

## GRILLED PANINI

**RENWICK REUBEN** 7.75  
Corned beef, sauerkraut, melted Swiss cheese & Russian dressing, on our Rye.


**THE CUBAN** 8.95  
Local roast pork, house-cured ham, dill pickles, melted Swiss & Dijon mustard, on our buttered French bread.


**THE MILANESE** 8.25  
House-roasted chicken breast, roasted red peppers, pesto mayonnaise, Provolone & Italian herbs, on our Rosemary Focaccia.


**THE PARISIAN** 7.75  
Roast turkey, our own 3-fruit chutney, fresh spinach & melted Brie, on our Sourdough.

**THE ITALIAN** 8.25  
Salami, prosciutto, house-made pesto, spinach, tomato & Provolone, on our Rosemary Focaccia.

**TINA'S BEST** 8.95  
Local High Point grass-fed roast beef with Cuba Cheddar, banana peppers, caramelized onions, house-made 3-fruit chutney & spinach, on our French bread.

**CAMPANIA** 7.95   
Fresh Mozzarella, sun-dried tomatoes and fresh arugula, on our Sourdough.

**SHERWOOD FOREST** 7.75   
Balsamic-marinated sliced portobello mushroom, tomato, house-made pesto & Mozzarella, on our Ciabatta.

**THE FUSION** 7.25   
Local lemon teriyaki seitan with caramelized onions, fresh spinach, banana peppers, on our Oatmeal Whole Wheat.

## HOAGIE SANDWICHES

- ALL HOAGIES ARE MADE ON OUR TORTANO ROLLS -

**PLANET MILO** 8.95  
Roast chicken, prosciutto, tomato-garlic spread, melted Provolone, arugula & red onion.


**THE KING'S ITALIAN HOAGIE** 6.99  
Prosciutto, salami, capicola, Provolone, lettuce, tomato, onion & basil oil.


**ITHACA BAKERY SPECIAL HOAGIE** 6.99  
Roast beef, turkey, ham, chive cream cheese, lettuce, tomato, onion & basil oil.

**MR HASKELL** 7.45  
Corned beef, Swiss, lettuce, tomato, onion, Russian dressing & basil oil.

**THE CUTLET** 7.95  
Chicken cutlet with Italian herbs, melted Provolone, basil mayo & roasted peppers.

**THE SOUTH HILL SLIDE** 6.99  
Roast turkey breast, Provolone, basil mayo, roasted red peppers & basil oil.

**POTTER'S PICK** 6.99   
Fresh Mozzarella, roasted red peppers, spinach, basil oil, salt & pepper.

**THE ZORBA** 7.50   
Spinach, cucumber, artichoke, tomato, red onion, Feta & Kalamata olive spread, topped with oregano and lemon vinaigrette.

SOME OF OUR LOCAL FOOD PARTNERS

HELLER'S FARM • HIGH POINT FARMS • SIDE HILL ACRES GOAT DAIRY • COOPERSTOWN CHEESE CO.  
FINGER LAKES FARMSTEAD CHEESE • PORK CHOP VALLEY • ENGELBERT FARMS

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PROUD MEMBERS



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Breakfast Sandwiches & Brunch Dishes  
Fresh Build-Your-Own Salads • Daily Selection of Homemade Soups  
International Entrées & Side Dishes

