

631.725.4433

See our daily specials and order online

184 DIVISION STREET

(corner of henry street)

SAG HARBOR, NY 11963

SUMMER HOURS 8AM-7PM

FALL/WINTER HOURS 8AM-6PM

TAKE-OUT KITCHEN & SPECIALTY MARKET

# HARBOR MARKET — AND — KITCHEN

OPEN EVERY DAY

SUMMER 2022

HARBORMARKET.COM

All of our meat, seafood, dairy, and eggs are sustainably sourced, organic and local when possible.

Our food is packed to go using sustainable and eco-friendly packaging.

We cater – large and small. Please call or email office@harbormarket.com

Our menu changes daily and seasonally. Call for today's selections.

## BREAKFAST

served until 2pm

### HARBOR MARKET BREAKFAST SANDWICH 8.95

egg frittata, roasted tomato, fresh greens, dijonaise dressing  
add berkshire ham, farmhouse cheddar cheese, or bacon - \$1 each

### ORGANIC CORN TORTILLA\*\* 9.25

black bean purée, fried egg, avocado, pico de gallo, queso fresco

### FARM FRESH EGG OMELETTE 12.95

choice of: mushrooms, spinach, or cheddar  
served with mixed greens and fresh fruit

### AVOCADO TOAST 14.95

grilled sourdough bread, smashed avocado, fried egg,  
queso fresco, fresh lime

### HARBOR MARKET BREAKFAST BOWL 14.95

scrambled tofu, leeks, tomatoes, quinoa salad,  
tempeh bacon, avocado

### COCONUT YOGURT BOWL 14.95

non-dairy coconut yogurt, house-made granola (gluten free),  
banana, mixed berries

### ORGANIC STEEL CUT OATMEAL 7.50

with pure maple syrup and mixed nuts  
add fresh berries - \$1

### WAFFLE with mixed berries, maple syrup, fresh butter 11.95

### BAGEL WITH SMOKED SALMON 13.95

### BAGEL WITH CREAM CHEESE 2.75

choice: plain or scallion cream cheese

## FROM THE KITCHEN

after 10am

### FISH TACOS (3) 14.95

grilled fish, roasted poblano vinaigrette,  
avocado, cabbage slaw

### FALAFEL 9.50

hummus, pickled turnips, pepperoncini, israeli salad, tahini sauce  
choice: toasted pita or bowl (gluten free)

### ORGANIC CHICKEN TENDERS 10.95

panko crusted, honey mustard, with hand-cut fries

### VEGETARIAN CHILI 12.95

over jasmine rice, cheddar cheese, sour cream

### CLASSIC GRILLED CHEESE 8.50

with hand-cut fries  
choice: farmhouse cheddar or organic american cheese

### LOBSTER ROLL MKT

warm buttered lobster, toasted split-top bun, swipe of mayo

### MAC AND CHEESE BOWL 7.50

parmigiano, pecorino, yellow and white cheddar

### HAND-CUT FRENCH FRIES 5.95

### SOUP OF THE DAY small 4.95 / large 6.95

### PASTA OF THE DAY MKT

## WOOD OVEN PIZZA

after 12pm

homemade **gluten free** crust additional \$4  
each additional topping \$1

### MARGARITA whole 16.95

san marzano tomatoes, basil, fresh mozzarella  
add baby arugula - \$1 pizette 6.00

### PEPPERONI 17.95

dry-cured pepperoni, calabrian chili peppers, fresh mozzarella, basil

### WILD MUSHROOM 17.95

panna, fontina, fresh thyme, arugula

## SANDWICHES

### TURKEY 11.95

all-natural turkey breast with avocado, bacon,  
balsamic onion marmalade, mayonnaise

### SALUMI 11.95

serrano ham, manchego cheese, baby arugula,  
extra virgin olive oil, sherry vinegar

### CLASSIC TUNA SALAD 12.95

pole-caught tuna, mayonnaise, celery

### CAPRESE 11.95

tomato, fresh mozzarella, basil purée, balsamic vinaigrette

### AVOCADO 12.95

avocado, cashew nut cheese, watercress, basil purée

\*\* This menu item can be cooked to order.  
Consuming raw or undercooked meats, fish, shellfish, or fresh shell eggs may increase your risk for foodborne illness, especially if you have certain medical conditions.

# VEGETARIAN SALADS & PREPARED FOODS

*Salads & Prepared Foods change daily and according to availability, call for today's selection*

