
SMOOTHIES

\$6.99

GREEN SMOOTHIE

spinach, banana, apple, dates, almond milk

ALMOND DATE

banana, almonds, dates, almond milk

PB CHOCOLATE BANANA

banana, peanut butter, cocoa powder, honey, almond milk

BLUEBERRY YOGURT FLAX

Maine blueberries, flax seeds, yogurt, honey, almond milk

STRAWBERRY SUNFLOWER

strawberries, banana, yogurt, honey, sunflower seeds, almond milk

TROPICAL

mango, pineapple, orange juice, almond milk, toasted coconut

ADD ONS

+\$0.50

CHIA SEEDS

FLAX SEEDS

BEE POLLEN

HEMP HEARTS

HEMP PROTEIN POWDER

FIRE CIDER TONIC(\$1)

GINGER ROOT

TURMERIC ROOT

E3 LIVE BLUE-GREEN ALGAE

KALE

SPINACH

FRESH JUICE

\$6.99

GREEN

cucumber, apple, kale, ginger

CARROT

Maine organic carrots

EARTHY

celery, beets, carrots, apple

SPICY

celery, apple, cucumber, kale, lemon, jalapeño

SMOOTHIE BOWLS

\$6.99

ACAI BOWL

blended açai berries, banana, almond milk, topped with toasted coconut, granola, sliced bananas

SUPER GREEN BOWL

blended spinach, pineapple, almond milk, topped with blueberries, chia seeds, sliced almonds

YOGURT BOWLS

\$5.99

ANTIOXIDANT BOWL

local organic yogurt topped with berries, quinoa, granola, honey

BANANA NUT BOWL

local organic yogurt topped with sliced banana, walnuts, granola, toasted coconut, honey

MAIN STREET MARKETS

GROCERY • CAFÉ • DELI • CATERING

207-594-8515

435 Main Street

Rockland, Maine 04841

www.mainstreetmarkets.com

for daily soups, grab & go, hot foods
baked goods and other specials:

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or call us!

Catering and delivery by request

SALAD OR WRAP \$8.99

IMMUNITY

kale, spinach, red onion, chickpeas, carrots, cranberries, sunflower seeds, quinoa, balsamic vinaigrette

CHOP CHOP

romaine, spinach, carrots, cucumbers, scallions, peppers, sliced almonds, crunchy asian noodles, carrot-ginger dressing

MARKET

greens, peas, roasted tomatoes, kalamata olives, almonds, feta, lemon-herb vinaigrette

OUR CAESAR

romaine, kale, brussels sprouts, croutons, parmesan, caesar dressing

proteins & add-ons extra

CREATE-YOUR-OWN \$8.99

Salad or wrap? White or wheat?

STEP 1: CHOOSE YOUR GREENS

spinach, kale, spring mix, romaine

STEP 2: CHOOSE THREE (additional +\$0.50)

apples, scallions, tomatoes, cucumber, beets, sunflower seeds, chickpeas, croutons, quinoa, sweet peas, red onion, kalamata olives, broccoli, peppers, roasted tomatoes, carrots, mushrooms, dried cranberries, crunchy noodles

STEP 3: ADD-ONS & PROTEIN

avocado, parmesan, feta, walnuts, almonds, egg \$1
bacon, salmon, chicken \$3

STEP 4: MARKET DRESSINGS

ranch, caesar, balsamic vinaigrette, carrot ginger, lemon-herb vinaigrette, fresh lemon squeeze, extra virgin olive oil, balsamic vinegar

TOASTS \$4.49

AVOCADO TOAST

sliced avocado, harissa olive oil, sea salt & cracked pepper

PEANUT BUTTER BANANA

sliced banana, peanut butter, honey, chia seeds

ROASTED TOMATO & HUMMUS

hummus, roasted tomatoes, sea salt & cracked pepper

BACON & EGG

hard-boiled egg, bacon & spicy mayo

WAFFLES

powdered sugar \$2.69
berries & whipped cream \$4.49
chocolate-hazelnut spread & banana \$4.49

SANDWICHES

#1 CHICKEN \$8.99
chicken, cheddar, roasted tomatoes, fresh spinach, basil pesto

#2 CUBANO \$8.99
oven roasted pork, ham, swiss cheese, housemade pickles, dijon mustard

#3 TURKEY REUBEN \$8.99
all-natural turkey, swiss cheese, morse's sauerkraut, house-made russian dressing

#4 VEGGIE \$6.99
house-made hummus, greens, mixed roasted vegetables

#5 BLT \$6.99
nitrate-free bacon, lettuce, tomatoes, add turkey or avocado (+\$1 each)

#6 HAM & HONEY MUSTARD \$8.99
all-natural ham, creamy brie cheese, honey mustard

#7 GRILLED CHEESE \$6.99
cheddar cheese, swiss cheese and cracked black pepper

#8 TUNA MELT \$8.99
our tuna salad, with melty cheddar cheese

OR: CRATE-YOUR-OWN SANDWICH
vegetarian: \$6.99; with protein: \$8.99

LUNCH SPECIAL \$6.99
Half Sandwich & 8oz Soup