## BREAKFAST SANDWICHES

- SERVED ALL DAY -

**STEAK & EGGS** 5.95  
Roast beef, scrambled eggs, roasted red peppers & melted Pepper Jack, on our plain Bagel.

**BIG SUR** 4.95  
Sausage, scrambled eggs, tomato & melted Pepper Jack, on our plain Bagel.


**BRONX BAGEL** 3.95  
Scrambled eggs with sausage, on our plain Bagel. With cheese 4.70


**BROOKLYN BAGEL** 3.95  
Scrambled eggs with bacon, on our plain Bagel. With cheese 4.70


**EGGS CHRISTINA** 3.95  
Scrambled eggs with ham, on our plain Bagel. With cheese 4.70


- VEGETARIAN & VEGAN -


**EGGS MELISSA** 3.95   
Scrambled eggs with melted Cheddar cheese, on our plain Bagel.


**THE FLORENTINE** 5.70   
Scrambled eggs, mushrooms, Feta & fresh spinach, in a spinach Wrap.


**HUEVOS SONORA** 5.50   
Scrambled eggs, avocado, fresh salsa & Cheddar cheese, in a honey-wheat Wrap.


**SOHO CROISSANT** 5.75   
Veggie cream cheese, mushrooms, tomato & melted Swiss cheese, on a Croissant.

**TEX MEX** 4.50   
Scrambled eggs with house-made salsa & melted Cheddar, on our plain Bagel.

**THE SUNRISE** 4.75   
Scrambled eggs with avocado, red onion & melted Pepper Jack cheese, on our plain Bagel.

**MEDUSA** 5.95   
Tofu scramble with spinach, house-made pesto & tomato, in a tomato Wrap.

**TOFU 4 U** 4.95   
Scrambled tofu with onions and spices, fresh salsa and vegan Mozzarella, in a tomato Wrap.

**VEGANIC WRAP** 5.95   
Tofu scramble with avocado, mushrooms & red onions, in a tomato Wrap.

## BAGEL SANDWICHES

**BUTTER** 1.45  
**CREAM CHEESE OR PHILLY LIGHT TOFU** 2.45  
**WHITEFISH SALAD** 3.70  
**NOVA LOX & CREAM CHEESE** 5.95


**WHIPPED CREAM CHEESE** 8.25  
Chive, Parsley-Garlic, Scallion, Jalapeño, Green Olive, Cinnamon-Raisin, Honey-Walnut, Strawberry


Veggie, Veggie-Light, Bacon-Scallion 2.95  
Nova 3.19


Peanut Butter, Jam, Preserves 3.75  
Cinnamon-Sugar & Butter 2.25  
Honey & Butter 2.05

Peanut Butter & Jelly 2.25  
Nutella 2.75

**MELTED CHEESE** 2.75  
American, Cheddar, Mozzarella, Muenster, Provolone, Pepper Jack, Swiss, Vegan Mozzarella

**PIZZA BAGEL**  3.60  
Pizza sauce & melted Mozzarella 75¢  
ADD Pepperoni

**MEXICAN BAGEL**  4.60  
Jalapeño cream cheese, fresh salsa & melted Cheddar

**SAN DIEGO BAGEL**  3.25  
Bagel with cream cheese and raspberry jalapeño spread

**VEGETARIAN BAGEL**  4.60  
Veggie cream cheese, tomato & melted Muenster cheese

**EXTRAS** On sandwiches under 3.75 50¢  
Lettuce, tomato, sprouts, banana peppers or onions

WWW.ITHACABAKERY.COM



400 N. MEADOW ST 607.273.7110 TRIPHAMMER MARKETPLACE 607.257.2255



Printed locally by Arnold Printing, Ithaca, using vegetable-based inks, on French Paper Company Speckleton, 'True White', 100% Recycled, 30% Post Consumer Waste, 100% Green Hydropower. www.mrfrench.com Prices subject to change without notice | Printed 2/12B



# FARM TO BAKERY

**DAG'S NEW ROCHELLE** 10.95  
(No substitutions on this sandwich please)  
Quad-decker with local house-cured ham, turkey, capicola, salami, Swiss, Provolone, lettuce, tomato, mustard & mayo, on our toasted Sourdough.

**JAMIE'S JAMBON** 9.95  
House-cured ham with Manchego cheese, mango-ancho chili chutney & basil oil, on our Ciabatta bread.

**EDDIE'S FREE BIRD** 8.95  
Grilled free-range chicken breast with Dinosaur BBQ Sauce, warmed with melted Cuba Cheddar, lettuce & tomato, on our toasted Honey-Onion roll.

**THE MARLEY** 9.50  
Local High Point grass-fed roast beef, mango-ancho chili chutney, caramelized onions & jerk sauce, on our toasted Ciabatta bread.

**CHICKEN CURRY** 8.95  
Free-range chicken with curry sauce, caramelized onions, peppers & grilled pineapple, pressed on our French bread.

**RICK'S CASABLANCA** 8.95  
Local house-cured ham, caramelized onions, tomato & garlic spread, with melted Manchego cheese, on our buttered, toasted French bread.

**LAURA'S SWEET SURPRISE** 8.95  
Local pulled pork, Manchego cheese, caramelized onions, Heller's local strawberry jam & balsamic reduction, served warm, on our toasted French bread.

**THE UPSTATE BANH MI** 8.50  
Traditional Southeast Asian sandwich made with local roast pork, jicama slaw, cucumber, soy sauce, chipotle aioli & cilantro, on our French roll.

