



# Mono Market Menu

Winter 2006-7

The Mono Market is a full-service community grocer dedicated to presenting an eclectic assortment of goods and providing friendly service in a clean and efficient environment. All our food is prepared fresh daily by our experienced staff and expert baker. Each item is value priced to ensure frequent turnover and is presented hot and ready to grab and go with you to work, or on your high sierra adventure.

Think Global,  
Shop Local!

**What Else We Offer:**

- USDA Choice Beef
- Fresh Organic Produce
- Real Beers & Fine Wines
- Looney Bean Coffee & Espresso Drinks
- Freshly Baked Pastries
- Natural Foods
- Gourmet Chocolates
- Mexican Food Staples
- Deli Meats & Cheeses
- Frozen Foods & Ice Cream
- Bulk Nuts & Trail Mix
- Health and Beauty Aids
- Office Supplies
- Pet Products
- Energy Bars

**Mono Mornings**

|   |             |
|---|-------------|
| <b>Fresh Baked Pastries:</b>  | \$ .95-1.95 |
| bear claws, cinnamon rolls, raspberry croissants, fruit danishes, donut bar...            |             |
| <b>Savory Croissants:</b>   | \$ 2.95     |
| ham and swiss, spinach and feta, or cheddar omelet w/ham                                  |             |
| <b>Quiche of the Day:</b>   | \$ 2.95     |
| made with sharp cheddar and fresh veggies   |             |
| <b>Breakfast "Monorito":</b>  | \$ 4.95     |
| scrambled eggs, roasted potatoes, black beans and cheese w/ bacon, chorizo, or vegetables |             |
| <b>Breakfast Sandwich:</b>  | \$ 2.95     |
| one egg with ham and cheese on a bisquit  |             |
| <b>Cup of Homemade "Gramonola"</b>  | \$ 2.95     |
| mix in a pint of organic milk or creamy brown cow yogurt                                  |             |

**Crater Carry-Outs**

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|--|--------------|
| <b>Sandwiches made daily:</b>  | \$ 4.95      |
| smoked turkey, rare roast beef, black forest ham, tuna salad, garden burger                    |              |
| <b>The Basin's Famous "Monorito":</b>  | \$ 5.95      |
| rice, cheese, and pintos with shredded chicken, beef, pork or veggies in a flour tortilla      |              |
| <b>Legendary "Lizzagna":</b>   | \$ 4.49/lb   |
| Chris' own recipe and unique wrap made with fresh meats and vegetables                         |              |
| <b>St. Louis style BBQ Pork Ribs</b>   | \$ 7.29/lb   |
| slow cooked and tender   |              |
| <b>Monomade Hearty Chili with tender chunks of beef</b>  | \$ 2.95/3.95 |
| grab a piece of monomade cornbread to make a meal  |              |
| <b>Rosemary Rotisserie Chicken</b>   | \$ 3.99/lb   |
| two pieces for lunch or the whole bird for a family dinner                                     |              |
| <b>Plump Hot Dogs</b>  | \$ 1.00      |
| still, the best deal on the eastside   |              |
| <b>Hot and Hearty Soups, including a fresh-baked honey wheat or ranch roll</b>                 | \$ 2.45/3.45 |
| <b>Regular specials like chicken enchiladas and sushi rolls</b>                                |              |
| ...and great sides like potato salad, pasta salad, fresh green salad, natural chips, and jello |              |

**Sierra Sweets**

|  |             |
|--|-------------|
| <b>Roget's Famous Cheesecake, with a pecan crust</b>   | \$ 2.45     |
| <b>Apple Strudel, stuffed with local granny smiths</b>   | \$ 2.95     |
| <b>Pumpkin Pie, made from organic pumpkins, with a spelt walnut crust</b>                      | \$ 2.45     |
| <b>Carrot Cake, baked with applesauce and topped with a honey cream cheese frosting</b>        | \$ 1.75     |
| <b>Soft Cookies, like steel-cut oatmeal and ginger</b>   | \$ .50-1.95 |
| <b>Hippie Bars, our own energy bar</b>   | \$ 2.00     |
| ...and brownies, lemon bars, triple berry crumble, Kozy Shack puddings, flan, Ben & Jerry's... |             |

Winter Hours: Open 7:30am to 8:00:pm every day. \*this menu is a guideline, and recipes and prices are subject to change per the whims of the chef

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