



ITHACA BAKERY

EST. 1910

Thursdays July 1, 15 & 29

Grilled Chicken with Herbs

Basil, rosemary & Dijon

4.25 1/2 lb.

Southwest Grilled Chicken Pizza

Barbecue sauce, jalapeños & Cheddar

4.25 each

Cucumber, Mint & Feta Salad

with Kalamata olives

3.25 1/2 lb.

**Penne with Spinach,
Roasted Garlic & Tomato**

Parmesan, parsley & basil

3.75 1/2 lb.

Tortellini with Sun-dried Tomato Pesto

Pine nuts & Parmesan cheese

3.95 1/2 lb.

Gorgonzola-Balsamic Chicken Salad

Apples, grapes & artichoke hearts

6.50 1/2 lb.

Thursdays July 8 & 22

Corn and Tomato Burrito

With Cheddar & spices

4.25 each

Chicken Flautas

A stuffed corn tortilla

4.75 each

Grilled Steak with Red Potatoes

Tamari, garlic & scallions

7.25 1/2 lb.

Macaroni Salad

Old-fashioned,
made with elbow noodles

2.75 1/2 lb.

3-Pea Stir Fry

Green peas, snap peas & snow peas

4.50 1/2 lb.

Asian Broccoli Salad

Almonds & sesame-ginger vinaigrette

4.25 1/2 lb.

Kissimmee Chicken Salad

Almonds, scallions & oranges

6.50 1/2 lb.

**NOW
OPEN!**

Summertime & the Livin' is Easy

Weekends on the Fresh Foods Bar at Meadow St

Boneless Barbecued
Chicken Breast

Kingston Fried Chicken

Beef & Cheese Burrito

Local Barbecued Pork Loin

Red Beans & Rice

New Potatoes
with Butter & Parsley

Local Greens

Potato Salads
(Chef's Choice)

Coleslaw alternating
with Jicama Slaw

Pastery

Strawberry Rhubarb Pie

Tuesdays

Petite 4.50 8" 8.95

A summertime favorite

Fresh Fruit Tart

Tuesdays & Fridays

18.95

Lively Lemon Gateau

Fridays

6" 14.95 8" 21.95

THURSDAY NIGHT FARM MARKET

LOCALLY RAISED MEATS
VEGETABLES & FRUIT

FROM OUR FARM-TO-BAKERY
FOOD PARTNERS!

Sandwich Special

Daily

We Love Lucy

Spice-rubbed roasted flank steak, Heller's red & yellow tomatoes, lettuce, tzatziki sauce & cucumber on our toasted French Bread

8.95

Daily

Millie's Gone Fishin'

Grilled salmon salad with mayonnaise, capers, fresh lemon, dill & a dash of hot pepper, with leaf lettuce on our Honey Roll

8.95

Featured Soup

Daily

Gazpacho

Thursdays

Garden Vegetable

2.95 sm 3.95 med 6.25 lg

Featured Bagel

Banana Nut

Daily

The Finger Lakes Salad

Local Bibb lettuce, tofu & goat cheese, with cherry tomatoes, sugar snap peas, carrots & a Ginger Sesame dressing

5.50