaigrette, and Toasted Pine Nuts

Half \$6.49 Full \$9.29

Backyard Barbeque Salad GF

Roasted Corn and Black Bean Salsa, Tomato, Cheddar Cheese, Romaine Lettuce, BBQ Sauce, Carrot Ranch Dressing, and Tortilla Strips

\$10.49

South of the Border Chopped Salad GF

Pico De Gallo, Avocado, Roasted Corn and Black Bean Salsa, Feta Cheese, Romaine Lettuce, and Fat-Free Honey Chipotle Dressing

\$10.69

Tacos

Served with Your Choice of Side (Add \$1.29 for House Salad). Tacos Can Be Made Gluten Free by Substituting Corn Tortillas

Shrimp Tacos

Blackened Shrimp, Red Cabbage, Pico De Gallo, and Chipotle Aioli, Served with Your Choice of Corn or Flour Tortillas

\$10.69

Fish Tacos

Tilapia, Red Cabbage, Pico De Gallo, and Fat-Free Honey Chipotle Mayo, Served with Your Choice of Corn or Flour Tortillas

\$10.49

Honey Chipotle Chicken Tacos

Seared Chicken Breast, Bacon, Shredded Lettuce, Pico De Gallo, Avocado, Chipotle Honey Glaze, and Cilantro Lime Crema, Served with Your Choice of Corn or Flour Tortillas

\$10.69

Market Avocado Tacos

Grilled Avocado, Roasted Corn and Black Bean Salad, Mango, Pico De Gallo, Shredded Lettuce, and Sriracha Vinaigrette, Served with Your Choice of Corn or Flour Tortillas

\$10.29

Sides

Roasted Corn and Black Bean Salad GF \$3.29

Caprese Pasta Salad\$3.49

Grain Mustard Potato Salad GF\$3.29

Kettle Potato Chips GF\$2.19

Gourmet Cookies\$1.49

Fresh Fruit Salad GF.....\$3.89

House Salad GF\$4.99

Disclaimer: If you have a Gluten Sensitivity, please make your server aware. Mary's Market will make every effort to accommodate your request, but we cannot ensure that cross-contamination will not occur.

GF = Gluten Free

🌿 = Vegetarian