

# GIVE ME A LUNCH BREAK 10AM-3PM

MRKT

## HANDHELDS

### TURKEY HOAGIE 16.5

turkey breast, provolone cheese, tomato, romaine lettuce, pickled red onion, pepperoncini, cornichons, red wine vinaigrette, mayo, amoroso roll, choice of side l d

### JAMBON BAGUETTE 16.5

french ham, swiss cheese, roasted tomatoes, garlic aioli, cornichons, demi baguette, choice of side l d, p

### BANH MI

choice of protein, pickled carrot & daikon, cucumber, cilantro, jalapeño, caramelized shallot spread, demi baguette, choice of side l v or p  
grilled pork 14.5 | king oyster mushroom 13.5

### FRIED CHICKEN SANDO 15

chicken strips, chili crisp comeback sauce, red cabbage slaw with pickled red onions, cornichons & pepperoncini, martin's potato roll, choice of side l d, f

### SOCAL BURRITO

choice of protein, seasoned red rice, black beans, pico de gallo, house crema, oaxacan cheese, flour tortilla, tortilla chips, salsa roja l d  
chicken 13.5 | steak 15.5 | avocado 13.5

### SD BURRITO

choice of protein, french fries, pico de gallo, avocado spread, house crema, cheddar cheese, flour tortilla, tortilla chips, salsa verde l d  
chicken 14 | steak 16 | impossible 19

### OG CHEESEBURGER 15.5

beef patty, american cheese, tomato, iceberg lettuce, white onion, mrkt spread, martin's potato roll, seasoned fries l d | swap to impossible patty +4.5

### BACON CHOPPED CHEESE 16.5

beef patty, swiss cheese, tomato, bacon, grilled onions, chili crisp comeback sauce, amoroso roll, seasoned fries l d, f, p | swap to impossible patty +4.5

## BOWLS

### KTOWN

white rice, mixed greens, oyster mushrooms, cucumber, soybean sprouts, kimchi, scallions, gochujang dressing l v, gf  
as is 12 | steak 16 | chicken 15 | tofu 14

### CHIPOTLE

seasoned red rice, romaine, black beans, corn, pico de gallo, pickled carrots & jalapeños, house crema, oaxacan cheese, salsa roja l gf, d  
as is 12 | avocado 15 | chicken 15 | steak 16

### SAIGON

vermicelli noodles, mixed greens, pickled carrot & daikon, cucumber, cilantro, mint, fried shallots, peanuts, fresno chili vinaigrette l v, gf, n  
as is 12 | pork 15 | king oyster mushroom 14  
chicken 15 | steak 16

### EDAMAME GRAIN

asparagus, sugar snap peas, sautéed kale, roasted yams, edamame quinoa, almonds, watermelon radish, sesame miso dressing l v, gf, n  
as is 12 | chicken 15 | salmon 19 | steak 16 | tofu 14

## GUIDE

vegan v  
gluten free gf  
contains dairy d  
contains nuts n  
contains fish f  
contains pork p

## SALADS & MORE

### MEXICALI

grilled corn, avocado, pico de gallo, black beans, pickled carrots & jalapeños, tortilla strips, romaine, chipotle vinaigrette l v, gf  
as is 12.5 | chicken 15.5 | steak 16.5

### CRISPY RICE

red cabbage, romaine, ginger, crispy rice, mint, cilantro, cashews, crispy shallots, fresno chili vinaigrette l v, gf, n  
as is 11.5 | tofu 13.5 | chicken 14.5  
salmon 18.5 | steak 15.5 | chicken strips 14.5

### CHICKEN STRIPS 13

fried chicken breast, chili crisp comeback sauce, seasoned fries, red cabbage slaw with pickled red onions, cornichons & pepperoncini l f

## EXTRAS

### ADD ONS

fried egg +2.5  
avocado +3

### SIDES

seasoned fries 4.5  
chips & salsa 5.5  
garden salad 5.5  
bag of chips 3

EL SEGUNDO 2333 utah ave | 8AM- 3PM; 2PM on fridays | monday – friday | 424.374.8222 | eatmrkt.com

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# GOOD MORNING SUNSHINE

MRKT

## BREAKFAST 8AM-11AM

### PASTRY SELECTION

check out what's in our display

### BAGEL & CREAM CHEESE 4.5

ask about our daily selection | d

### OATMEAL 6.5

banana, brown sugar, hemp seeds | v, gf

### ACAI BOWL 11.5

almond granola, banana, berries, chia seeds | n

### AVOCADO TOAST 10.5

avocado, heirloom tomato, alfalfa sprouts, everything spice, dill, lemon wedge on sourdough toast | v

**make it a bagel +1**

### THE CLASSIC 11

scrambled eggs, bacon or turkey sausage, sourdough toast, roasted potatoes with sautéed peppers & greens | p

### CHILAQUILES 12.5

tortilla chips cooked in salsa roja, topped with queso fresco, house crema, pico de gallo, avocado, and a fried egg | gf, d

### BREAKFAST BURRITO 11

bacon, turkey sausage or avocado, house crema, cheddar cheese, scrambled eggs, tater tots, flour tortilla, salsa roja | d, p

### STEAK & EGG BURRITO 13.5

steak, scrambled eggs, cheddar cheese, tater tots, house crema, pico de gallo, flour tortilla, salsa verde | d

### SOUTHWEST BURRITO 11

scrambled eggs, avocado, black beans, pico de gallo, queso fresco, house crema, tater tots, flour tortilla, salsa roja | d

## STAY SMOOTH ALL DAY

### DATE SHAKE 9

dates, banana, coconut oil, almond butter, almond milk | v, gf, n

### IMMUNE BOOSTER 9

acai, blueberry, bee pollen, banana, almond milk | gf, n

### TROPIKALE 9

mango, kale, banana, chia seeds, pineapple juice | v, gf

### BERRY BLAST 9

blueberry, strawberry, banana, low fat vanilla frozen yogurt, apple juice | d, gf

### STRAWBERRY OATS 9

strawberry, rolled oats, banana, organic agave, oat milk | v, gf

### POWER NUTTY 9.5

almond milk, peanut butter, nutella, banana, vegan protein | d, gf

+add vegan protein to any smoothie

tater tots 4.5 | roasted potatoes 4.5 | fried egg 2.5 | avocado 3 | bacon 4.5 | turkey sausage 4.5 | steak 8.5

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## WAKE ME UP ALL DAY

### ESPRESSO

espresso  
americano  
cappuccino  
latte

### COFFEE

house drip  
cold brew  
add flavor +\$  
sub alt milk +\$

### SPECIALTY

golden tea  
spiced chai  
honey vanilla  
the detox

### TENZO TEA

matcha tea  
matcha-nade  
matcha latte  
green eye

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