

{ GRAB AND GO }

EGGPLANT DIP 5.95

POACHED SALMON SALAD 7.95

LABNE 4.95

TUNA SALAD 6.95

HUMMUS 5.95

ISRAELI COUSCOUS 5.95

PITA CHIPS 1.95

MALABI 4.95
Middle Eastern vanilla pudding/
rosewater/ pistachios

Nuts and sesame seeds are used heavily throughout our facilities

SALADS AND WRAPS

SALAD ADD ONS:

Tuna Salad 5.95 Curry Chicken Salad 5.95 Marinated Grilled Tofu 4.95
Lamb Sausage 7.95 Chicken Schnitzel 6.95 Falafel 4.95

MEDITERRANEAN SALAD 8.95

Marinated chickpeas/ pickled onions/ cucumbers/
kalamata olives/ romaine hearts/ feta cheese

SHEPHERD'S SALAD 8.95

Feta cheese/ cucumbers/ tomatoes/ walnuts

HEALTHY MESS 8.95

Roasted beets/ labne/ grape tomatoes/ walnuts/ boiled egg/ ricotta salata

SABICH WRAP 7.95

CURRY CHICKEN WRAP 8.95

TUNA SALAD WRAP 7.95

EGG SALAD ON COUNTRY BREAD 5.95

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and Facebook to see our



@marcel_bakery_and_kitchen



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DAILY DINNERS TO GO

SMOOTHIES

16 oz 5.95 / 20 oz 7.50

SIMPLE AFTERNOON

Strawberry/ banana/
your choice of milk

PEACE IN THE MIDEAST

Banana/ walnuts/ honey/
cinnamon/ vanilla almond milk

CLEAN ME UP

Strawberries/ blueberries/
banana/ pomegranate juice

MAKE YOUR OWN

pick 3 and your choice of milk

{ **FRESH SQUEEZED OJ** }
small 3.95/ large 5.00

JIM'S ORGANIC COFFEE

HOUSE BLEND 1.85 2.50

ESPRESSO 2.25 2.85

AMERICANO 3.15 3.75

RED EYE 3.50 4.15

CORTADO 3.25

LATTE 3.25 3.95

CAPPUCCINO 3.25 3.95

MOCHA 4.50 5.25

made with real chocolate

NOT COFFEE

YOGIC CHAI LATTE 3.50 4.00

DIRTY CHAI LATTE 3.95 4.50

HOT CHOCOLATE 4.25 4.85

made with real chocolate

ORGANIC TEA 2.50

FRESH SAGE TEA 2.50

FRESH MINT TEA 2.50

LOUIZA TEA 2.25

ICED TEA 3.00

HOUSE BREWED ICED TEA

Black tea brewed with
mint, sage, and lemon.

ICED PEACH TEA

ICED PASSION FRUIT

ICED HIBISCUS

(Iced hibiscus is decaffeinated)

****NUTS AND SESAME SEEDS ARE USED HEAVILY THROUGHOUT OUR FACILITIES****

Marcel
bakery & kitchen

Breakfast • Lunch • Dinner Takeout

631 1/2 Valley Road • Upper Montclair, NJ 07043
marcelbakeryandkitchen.com

Take out • 973-842-4088 • Catering

{ For catering please call 973-842-4086
or email info@marcelbakeryandkitchen.com }

THE EGGS

(served all day)
We use only free range eggs, pure butter, and pure oils.

THREE EGGS YOUR WAY 7.50

Pita or grain bread/ green salad

MARCEL'S EGG BURRITO 9.50

Turkey bacon/ spinach/ mushrooms/
sharp cheddar

SPINACH AND MUSHROOM OMELET 10.00

Sharp cheddar/ chives/
local oyster & portabello mushrooms

BUTTERY SCRAMBLED EGG & CHEESE SANDWICH 7.95

Brioche bun/ chives/ tomato/
sharp cheddar

THE HEALTHY BOMB 12.00

Two hard boiled eggs/ cucumbers/
smoked salmon/ chopped green kale/
tahini lemon vinaigrette/ grilled bread

ISRAELI BREAKFAST 12.00

Grilled halloumi cheese/ sour pickles/
labne/ two sunny eggs/ za'atar/
chopped salad/ pita

SMOKED SALMON TARTINE 11.95

Poached eggs/ dill sauce/ za'atar/
on thick, sliced, and toasted bread.

AVOCADO TARTINE 10.95

Poached eggs/
on thick, sliced, and toasted bread.

