

MERCADDO

DINNER

SALADS

Kale Caesar GF, D

Shredded kale, chopped romaine, grilled chicken, shaved parmesan, crispy chickpeas, caesar dressing 15

Mercado Fish Taco GF

Arugula, puffed quinoa, grilled salmon, shredded red cabbage, pickled red onion, avocado, tortilla chips, spicy cilantro dressing 16

Cobb GF, D

Chopped romaine, grilled chicken, bacon, grape tomatoes, soft boiled egg, avocado, crumbled blue cheese, crispy chickpeas, buttermilk peppercorn ranch 16

GF, D **Harvest**

Farm greens, shredded kale, grilled chicken, red cabbage, roasted sweet potato, grape tomatoes, sliced apple, spicy pumpkin seeds, goat cheese, wholegrain mustard vinaigrette 16

GF, N, D, H **Cranberry Apple Crunch**

Spinach, pecans, red onions, apples, dried cranberries, goat cheese, apple cider vinaigrette 14

V, GF **Fennel Radicchio**

Smoked trout, fennel, radicchio, arugula, apples, granola, olives, citrus herb vinaigrette 19

WARM GRAIN BOWLS

Mercado Grain Bowl GF, S, H

Charred chicken thighs, brown rice, spinach, roasted butternut squash, pickled cucumber, apple cider brussels sprouts 15

Harvest Grain Bowl GF, D

Grilled chicken, brown rice, shredded kale, roasted sweet potato, goat cheese, beets, pickled onion, crispy chickpeas 15

Salmon Grain Bowl GF

Grilled salmon, warm quinoa, spinach, charred broccoli, avocado, carrot and daikon pickled relish 16

Build Your Own

Choose your base, greens, sides, garnish, protein, and sauce

Sauces

all served on the side

Avocado salsa verde V, GF

Sweet chilli aioli VG, GF

Turmeric & black pepper yogurt D, VG, GF

Wholegrain mustard vinaigrette VG, GF

Chipotle aioli VG, GF

Hummus V, GF

Balsamic vinaigrette V, GF

WRAPS

whole wheat, sun dried tomato, spinach, or gf wrap

Turkey Club D

Smoked turkey, cheddar, bacon, lettuce, tomato, herb mayo 14

Chicken Caesar D

Grilled chicken, romaine, bacon, tomato, parmesan, caesar dressing 14

Grilled Salmon D

Grilled salmon, arugula, cucumber, pickled carrot, avocado, dill sauce 15

SIDES

French Fries 5

Sweet potato fries 7

Housemade slaw 4

Side salad 5

Broccoli rabe 8

Lemony string beans 8

Caramelized celery root 8

Glazed mushrooms 8

ALLERGENS

GLUTEN FREE **GF** | VEGAN **V** | VEGETARIAN **VG**

CONTAINS NUTS **N** | CONTAINS SOY **S**

CONTAINS DAIRY **D** | CONTAINS HONEY **H**

SANDWICHES

Serrano Pan con Tomate D

Serrano ham, manchego, garlic tomato pulp, fig spread, arugula, ciabatta 14

Chicken Fry D

Buttermilk fried chicken, house slaw, garlic aioli, portuguese roll 12

Mercado Burger D

House blend burger, aged cheddar, pickled onion, baby arugula, garlic aioli, portuguese bread, french fries 16

Salmon Burger

Salmon, arugula, dill, fennel, cucumbers, tartar sauce, brioche, sweet potato fries 21

Veggie Burger V,N

House made multigrain-veggie burger, arugula, sliced house pickles, avocado spinach sauce, portuguese round roll, sweet potato fries 16

Turkey Burger

Ground turkey, smoked turkey bacon, mix greens, tomato, onion, pickle, green goddess sauce, brioche, sweet potato fries & chipotle aioli 19

Bifana

Thinly sliced pork marinated in beer, piri-piri, garlic and spices, caramelized onions, mustard and housemade piri-piri, portuguese roll 15

Birria Tacos GF,D

(4pc) six-hour braised pork shoulder, smoky consommé, onion cilantro pico, pepper jack monterey cheese 15

Grilled Steak Sandwich

Grilled hanger steak, sautéed onions, lettuce, chimichurri sauce, ciabatta, french fries or seasonal green salad 21