# EMPIRE STATE FAVORITES

**BEEF ON WECK** 9.50 (BUFFALO)  
Local High Point grass-fed beef—top round—with horseradish, served au jus, on our toasted Kimmelwick roll.

**AUGIE'S NEW SPIEDIE** 8.95 (ENDICOTT)  
Free-range chicken breast, marinated in local spiedie sauce & grilled, with peppers, onions, arugula & melted Provolone, on our French roll.

**WEST WILLOW BBQ** 8.50 (SYRACUSE)  
Local pulled pork in Dinosaur BBQ Sauce, topped with house-made coleslaw, on our fresh-baked Honey roll.

**RAMONA'S BIG ADVENTURE** 9.95 (T-BURG)  
Local High Point grass-fed beef, fresh Mozzarella, arugula, tomato and pesto, on our Pumpernickel bread.

**JIB'S JAYBIRD** 7.25 (ITHACA)   
Local seitan with melted Swiss cheese, banana peppers, horseradish & Dinosaur BBQ Sauce, on our toasted Ciabatta bread.

**MILES TO GO** 9.95 (ITHACA)  
House-cured ham, Pepper Jack cheese, tomato-garlic spread & spinach, grilled on our hand-sliced Multi-grain bread.

# SPECIALTY SANDWICHES

**TURKEY & SMOKED TURKEY**  
**DANBY REVISITED** 7.75  
Smoked turkey breast, avocado, tomato & house-made parsley-garlic dressing, on our hand-sliced Multi-grain bread.

**FLAT ROCK** 8.25  
Roast turkey, fresh local goat cheese, sun-dried tomatoes, fresh basil, extra-virgin olive oil & balsamic vinegar, on our Baguette.

**SWEET RACHEL** 6.95  
Smoked turkey, Muenster cheese, honey mustard & sweet red onion, on our hand-sliced Pumpernickel bread.

## CHICKEN & FISH

**OLYMPIAN** 8.25  
House-roasted chicken breast, Feta cheese, fresh spinach, tomato & vinaigrette dressing, in a tomato Wrap.

**AMY'S OFF FISHIN'** 8.95  
Lox, egg salad, cucumber, lettuce, tomato & sprouts, on our toasted Wheat bread.

**K'S ROASTED & BLUE** 7.95  
Roast chicken, bacon, Stilton, stone ground mustard & honey spread, red onion & arugula, on our toasted hand-sliced Pumpernickel bread.

**FULTON ST. MELT** 6.50  
House-made albacore tuna OR chicken salad with tomato & melted Cheddar, open-face on our plain Bagel.

**BRIGHTON BEACH** 7.95  
Whitefish salad with chive cream cheese, capers, lettuce & tomato, on our toasted Rye bread.

## HAM • BACON • SALAMI

**EURO** 7.50  
Ham, Brie cheese, red onion & Dijon mustard, on our Ciabatta bread.

**EARL'S HAM & HONEY** 6.95  
Ham, Swiss, cucumber, arugula & stone-ground mustard, on our Honey-Onion roll.

## BEEF

**FAVORITE UNCLE HARRY** 8.50  
Pastrami with melted Cuba Cheddar, & jicama slaw, on our toasted French bread.

**COURT ST. BEEF** 7.25  
Rare roast beef with parsley-garlic cream cheese, lettuce & tomato, on our Rye bread.

**LINDSEY** 6.95  
Turkey, mushrooms, parsley-garlic dressing & melted Muenster, on our Bialy.

**CALIFORNIA DREAMIN'** 7.95  
Smoked turkey breast, avocado & creamy coleslaw, on our hand-sliced Multi-grain bread.

**TURKEY HILL B.L.T.** 8.25  
Turkey, bacon, aioli dressing, lettuce & tomato, on our hand-sliced Pumpernickel bread.

**THE OCTOPUS** 7.25  
Roast turkey breast, house-made coleslaw, Russian dressing & Swiss, on our Pumpernickel bread.

**T-BURG WITH A TWIST** 6.95  
House-made albacore tuna salad with avocado & tomato, on our Pumpernickel bread.

**TUSCAN VERDE** 8.50  
House-roasted chicken breast with house-made pesto, fresh spinach, fresh tomato & Provolone cheese, on our Rosemary Focaccia bread.