EGG AND CHEESE ON A CROISSANT 7.95

EGG, CHEESE, AND TURKEY BACON ON A CROISSANT 9.95

EGG AND CHEESE ON A JERUSALEM GRAIN BAGEL 7.95

BREADS, GRAINS & BOWLS

OATMEAL 5.50

Raisins/ almonds/ bananas/ milk

BUTTERMILK PANCAKES 10.50

Bananas/ whipped cream

JERUSALEM GRAIN BAGEL 10.50

Smoked salmon/cream cheese/
red onions

HOUSE MADE CHALLAH

FRENCH TOAST 12.00

Whipped cream/ bananas

'YEMENITE VINE' BREAKFAST 8.50

Baked malawach/ grated tomatoes/
boiled egg/ harissa

QUINOA BREAKFAST 11.50

Lemon tahini vinaigrette/
chopped kale/ poached eggs/ almonds

SIDES

TURKEY BACON 3.95

FIELD GREENS 4.95

TOASTED BREAD 2.95

FRUIT BOWL 4.95

ZA'ATAR POTATOES 3.95

SHAKSHUKAS

(Served all day)

Slow stewed signature tomato sauce/ garlic/
red pepper/ feta cheese/ za'atar/ poached eggs/ grilled bread

MISHMISH CLASSIC 12.00

LOCAL MUSHROOM & SPICY HARISSA 13.00

BAKED FRESH DAILY

Butter Croissant 3.00

Pain au Chocolat 3.50

Halva & Chocolate Croissant
{One 2.00/ Three 5.00}

Fruit Scone 3.25

Almond Tea Cake 3.00

Daily Tea Cakes 3.95

Daily Muffin Cakes 3.25

Chocolate Chip Banana Bread 2.00

French Baguette 2.95

French Country Bread 3.95

French Boule 3.95

Challah 4.95

Nutella Babka 8.95

Italian Sesame 3.50

FROM THE PIZZA OVEN

(Served after 10:30 am)

DAILY 12" PIZZAS + FLATBREADS 11.95

Served with field greens

SPINACH AND FETA BOUREKA 7.50

Fresh grated tomatoes/
sour pickles/ field greens

MUSHROOM AND CHEDDAR QUICHE 7.50

Served with field greens

SPINACH AND CHEDDAR QUICHE 7.50

Served with field greens

MINI BOUREKAS

One 2.00/ Three 5.00

DAILY EMPANADAS

One 2.00/ Three 5.00

LUNCH SPECIAL

HALF PIZZA + SMALL SOUP + FIELD GREENS 11.95

HUMMUS & RICE BOWLS

(Served after 10:30 am)

Served over choice of hummus or basmati rice.

MAMA'S CHICKEN 11.50

TOFU AND MUSHROOMS 13.50

LAMB MEATBALLS 14.50

BEEF KEBAB 14.50

DAILY VEGETABLES 13.50

SANDWICHES

Add field greens 2.95 Add za'atar potatoes 2.95

MISHMISH

VEGETARIAN 'SABICH' 8.50

Smoked eggplant spread/
roasted tomato/ tahini and herbs/
boiled egg/ feta cheese/ in pita

HOMEMADE SLICED TURKEY BREAST

AND BRIE CHEESE 10.95

Dijon mustard dressing/ lettuce/
tomatoes/ sharp cheese/ on brioche

MAMA'S CHICKEN STEW IN PITA 9.95

Boneless, skinless stewed chicken
in Moroccan seasoning/
harissa aioli/ fresh greens

TUNA SALAD 7.95

Chopped red pepper/ sour pickles/
kalamata olives/ smoked paprika/
aioli & mustard/ on brioche

LAMB MEATBALLS IN PITA 12.95

Tahini/ sour pickles

CHICKEN SCHNITZEL IN PITA 9.95

Cheese/ roasted peppers/ aioli/ mustard

JERSEY JERSEY JERSEY 9.95

Fresh burrata cheese/ basil pesto/
tomatoes/ in pita

LE AMERICAN 12.95

Lamb merguez sausage/ cabbage/
dijonnaise/ in pita

THE MEDITERRANEAN BOY 10.95

Grilled halloumi cheese/ basil pesto/
roasted tomatoes/ crunchy romaine/
on brioche

VEGAN DREAM 8.95

Marinated grilled tofu/ basil pesto/
portabello mushrooms/
butter lettuce/ in pita

HERBED FALAFEL 7.95

Tahini sauce/ romaine hearts/
red cabbage/ in pita

MIDDLE EASTERN

GRILLED BEEF KEBAB 12.95

Green tahini sauce/ sour pickle/
red cabbage/ in pita

CURRY CHICKEN SALAD 8.95

Celery/ raisins/ za'atar/
caramelized onions/ aioli/ in pita

GRILLED CHEESE 6.00

Sharp cheddar/ in pita/
served with shakshuka sauce

POACHED SALMON SALAD 10.95

Tomatoes/ romaine/
dijonnaise/ on brioche

SHAWARMA TACOS 12.00

Marinated red cabbage/
tahini/ flour tortillas

SOUPS

Small 4.50 Large 6.50

OLIVER'S HARVEST

MEDITERRANEAN CHICKEN

VEGAN LENTIL

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