

THE
MARKET
Sea Island

(912) 634-3994

Tuesday–Saturday

Breakfast: 8–10:30 a.m.

Lunch: 11 a.m.–3 p.m.

Takeout only. Pre-orders available at 8 a.m.

BREAKFAST MENU

LE FRANÇAIS- \$6

Scrambled Egg, Ham, Gruyère on House-made Croissant

MARKET CLASSIC- \$6

Country Ham, Scrambled Egg, Cheddar, and Tomato on a Southern Biscuit Drizzled with Honey

RANCHERO WRAP- \$6

Scrambled Egg, Cheddar, Black Bean Spread, and Salsa in a Toasted Wheat Tortilla

CHEDDAR CHEESE GRITS- \$4

BREAKFAST GRIT BOWL- \$6

Select Three Toppings:

Scrambled Eggs, Bacon, Sausage, Cheddar Cheese, Salsa, or Black Bean Spread

\$1 per additional topping

LOX 'N BAGEL- \$14

Smoked Salmon, Capers, Onions, Tomatoes, Hard-Boiled Egg, Cream Cheese, and Choice of Toasted Bagel

CHILDREN'S LUNCH MENU

GRILLED CHEESE- \$7

HAM AND CHEESE- \$7

PEANUT BUTTER AND JELLY- \$7

MADE TO ORDER SANDWICHES

Sandwiches are served with your choice of chips.

CHICKEN

CHICKEN PESTO- \$9

Pulled Chicken marinated in Pesto, Mozzarella, Tomato, Spinach, and Arugula on Flatbread

BLACKENED CHICKEN- \$9

Blackened Chicken Breast, Roasted Tomato, Lettuce, Avocado, and Creole Aioli on Toasted Sourdough

CHIPOTLE RANCH CHICKEN- \$9

Adobo Chicken, Bacon, Mozzarella, Avocado, Roasted Red Peppers, and Chipotle Ranch on Flatbread

BEEF

ROAST BEEF GYRO- \$11

Seasoned Roast Beef, Tomato, Lettuce, Onion, Jalapeño, and Tzatziki Sauce Wrapped in Flatbread

ITALIAN GRINDER- \$11

Capicola, Salami, Ham, Provolone, Pepperoncini, Shredded Lettuce, Tomato, and Herb Vinaigrette on a Toasted Hoagie Roll

ADOBO BEEF- \$11

Slow-Cooked Adobo Beef, Mozzarella, Pico de Gallo, Avocado, and Cilantro Lemon Sour Cream on Flatbread

SEAFOOD

SMOKED SALMON- \$13

Smoked Salmon, Bacon, Hard-Boiled Egg, Arugula, Spinach, Tomato, Onion, and Lemon-Caper Aioli on Flatbread

BLACKENED SHRIMP PO' BOY- \$13

Blackened Shrimp, Lettuce, Tomato, and Creole Aioli on a Toasted Hoagie Roll

TUNA SALAD WRAP- \$9

Sea Island Tuna Salad with Lettuce

SEA ISLAND SHRIMP SALAD WRAP- \$13

Sea Island Shrimp Salad with Lettuce

SOUTHERN CLASSICS

HAM & CHEESE MELT- \$9

Ham, Pimento Cheese, and The Market Bacon Jam on a Toasted Sesame Crusted Bun

FARMERS MARKET- \$9

Roasted Mushrooms, Peppers, Onions, Zucchini, Spinach, Arugula, Tomatoes, Gruyère, and Roasted Garlic Aioli on Whole Wheat Bread

TURKEY REUBEN- \$9

Turkey, Swiss Cheese, Thousand Island Coleslaw on House-made Gruyère Rye Bread

EXPRESS LANE

SEA ISLAND CHICKEN SALAD- \$9

Seasoned Chicken, Toasted Pecans, Red Grapes, Lettuce, and Tomato on a House-made Croissant

THE MARKET CLUB- \$9

Ham, Turkey, Crispy Bacon, Cheddar, Lettuce, and Tomato on Whole Wheat Bread

MEDITERRANEAN TURKEY WRAP- \$9

Turkey, Feta Cheese, Roasted Tomato, Spinach, Arugula, Black Olives, and Pepperoncini wrapped in a Spinach Tortilla

EXPRESS SOUP

PINT OF SOUP- \$6

TAKE 'N' BAKE

Created as one-portion offerings.

Reheating instructions provided.

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WEEKLY OFFERINGS

MEATLOAF, CHICKEN, OR PASTA*- \$14

BRAISED BEEF SHORT RIBS- \$15

PLEASE SELECT TWO SIDES

Roasted Vegetables, Roasted Potatoes, Sautéed Spinach

** Pasta comes with one side.*

Sides may be purchased separately for \$4.