

COFFEE BAR

HOT BEVERAGES

	12 OZ	16 OZ	20 OZ
REG. COFFEE/DECAF	2.02	2.21	2.53
REAL HOT CHOCOLATE	3.35	3.60	3.85
HOT CHAI LATTE	2.60	3.10	3.60
MATCHA LATTE	3.95	4.10	4.35

ESPRESSO BAR

	single	double	triple
	12 OZ	16 OZ	20 OZ
ESPRESSO	1.65	2.15	2.65
LATTE	2.90	3.65	4.15
CAPPUCCINO	2.90	3.65	4.15
FLAVORED LATTE	3.65	4.40	4.90
AMERICANA	2.65	3.40	3.90
MOCHA (REAL CHOCOLATE)	3.65	4.40	5.15
EXTRA SHOT OF ESPRESSO	60¢		
SUBSTITUTE ALMOND MILK	85¢		

ICED DRINKS

	16 OZ	24 OZ
COFFEE	2.65	3.65
ICED LATTE	3.65	4.65
ICED FLAVORED LATTE	4.40	5.15
ICED MOCHA (REAL CHOCOLATE)	4.65	5.65
ICED CHAI	2.60	3.60
ICED MATCHA LATTE	4.15	6.25

organic
loose leaf
teas
2.25
any size

FLAVOR SHOTS 85 CENTS



LOCAL, ORGANIC, FAIR TRADE COFFEE BY JAVA TREE
BRING HOME A BAG!

LOCAL MARKET & CAFE
Est. 2016

THE GOODS

Market
PORTSMOUTH NH
YOUR COMMUNITY STORE 603-373-8415

TO GO MENU

BREAKFAST ALL DAY

LUNCH

SMOOTHIES

KOMBUCHA

COLD BREW TAPS

ESPRESSO BAR

29 VAUGHAN MALL,
PORTSMOUTH, NH
603-373-8415

BREAKFAST

SERVED
ALL DAY

BREAKFAST SANDWICH ONE FRIED EGG (OVER MEDIUM) WITH AMERICAN CHEESE AND A CHOICE OF BACON, HAM OR SAUSAGE ON OUR OWN GRILLED FLATBREAD OR ENGLISH MUFFIN. (BAGEL OR CROISSANT \$1 EXTRA)	4.95	AVOCADO TOAST 🌿 SMASHED AVO ON ONE SLICE OF THICK WHEAT TOAST TOPPED WITH ROASTED TOMATOES, PICKLED ONIONS, SPROUTS & BALSAMIC REDUCTION. ADD A POACHED EGG OR TWO! \$1 EA.	7.00
BAGEL & CREAM CHEESE NEW YORK BAGELS, HOMEMADE CREAM CHEESE SPREADS: CHIVE, BACON & CHIVE, FRESH VEGGIE, STRAWBERRY (.50 EXTRA FOR FLAVORED CREAM CHEESE \$1.50 EXTRA FOR GF BAGEL) MAKE IT WITH TOFU! \$1 EXTRA	3.00	SUNRISE STIR FRY 🌿 SAUTÉED ONION, PEPPERS, RICE & PESTO SCRAMBLED WITH 1 EGG AND SERVED WITH A SUNNY SIDE UP EGG ON TOP DRIZZLED WITH SRIRACHA IN BOWL.	6.95
NEW YORKER SMOKED SALMON CREAM CHEESE SPREAD WITH RED ONION, RED PEPPER, CAPERS, TOPPED WITH SPROUTS & TOMATO ON YOUR CHOICE OF BAGEL	7.00	SHAKSHUKA 🌿 MIDDLE EASTERN DISH WITH SAUTEED VEGGIES AND TOMATOES TOPPED WITH TWO SUNNY EGGS SERVED WITH HOMEMADE FOCACCIA BREAD.	6.95
2 EGGS ANY STYLE WITH CHOICE OF BACON, HAM OR SAUSAGE WITH RED BLISS & SWEET POTATO HOME FRIES & TOAST.	7.95	COUNTRY WRAP SCRAMBLED EGGS, DIJON ROASTED POTATOES, HOUSE-MADE HAM, AVOCADO AND SWISS CHEESE.	6.95
THE CALI WRAP 🌿 THIS IS THE CHEF'S FAVORITE! TWO SCRAMBLED EGGS, GOAT CHEESE, ASSORTED ROASTED VEGGIES, HOME-FRIES, AVOCADO AND SRIRACHA.	6.95	LITTLE HAVANA WRAP CUBAN STYLE PULLED PORK WITH TWO FRIED EGGS, BLACK BEANS AND MELTED CHEDDAR DRIZZLED WITH BBQ SAUCE, SOUR CREAM & SRIRACHA.	6.95
MEDITERRANEAN OMELETTE 🌿 WITH SPINACH, FETA, PEPPERS, ONIONS & OLIVES. ACCOMPANIED BY YOUR CHOICE OF TOAST & HOME FRIES	8.99	STUFFED FRENCH TOAST WITH CREAM CHEESE & BERRY COMPOTE, SERVED WITH REAL MAPLE SYRUP	8.95
SHROOMELETTE WITH MUSHROOMS, SAUSAGE & SWISS. ACCOMPANIED BY YOUR CHOICE OF TOAST & HOME FRIES.	7.99		
BREAKFAST BURRITO TWO SCRAMBLED EGGS, HOMEMADE BEEF OR 🌿 VEGAN CHILI, CHEDDAR CHEESE, SALSA & SOUR CREAM	6.95		

