

# { GRAB AND GO }

- |                          |  |
|--------------------------|--|
| <b>EGGPLANT DIP</b> 5.95 | <b>POACHED SALMON SALAD</b> 7.95   |
| <b>LABNE</b> 4.95        | <b>TUNA SALAD</b> 6.95   |
| <b>HUMMUS</b> 5.95       | <b>QUINOA AND KALE</b> 5.95  |
| <b>PITA CHIPS</b> 1.95   | <b>MALABI</b> 4.95<br><i>Middle Eastern vanilla pudding/<br/>rosewater/ pistachios</i> |

*\*\*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 Schmitzel 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

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and Facebook to see our



@marcel\_bakery\_and\_kitchen



facebook.marcelbakeryandkitchen

**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*

{ 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

**Red House Roasters COLD BREW 4.25**

**Red House Roasters NITRO COLD BREW 4.75**

## ICED COFFEE

ICED HOUSE BLEND 3.00

*Iced house blend refill 1.50*

AMERICANO 3.15

ICED RED EYE 4.15

ICED LATTE 3.95

ICED CAPPUCCINO 3.95

ICED MOCHA 5.25

*made with real chocolate*

## ICED TEA

3.00 {Refill 1.50}

HOUSE BREWED ICED TEA

*Black tea brewed with  
mint, sage, and lemon.*

ICED PEACH TEA

ICED PASSION FRUIT

ICED HIBISCUS

*(Iced hibiscus is decaffeinated)*

# Marcel

bakery & kitchen

Breakfast • Lunch • Dinner Takeout

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

marcelbakeryandkitchen.com

Take out • 973-842-4088 • Catering

**Now doing Delivery!**

Monday 6:30 AM - 4:00 PM

Tuesday - Friday 6:30 AM - 9:00 PM

Saturday 8:00 AM - 9:00 PM

Sunday 8:00 AM - 4:00 PM

**Monday delivery 8:00 AM - 4:00 PM**

**Tuesday - Friday delivery 8:00 AM - 9:00 PM**

**Saturday delivery 4:00 PM - 9:00 PM**

{ 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

### 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

### 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.

## 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

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

Dijonaise/ 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/  
dijonaise/ 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/ salsa verde/  
portobello mushrooms/  
butter lettuce/ in pita

### HERBED FALAFEL 7.95

Tahini sauce/ romaine hearts/  
red cabbage/ in pita

### POACHED SALMON SALAD 10.95

Tomatoes/ romaine/  
dijonaise/ on brioche

### 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

### SHAWARMA CHICKEN TACOS 12.00

Marinated red cabbage/  
tahini/ flour tortillas

## SOUPS

Small 4.50 Large 6.50

OLIVER'S HARVEST

MEDITERRANEAN CHICKEN

VEGAN LENTIL

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