

# basics™

NOURISHMENT FROM THE *Ground Up*™

Learn more at:  
basicsmarket.com

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**Hillsdale**  
6344 SW Capitol Hwy.  
Portland, OR  
(971) 229-2184  
Mon-Sat: 8am – 9pm  
Sunday: 10am – 7pm

**Beaverton Meat Market**  
11900 SW Canyon Rd.  
Beaverton, OR  
(971) 300-0687  
Mon-Sat: 9am – 6pm  
Sunday: 10am – 6pm

**Lovejoy**  
NW Lovejoy, btw 13<sup>th</sup> & 14<sup>th</sup>  
Portland, OR  
(971) 300-0689  
Mon-Sat: 8am – 9pm  
Sunday: 10am – 7pm

**Our Prepared Foods Menu varies per market location.**

**Please check with your local market for a selection of rotating and seasonal specials!**

## BREAKFAST

- Egg Sandwich.....\$4.99/ea**  
*Fried Gwendolyn's Organic egg, rosemary ham, Lulubelle's white cheddar, bacon jam on an English muffin*
- Breakfast Croissant.....\$5.99/ea**  
*Fried Gwendolyn's Organic egg, rosemary ham, Lulubelle's white cheddar, on an butter croissant*
- Egg & Chorizo Burrito.....\$6.99/ea**  
*Scrambled Gwendolyn's Organic egg, chorizo, roasted potatoes, hatch green chilies, Lulubelle's Creamery pepper jack cheese, wrapped in a flour tortilla*
- Veggie Burrito.....\$5.99/ea**  
*Scrambled Gwendolyn's Organic egg, roasted potatoes, hatch green chilies, Lulubelle's Creamery pepper jack cheese, wrapped in a flour tortilla*
- Mini Frittatas.....\$4.99/ea**  
**Plain:** Gwendolyn's Organic eggs, Lulubelle's Creamery High Protein ultra-filtered milk, chives, crumbled goat cheese  
**Mushroom:** Gwendolyn's Organic eggs, Lulubelle's Creamery High Protein ultra-filtered milk, sauteed cremini mushrooms, chives, crumbled goat cheese

## ENTREES

- Roasted Organic Chicken.....\$10.99/ea**  
*Whole Aurora Valley Organic Chicken, seasoned with salt, black pepper, & garlic*
- Tri-Tip Roast.....\$19.99/lb**  
*Seasoned w/salt, pepper, & garlic and served w/ a house-made chimichurri sauce*
- Grilled Organic Chicken Breast.....\$9.99/lb**  
*Aurora Valley Chicken Breast, seasoned with salt, black pepper & garlic*
- Beef & Pork Italian Meatballs.....\$9.99/lb**  
*Ground beef and pork mixed in house with Italian herbs, fennel and spices, on Emily's Table pasta sauce with grated parmesan and parsley garnish*
- Chicken Meatballs, Asian-Style.....\$9.99/lb**  
*Ground chicken mixed in house with fresh ginger and garlic*
- Pizza.....from \$6.99/ea**  
*House made with Emily's Table tomato sauce, shredded Lulubelle's Creamery cheese, and various toppings (plain cheese, veggie, pepperoni)*

## SANDWICHES

- Reuben on Dark Rye.....\$8.99/ea**  
*Dark Rye, Pastrami, Swiss Cheese, Thousand Island Dressing*
- Cubano Sandwich.....\$7.99/ea**  
*Sliced ham, sweet pickles, swiss cheese on a hoagie roll*
- Turkey Ficelle..... \$4.99/ea**  
*Oven roasted turkey, pesto, with Lulubelle's Creamery white cheddar cheese*
- Apple Brie Ficelle..... \$4.99/ea**  
*Sliced apples, wildflower honey, Willamette Valley Cheese Brie, arugula*

## SOUPS & SALADS

- Classic Tomato Soup.....\$4.99/pt or \$9.99/qt**  
*Tomatoes, onion, Lulubelle's Creamery High Protein ultra-filtered milk, garlic, thyme, basil, salt, pepper, Champagne vinegar*
- Chicken and Leek Soup.....\$4.99/pt or \$9.99/qt**  
*Aurora Valley Organic chicken, onion, celery, chicken stock, sauteed leeks*
- Kale Salad.....\$7.99/lb**  
*w/ toasted sliced almonds, apple, golden raisins, parmesan & apple cider vinaigrette*
- Roasted Cauliflower Salad.....\$9.99/lb**  
*Roasted cauliflower, green olives, & herbs tossed in a lemon vinaigrette*
- Roasted Beet Salad.....\$9.99/lb**  
*Roasted beets, blue cheese & Marcona almonds tossed in a red wine vinaigrette*
- Antipasti Salad.....\$9.99/lb**  
*Pasta, roasted red peppers, artichoke hearts, green onion, & salami tossed in a red wine vinaigrette, topped with grated parmesan*
- Sesame Noodle.....\$5.99/lb**  
*Udon noodles tossed in a sesame, ginger, garlic sauce with cilantro and carrots*