**CHICKEN OR THE EGG?** 7.95  
Chicken cutlet with hard-boiled egg, melted Provolone cheese, with arugula & chipotle aioli, on our toasted Honey-Onion roll.

**MT. PLEASANT** 6.75  
House-roasted chicken breast, fresh spinach, tomato & chipotle aioli, on our Sourdough bread.

**WE MAKE SANDWICHES ON OUR OWN FRESHLY BAKED BREAD, BAGELS & ROLLS**

**THE ZEP** 7.95  
Extra salami, tomato, red onion, Provolone, banana peppers & herb vinaigrette, on our own Baguette.

**C.T.B.L.T.** 5.95  
Bacon, lettuce & tomato, with aioli dressing & avocado, on our toasted Sourdough bread.

**DUKE OF LANSING** 7.95  
Rare roast beef, lettuce, tomato & Stilton cheese/whole-grain mustard spread, on our hand-sliced Pumpernickel bread.

# SPECIALTY SANDWICHES

**VEGETARIAN & VEGAN**  
**VIVA CHELSEA!** 6.50   
Fresh Mozzarella cheese with fresh basil, tomato, extra-virgin olive oil, salt & pepper, on our Rosemary Focaccia bread.

**JONAH'S JIVE** 5.50   
House-made hummus, fresh spinach, tomato, cucumber & parsley-garlic dressing, on our hand-sliced Multi-grain bread.

**SUSIE'S GARDEN** 7.95   
Seitan, vegan Mozzarella, guacamole, lettuce, tomato & sprouts, on our own Multi-grain bread.

**DEWITT MELT** 4.25   
House-made coleslaw, tomato & melted Swiss cheese, on our fresh Bialy.

**CAYUGA CROISSANT** 5.25   
Avocado, tomato, mushrooms, sprouts and parsley-garlic dressing, on a Croissant.

**BUTTERMILK BIALY** 4.25   
Melted Muenster, tomato, sprouts & Dijon, on our fresh Bialy.

**MICHIGAN HOLLOW** 6.95   
Warmed balsamic-marinated portobello mushroom with roasted red peppers parsley-garlic dressing & melted Provolone cheese, on our Multi-grain roll.

**EAST FALLS** 6.95   
Veggie burger, mushrooms, caramelized onions, Dinosaur BBQ Sauce, tomato & melted Swiss, on our Multi-grain roll.

**VAN DORN'S VEGAN** 4.95   
House-made hummus, roasted red peppers, tomato & sprouts, on our Oatmeal Wheat bread.

**CASCADILLA CRISP** 5.15   
Sliced cucumber, roasted red peppers, fresh tomato, red onion, sprouts & parsley-garlic dressing, on our hand-sliced Multi-grain bread.

# NY DELI STYLE

CHEESE	5.25	Served on Oatmeal Wheat, Pumpernickel,
CHICKEN SALAD	5.75	Rye, or Sourdough breads, Wraps, Baguette,
CORNED BEEF	6.25	Bialy, Ciabatta, Kaiser roll, Multi-grain roll,
EGG SALAD	3.75	or Focaccia.
FREE-RANGE CHICKEN	8.50	
GENOA SALAMI	5.25	Croissant, or Hand-sliced Pumpernickel or
GRASS-FED BEEF (HIGH POINT FARMS)	9.50	Multi-grain bread, add 50¢.
HAM	5.50	
HUMMUS	3.95	With choice of Mayo; Dijon, Deli or honey
PASTRAMI	6.25	mustard; Russian, Aioli, Chipotle Aioli,
PROSCIUTTO	6.75	Parsley-Garlic or Vinaigrette dressing;
ROAST BEEF	6.25	lettuce, tomato, sprouts, banana peppers or
ROAST CHICKEN BREAST	6.25	red onion.
ROAST PORK (PORK CHOP VALLEY)	7.95	
SEITAN (SUSIE'S)	6.50	Add two slices of cheese: American, Cheddar,
HOUSE-CURED HAM	8.95	Mozzarella, Muenster, Provolone, Pepper
SMOKED TURKEY	6.25	Jack, Swiss or Vegan Mozzarella, add 75¢.
TUNA SALAD (solid white)	5.75	
TURKEY	5.75	Half of a NY Deli Sandwich is half-price
VEGAN CHICKEN SALAD	6.50	plus 75¢.
VEGAN MOZZARELLA	5.95	

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