D Mercado Cubano

Roast pork, ham, pepper jack, pickles, russian dressing, baguette. Pressed 14

D,N Chicken Panini

Grilled chicken, fresh mozzarella, roasted red peppers, pesto, ciabatta. Pressed 14

D Chicken and Chorizo Panini

Grilled chicken, provolone, spanish chorizo, avocado, chipotle mayo, ciabatta. Pressed 14

D Chicken & Broccoli Rabe Panini

Grilled chicken, provolone, bacon, avocado, broccoli rabe, chipotle mayo, ciabatta. Pressed 15

D Smoked Turkey Panini

Smoked turkey, brie, sliced apple, honey mustard, multigrain. Pressed 15

VG,D,N Avocado Dream

Grilled vegetables, avocado, provolone, tomato, pesto, multigrain. Pressed 14

D Spicy Chicken Sandwich

Cajun freebird chicken breast, pepperjack, applewood smoked bacon, crispy pickled jalapeño chips, chipotle aioli, hot sauce buttery brioche 18

D Aged Prime Rib Sandwich

Prime rib, baguette, gruyère, comté, ruby port caramelized onions, shallot crisps, rosemary mayo, prime rib au jus 22

Crispy Cod Sandwich

Fresh icelandic cod, lettuce, tomato, rosemary lemon aioli, cremini mushrooms, round roll 19

Prego no Pão

Hanger steak, garlic piri-piri, pan gravy, hard roll 18

KIDS MENU

Chicken Nuggets

Freebird all-white meat nuggets, fries 14

Mercado Mini Bowl GF

Brown rice, broccoli, grilled chicken 10

D Mercado Mac n Cheese

Pasta, american, & jasper hill cheddar 10

D Grilled Cheese

Peasant bread, american, mozzarella 10

SMOOTHIES

Strawberry Tart D,H

Strawberries, lemon, honey, vanilla greek yogurt 8

Avocado Rush v

Spinach, avocado, pineapple, ginger, apple, lemon, cayenne pepper, coconut water 9

Triple Berry N,D

Spinach, mixed berries, bananas, vanilla greek yogurt, almond milk 8

Spiced Chocolate N,V

Cacao powder, banana, maca powder, cayenne pepper, cinnamon, nutmeg, almond milk 9
Add protein powder +1

COLD PRESS JUICES

Early Riser fuji apple, green apple, ginger, lemon, cucumber, cayenne pepper 8

Citrus Carrot carrot, pear, apple, ginger, lemon, turmeric 8

Healthy Beet apple, beet, carrot, ginger, pineapple, lemon 8

Power Greens spinach, kale, celery, green pepper, parsley and green apple 8

Fresh OJ just oranges 8

Ginger Glow Shot ginger, lemon, cayenne, cucumber 4

HOUSE DRINKS

HOT	12 / 16 oz	COLD	16 / 24 oz
DRIP COFFEE	2.75 / 3.5	COLD BREW	4.5 / 5
AMERICANO	3 / 3.5	NITRO COLD BREW	5 / 6
ESPRESSO	2.5 / 3	ICED LATTE	5 / 6
MACCHIATO	3.5 / 4	ICED CORTADO	3.5
LATTE	4.5 / 5	ICED CAPPUCCINO	5 / 6
CORTADO	3.5	ICED MOCHA	5 / 6
CAPPUCCINO	4.5 / 5	ICED MATCHA	5.5 / 6.5
MOCHA	5 / 5.5	ICED MERCADO CHAI	7 / 8
HOT CHOCOLATE	4 / 4.5	ICED CHOCOLATE	4.5 / 5.5
MATCHA	4.5 / 5.5	LEMONADE	4 / 5
MERCADO CHAI	6 / 7	HALF & HALF	4 / 5
TEA	2.5 / 3.5	ICED TEA	3 / 4
ADD ESPRESSO SHOT	+ 1.5	Black tea, green tea, or red berry tea (decaf)	
ADD SYRUP	+ 0.95		
ADD COLDFOAM	+ 1.5		

Freebird chicken is humanely raised, never given antibiotics, free of growth hormones, and vegetarian fed.

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Mercadomontclair.com

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