🌿 VEGAN

🌿 VEGETARIAN

ADD TO YOUR BREAKFAST:
AVOCADO \$1, SIDE OF HOMIES \$3, EXTRA MEAT \$2, EXTRA EGG \$1

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH
OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS.

SALADS

ALL SALADS CAN BE SERVED AS A WRAP!
(ADDITIONS & CHANGES ARE EXTRA)



THE GREEK 10.00
A BED OF BABY GREENS, OVEN ROASTED CHICKEN BREAST, ONIONS, PEPPERS, ROASTED TOMATOES, BLACK OLIVES, FETA CHEESE AND GREEK DRESSING

COBB 12.00
A BED OF BABY GREENS, OVEN ROASTED CHICKEN BREAST, AVOCADO, HARD BOILED EGG, BACON, TOMATOES, GORGONZOLA AND BALSAMIC VINAIGRETTE

CHICKEN WALDORF 10.00
A BED OF BABY GREENS, OVEN ROASTED CHICKEN BREAST, APPLES, GRAPES, SPRINKLED WITH CANDIED NUTS WITH HONEY MUSTARD DRESSING

SWEET SENSATION 11.00
A BED OF BABY GREENS TOPPED WITH FRESH STRAWBERRIES AND BLUEBERRIES (IN SEASON), GOAT CHEESE, CANDIED NUTS AND OUR OWN BALSAMIC VINAIGRETTE

BOWLS

ALL BOWLS CAN BE SERVED AS A WRAP!
(ADDITIONS & CHANGES ARE EXTRA)



GENERAL TSO'S 10.00
HEALTHY VERSION OF THE SWEET AND SPICY ORANGE CHINESE CHICKEN DISH WITH BROCCOLI OVER JASMINE RICE

INDO 12.00
FRIED RICE BOWL WITH SAUTÉED ONIONS, PEPPERS, CARROTS & BROCCOLI WITH OUR OWN TRADITIONAL SAUCE TOPPED WITH A SUNNY SIDE UP EGG

CHIANG MAI 8.00
RED CURRY, COCONUT BROTH WITH RICE NOODLES
ADD SHRIMP \$4 OR CHICKEN \$2

BUDDHA 10.00
SLICED RED CABBAGE, CARROTS, AVOCADO, SCALLIONS, RED PEPPERS & TOASTED CHICKPEAS ON A BED OF RED QUINOA WITH OUR HOMEMADE GREEN GODDESS DRESSING & TOPPED WITH SESAME SEEDS. ADD: TOFU \$2, CHICKEN \$2, SHRIMP \$4

HOMEMADE CHILI 10.00
OUR AWARD WINNING CHILI
A BOWL OF EITHER OUR BEEF OR VEGAN CHILI
TOP WITH SOUR CREAM, ONIONS & CHEESE!

SUBSTITUTE SHRIMP ON ANY ITEM FOR \$2. ADD TOFU TO ANY ITEM FOR \$2.

SANDWICHES

WE HAVE GLUTEN FREE BAGELS, SLICED BREAD & WRAPS! \$1.50 EXTRA

CHICKEN CÆSAR SALAD WRAP 10.00
CLASSIC CÆSAR WITH WITH ROMAINE, HOMEMADE CROUTONS, CHICKEN BREAST & ASIAGO CHEESE DRIZZLED WITH HOUSE DRESSING

BUFFALO CHICKEN WRAP 10.00
OVEN ROASTED CHICKEN BREAST SMOTHERED IN BUFFALO SAUCE WITH LETTUCE, TOMATO, BACON AND A CHOICE OF HOUSEMADE RANCH OR BLEU CHEESE DRESSING.

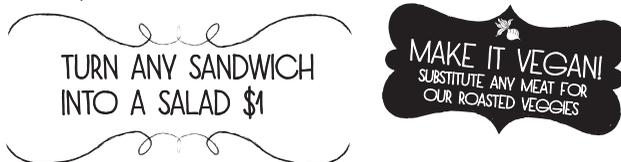
CHICKEN SALAD BLT 10.00
OUR FRESHLY MADE CHICKEN SALAD, AMERICAN CHEESE, BABY GREENS, BACON, TOMATO & AVOCADO ON OUR OWN SUB ROLL.

TURKEY BLT 10.00
OVEN ROASTED TURKEY BREAST, PROVOLONE, BABY GREENS, BACON, ROASTED ROMA TOMATOES, AND MAYO ON OUR OWN SUB ROLL.

