

# Tossed Menu

## Bagels

Single bagel	\$1.50	Half dozen	\$5.99
Single w/cream cheese	\$2.25	Dozen	\$9.99
<b>Bagel Breakfast Sandwich</b> - egg & cheese			\$3.50
<b>Bagel Breakfast Sandwich</b> - bacon or sausage, egg & cheese			\$4.50
<b>Bagel Breakfast Sandwich</b> - bacon and sausage, egg & cheese			\$5.50
<b>Sriracha Breakfast Bagel</b> - 2 Egg patties, cheddar cheese, red pepper w/Sriracha sauce			\$4.50

### Gyro \$8.00

Hot beef/lamb blend, on 7" pita shell, layered with onions, English cucumbers, tomatoes, spinach & romaine greens, dressed in tzatziki sauce, finished with Kalamata & ripe olives, pepperoncini, and feta cheese

**Chicken Pita \$8.00** Same accompaniments as Gyro

## Pita & Wraps

<b>California Wrap</b> - Anti-biotic Free Chicken, Avocado, bacon, red onion, tomato, romaine, spinach wrap with chipotle mayo	\$10.95
<b>Buffalo Chicken Wrap</b> - Spicy Frank's Hot Sauced chicken, romaine, celery, red onion, super blue cheese dressing on a whole wheat wrap	\$8.95
<b>Turkey Caesar Wrap</b> - Turkey, romaine, shaved Parmesan & Caesar dressing	\$9.95
<b>Greek Goddess/God Wrap</b> - Marinated chicken, cucumbers, white onion, tomato, black & Kalamata olives, romaine and feta cheese on a spinach wrap with house made tzatziki	\$8.95
<b>The Vegan Wrap</b> Tofu quinoa blend, spinach, tomatoes, red onion, edamame, black beans, carrots, dressed with our White Balsamic Shallot vinaigrette	\$9.95
<b>Tuna Salad</b> - Wrap or Pita with choice of three toppings	\$8.50
<b>Chicken Salad</b> - Wrap or Pita with choice of three toppings	\$8.50
<b>Egg Salad</b> - Wrap or Pita with choice of three toppings	\$8.50

**Wrap Selections:** Plain, Whole Wheat, Spinach, Roasted Red Pepper & wrap du jour.

## Call for Catering Details!

88 West Market Street, Corning, NY 14830 · 607-684-6049 · [www.tossedonmarket.com](http://www.tossedonmarket.com)

Prices are subject to change.

# Salads

Build your own:

\$9.00

- **Pick your base** - Romaine, Rainbow Kale, Baby Spinach, Harvest Blend or mix all four
- **Add your toppings** - Roma tomatoes, celery, jalapeno peppers, English cucumbers, broccoli, cauliflower, edamame, garbanzo beans, black beans, red onion, scallion, white onion, raw purple beets, mixed peppers, mandarin oranges, strawberries, mushrooms, black olives, Kalamata olives, purple cabbage, carrots, sunflower seeds, walnuts, pumpkin seeds, grape tomatoes & croutons. (Subject to change)
- **Choose your dressing** - Dressings are all Gluten Free - Balsamic, White Balsamic Shallot Vinaigrette, Creamy Caesar, Creamy Ranch, Separating Italian, Super Blue Cheese, Honey Dijon, Cucumber Wasabi and Blueberry Pomegranate Vinaigrette.
- **Upgrades** - Tofu or Feta Cheese \$1.00 Quinoa or Long Grain & Wild Rice \$2.00  
Crumbled Blue Cheese \$2.00 Antibiotic Free Chicken \$2.00

## Soup du Jour

We make it ourselves on the premises daily. No foolin' around.

12oz. Cup \$3.50

## Classic Prepared Salads

**Pandora's Box** - Spinach/Spring Blend greens, purple cabbage, beets, carrots, scallions, Kalamata olives, edamame, cucumber, jalapeno peppers, black beans, cauliflower, antibiotic free chicken, egg, feta, walnuts and sunflower seeds topped with our White Shallot Balsamic Dressing \$12.95

**Caesar Salad** - Romaine greens, antibiotic-free chicken, everything bagel croutons, shaved parmesan, with Caesar Dressing \$11.95

**Jamaican Jerked Chicken Salad** - Grilled jerk chicken strips, roasted red peppers, diced tomatoes, corn, black beans, fried corn strips, cheddar cheese, served over romaine \$11.95

**Steak Salad** - Filet style sirloin, black beans, corn, jalapenos, tortilla strips & crumbly blue \$13.95

**Crystal City Cobb** - Antibiotic-free chicken, avocado, kernelled corn, bacon, hard-boiled egg, blue cheese, grape tomatoes, pita points, Greek Tzatziki Dressing over romaine greens \$12.95

## Sweets

Cookies	\$2.00
Muffins	\$2.00
Gluten Free Brownie	\$3.00
Gluten Free Muffin	\$3.00

## Beverages

Coffee 12 oz	\$1.00	16 oz	\$1.50
Water			\$1.00
Hot Tea			\$1.50
Assorted Soft Drinks			as marked