



Making Lunchtime Special

Sophia's On Market



Sophia Nelms (center) and her staff at Sophia's On Market.

no matter where you work or what you do, most everyone looks forward to lunchtime. It's a time to chat with coworkers, meet up with friends at a favorite cafe or sneak away for some peace and quiet alone. It's a time of respite, to relax and refuel your body and mind for the last half of your day. But nothing can ruin lunchtime quite like an unsavory meal. Everyone has forced down one of these lunches, whether it is a so-called "value meal" from the nearest fast-food joint, leftovers from the night before that weren't really that good in the first place or the dreaded thrown-together, late-for-work PB&J, partially made from the heel of the bread.

Sophia Nelms, the owner and operator of Sophia's On Market, knows well the importance of enjoying lunchtime; she has been creating the atmosphere and providing the cuisine to ensure a proper mid-day meal for the past five years. With sandwiches like the Marinated Roast Beef on French Baguette (with melted provolone, leaf lettuce, red onion and mayo) or the Spicy Thai Peanut Chicken on Grilled Multigrain Ciabatta (with peanut aioli and Asian slaw), there's really no reason to settle for microwaved meatloaf from the night before. Other menu favorites include the Cranberry Pecan Chicken Salad on a Honey Wheat Wrap, the Salad Nicoise, the Grilled Vegetable on Focaccia and the Chicken Pasta Soup.

Alongside her daughter, Executive Chef AnnMarie Nelms, and Pastry Chef Megan Seiferth, Sophia Nelms makes everything

from scratch. "Everything we serve is homemade - every bread, every crouton, every dressing, every cookie, every dessert," says Sophia. "And we really focus on quality. If you get our egg salad, it won't be the usual; it will be on olive bread with fresh greens. If you get our roast beef, it will be marinated in our balsamic vinaigrette on a homemade baguette. Plus, our staff is absolutely wonderful. We are very committed to our customers and making a good experience when they come here."

After starting out by serving lunches at the Broad Street Market, Sophia expanded her operation by moving to the Shoppes of Hampden on Market Street in Camp Hill - right next to the Wine & Spirits store and Morrow Farrar Jewelers. But Sophia's On Market is not her first go-around in the restaurant business. For nearly two decades, Sophia has worked in catering, helped her sister open the What If Cafe in Hershey and opened the Cafe Fresco location near the East Mall. "It's all I've known, all my life," she admits. "I've worked in the industry for 18 years, catering and opening restaurants, which led me to go out on my own."

In addition to making lunchtime special for her patrons, Sophia and her crew also serve breakfast until 11 a.m. and dinner until 7 p.m. and stock a full coffee bar. For breakfast, egg sandwiches and egg and cheese wraps are a must, but Sophia's Special, which comes with French toast made with Greek sweet bread, is truly the tastiest fast-breaker around. For dinner, every lunch item is available with the

addition of two special entrees that change daily: Nightly dinner specials include Chicken Parmesan, Homemade Salmon Cakes and Beef Stroganoff. To top it off, Sophia offers catering services as well as themed specialty dinners every three months that are by reservation only - April 10 is Italian Night.

Over the past five years, Sophia has cultivated quite a loyal following of regulars, which has compelled her to give back to the community that continues to support her. Last year, she raised thousands of dollars for the Leukemia & Lymphoma Society of Central PA by winning their Woman of the Year campaign. "I was thrilled to win Woman of the Year," she says. "I never expected it. But to watch the children, who benefit from this great organization, see what they go through and then recover from it is just such a touching experience. It really meant a lot to me. I'm really glad to have raised so much money for them. And I encourage everyone to give to this special cause." **HBG**

SOPHIA'S ON MARKET
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