CHICKEN GORGONZOLA 10.00
OVEN ROASTED CHICKEN BREAST, FRESH GRAPES, GORGONZOLA AND CANDIED NUTS TOSSED WITH A TOUCH OF MAYO TOPPED WITH BABY GREENS IN A WRAP.

HEAVENLY HUMMUS WRAP 9.00
FRESHLY MADE HUMMUS TOPPED WITH BABY GREENS, PICKLES, ROASTED TOMATOES, RED ONION, RED PEPPER, SPROUTS AND AVOCADO.

JERUSALEM 9.00
HOUSE MADE FALAFELS WITH BABY GREENS, TOMATO, RED ONION, PICKLES, FETA CHEESE AND TZATZIKI SAUCE IN A WRAP



HOT & MELTY

SUBS, FOCACCIA AND FLATBREAD
ALL MADE IN-HOUSE DAILY!

SAN FRAN. STREET BURRITO 9.95
SEASONED HOMEMADE STEAK SAUTÉED WITH RICE AND BLACK BEANS, WRAPPED UP WITH PURPLE CABBAGE SLAW & FRESH, HOMEMADE CITRUS SALSA

TURKEY MELT 9.95
OVEN ROASTED TURKEY BREAST WITH SLICED APPLE, CHEDDAR CHEESE, HOMEMADE HONEY MUSTARD AND SPROUTS ON OUR HOUSEMADE GRILLED FLATBREAD

CHICKEN PARMESAN SUB 9.95
MADE IN HOUSE BREADED CHICKEN BREAST TOPPED WITH MARINARA & MELTED MOZZARELLA

CUBANO 9.95
OUR HOMEMADE PULLED PORK GRILLED WITH HAM & TURKEY TOPPED WITH MELTED SWISS, YELLOW MUSTARD AND PICKLES IN A GRILLED SUB ROLL.

SLOW 'N LOW STEAK BOMB 10.00
WITH OUR HOUSE MADE PULLED STEAK TOPPED WITH GRILLED ONIONS, PEPPERS, MUSHROOMS, PEPPERONI, MELTED CHEESE & DRIZZLED WITH OUR SECRET SAUCE IN A TOASTED SUB.

VEGGIE LOVE 8.95
ROASTED ZUCCHINI, SUMMER SQUASH, EGGPLANT, ROASTED ROMA TOMATOES, ONION AND RED PEPPERS WITH FRESH HOUSEMADE PESTO AND MELTED PROVOLONE, ON OUR FOCACCIA BREAD

BACON CÆSAR SALAD FLATBREAD PIZZA \$8.99 / 15.99
CLASSIC CÆSAR TOPPED WITH CROUTONS, BACON CRUMBLES & ASIAGO CHEESE ON TOP OF OUR OWN FLATBREAD CHEESE PIZZA (FOR 1 OR 2 PEOPLE)

ALMOST EVERY MENU ITEM CAN BE GLUTEN FREE. WE HAVE GF WRAPS, BAGELS & BREAD. \$1.50 EXTRA

SMOOTHIE BAR

MATCHA LA VISTA 16OZ \$7 / 24OZ \$10.50
BANANA, MATCHA, SHREDDED COCONUT, FLAX SEEDS, ALMOND MILK

SWEET DREAMS 16OZ \$6 / 24OZ \$9
BANANA, ALMOND BUTTER, CHOCOLATE ALMOND MILK
-ADD A SHOT OF ESPRESSO FOR 50¢

BALI EXPLOSION 16OZ \$6 / 24OZ \$9
PINEAPPLE, MANGO, BANANA, OJ, OAT MILK, TURMERIC, SHREDDED COCONUT

PEACHES & CREAM 16OZ \$6 / 24OZ \$9
PEACHES, MANGO, APPLE JUICE, ALMOND MILK

MOTHER EARTH 16OZ \$7 / 24OZ \$10.50
AVOCADO, PINEAPPLE, MANGO, KALE, ALMOND MILK, ORANGE JUICE
- ADD HEMP PROTEIN FOR \$1

PURPLE RAIN 16OZ \$6 / 24OZ \$9
MANGO, BLUEBERRY, PINEAPPLE, SPINACH, ALMOND MILK, APPLE JUICE
- ADD SPIRULINA FOR \$1

TROPICAL CHIA 16OZ \$6 / 24OZ \$9
STRAWBERRIES, BANANAS, ORANGE JUICE & CHIA SEEDS

THE GOOD BOWL 16OZ \$8 / 24OZ \$12
BLUEBERRIES, STRAWBERRIES, RASPBERRIES, BANANA, ALMOND MILK, TOPPED WITH CHIA SEEDS, ALMOND BUTTER, COCONUT FLAKES, FROZEN BLUEBERRIES AND FRESH SLICED BANANA



HEALTHY ADDITIONS 1.00 EXTRA



SPIRULINA, BEE POLLEN, SHREDDED COCONUT, FLAX SEEDS, PROTEIN POWDER, ALMOND BUTTER