<b>WOOD-ROASTED CAULIFLOWER</b> caramelized onions, currants, toasted pine nuts	<b>med 10.00</b>	<b>ROASTED BEET SALAD</b> hazelnuts, oranges	<b>med 14.00</b>
<b>FRENCH GREEN LENTILS</b> pomegranate seeds, toasted marcona almonds, piquillo peppers, sherry vinegar	<b>med 12.00</b>	<b>TORTILLA ESPAÑOLA</b> traditional spanish tortilla with potatoes, onion, egg & olive oil	<b>13.00/2 pieces</b>
<b>ORGANIC WHITE QUINOA</b> roasted seasonal vegetables, lemon, olive oil	<b>med 12.00</b>	<b>SLICED FLANK STEAK</b> ginger-soy marinade	<b>17.50</b>
<b>FARRO</b> red & yellow peppers, carrot, almond, cilantro, rice wine & ginger	<b>med 12.00</b>	<b>MISO GLAZED SALMON</b> grilled scottish salmon, miso, lime	<b>28.00/2 pieces</b>
<b>SEASONAL FRUIT SALAD</b> hand sliced seasonal fruit	<b>med 15.00</b>	<b>SALMON CAKES</b> wood-roasted scottish salmon, tartar sauce	<b>18.00 each</b>
<b>RAW SALAD</b> bok choy, napa cabbage, cucumber, niçoise olives, feta	<b>med 14.00</b>	<b>CRAB CAKES</b> lump crab meat, tartar sauce	<b>30.00 each</b>
<b>ORZO SALAD</b> feta cheese, roasted peppers, niçoise olives	<b>med 14.00</b>	<b>GRILLED ORGANIC CHICKEN KABOBS</b> yogurt, lemon juice, turmeric	<b>20.00/4 pieces</b>
<b>STEAMED BROCCOLI</b> toasted garlic chips, lemon, extra virgin olive oil	<b>med 10.00</b>	<b>HALF ROASTED CHICKEN</b> rosemary and lemon	<b>16.00 each</b>
<b>GRILLED MUSHROOMS</b> balsamic vinegar, olive oil, thyme	<b>sm 15.00</b>	<b>TUNA SALAD</b> wild pole-caught tuna, mayo, lemon	<b>sm 12.00</b>
<b>WOOD-OVEN ROASTED VEGETABLES</b>	<b>med 14.00</b>	<b>HUMMUS</b> chickpea, tahini, garlic, olive oil, lemon	<b>sm 10.00</b>
<b>HEIRLOOM TOMATO SALAD</b> (seasonal) extra virgin olive oil, fresh basil, sea salt	<b>med MKT</b>	<b>GUACAMOLE</b> fresh avocado, jalapeño, cilantro	<b>sm 16.00</b>
<b>GRILLED LOCAL PEACHES</b> (seasonal) marcona almonds, pomegranate molasses, baby arugula	<b>med MKT</b>	<b>CHICKEN CAESAR SALAD</b>	<b>15.00</b>
<b>LOCAL GRILLED CORN SALAD</b> (seasonal) cherry tomatoes, basil	<b>med MKT</b>	<b>ENERGY SALAD</b>	<b>14.00</b>
<b>SHISHITO PEPPERS</b> (seasonal) pan-roasted with extra virgin olive oil, sea salt	<b>med MKT</b>	<b>MIXED GREEN SALAD</b>	<b>9.00</b>
		<b>MARINATED OLIVE SALAD</b> olives, herbs, garlic, orange peel	<b>sm 7.00</b>

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# PASTRIES & DESSERTS

<b>MUFFINS</b> <i>call for today's selection</i> blueberry crumb, corn, gluten free berry	<b>4.95 / gf - 5.50</b>	<b>CROISSANT</b>	<b>4.00</b>
<b>COOKIES</b> chocolate chip, oatmeal raisin, kitchen sink	<b>4.25</b>	<b>PAIN AU CHOCOLAT</b>	<b>4.85</b>
<b>CHOCOLATE FUDGE BROWNIE</b>	<b>5.00</b>	<b>CHERRY &amp; GREEK YOGURT DANISH</b>	<b>4.85</b>
<b>TAHINI CHOCOLATE BROWNIE</b> (gluten free)	<b>6.00</b>	<b>SPINACH &amp; FETA SAVORY PASTRY</b>	<b>4.85</b>
<b>RICE KRISPIE TREAT</b> (gluten free)	<b>3.25</b>	<b>CHIA SEED PUDDING</b> (vegan) (gluten free) chia seeds, coconut milk, agave, fresh raspberries	<b>7.95</b>
<b>SEASONAL FRUIT COBBLER</b>	<b>6.95</b>	<b>RICE PUDDING</b> (gluten free)	<b>7.95</b>
<b>HOUSE BAKED PIES</b> <i>call ahead for today's selection, or place orders in advance</i> mixed berry, apple crumb, key lime	<b>30 / 35</b>	<b>CHOCOLATE PUDDING</b> whipped cream (gluten free)	<b>7.95</b>
		<b>VEGAN CHOCOLATE PUDDING</b> (gluten free) valrhona chocolate, coconut milk, soy milk, espresso powder	<b>7.95</b>

# HOT BEVERAGES

<b>CAPPUCCINO</b>	<b>4.00</b>	<b>5.00</b>
<b>LATTE</b>	<b>4.50</b>	<b>5.75</b>
<b>ESPRESSO</b>	<b>2.50</b>	<b>4.00</b>
<b>AMERICANO</b>	<b>3.00</b>	<b>4.50</b>
<b>MACCHIATTO</b>	<b>3.50</b>	<b>4.50</b>
<b>HOT COCOA</b>	<b>4.00</b>	<b>5.00</b>
<b>BREWED COFFEE</b>	<b>1.85</b>	<b>2.75</b>
<b>HOT TEA</b>	<b>1.85</b>	<b>2.75</b>

# COLD BEVERAGES

<b>COLD BREW ICED COFFEE</b> regular or decaf	<b>4.50</b>
<b>ICED TEA</b> jasmine green or black	<b>3.50</b>
<b>HOUSE-MADE AGUA FRESCAS</b>	<b>4.50</b>

# SPECIALTY LATTES

	<b>small</b>	<b>large</b>
<b>MATCHA LATTE</b> hot or iced	<b>5.25</b>	<b>6.00</b>
<b>CHAI LATTE</b> hot or iced	<b>5.00</b>	<b>5.75</b>
<b>TURMERIC LATTE</b> hot or iced	<b>5.25</b>	<b>6.00</b>