



Burgers

Beef or turkey, served on Ciabatta roll
served with potato chips, coleslaw, pasta salad
or potato salad

Hamburger
with lettuce & tomato 7.95

Cheeseburger
with your choice of cheese, lettuce & tomato 8.50

Bacon Cheddar Burger
with lettuce & tomato 9.25

California Burger
with lettuce, tomato, onion & avocado 9.25

Soups

Bowl of Chicken Pastina Soup 4.50

Soup du Jour 4.50

Cup of Soup & 1/2 Sandwich du Jour 8.50

Cup of Soup & Garden or Caesar Salad 8.50

Quarts of Soup
take our delicious soup home with you 11.95

Beverages

Coke Products, Iced Tea, Coffee,
Gold Peak Tea, Cappuccino & Espresso
with Flavored Syrups are available

Consuming raw or undercooked meats, poultry,
seafood, shellfish or eggs may increase
your risk of food borne illness



Breakfast

Served until 11:00 A.M.

Egg Sandwich on sweet bread or club roll 3.00
with bacon, ham or sausage 4.00

Egg Sandwich on a croissant or bagel 3.75
with bacon, ham or sausage 4.75

Egg & Cheese Wrap wrapped in a flour tortilla 3.00
with bacon, sausage or ham 4.00

Southwest Wrap with eggs, green peppers, onion,
cheddar cheese & salsa 4.00

Eggs, Home Fries & Toast two farm fresh eggs,
home fried potatoes & toast 3.50
with bacon, ham or sausage 5.50

Cheese Omelet choice of cheese 5.25
add bacon, ham or sausage 7.25

Southwest Omelet green peppers, onion, cheddar
cheese & salsa 6.00

Greek Omelet spinach, tomatoes & feta—add \$.50 per
any extra item 6.75

Sophia's Special 2 eggs, choice of meat, 2 pancakes or
sweet french toast 5.75

3 Buttermilk Pancakes or
3 Slices of French Toast

served with butter & syrup 4.75
with ham, bacon or sausage 5.75

Oatmeal with brown sugar & milk 2.00
with raisins 2.25

Baked Apple Cinnamon or
Mixed Berry Nut Oatmeal

something to warm the insides 3.95

Bacon, Ham, Sausage, Turkey Sausage
your choice 2.25

Toast
white, wheat or rye 1.00

Croissant
2.50

Bagel
with butter 1.50 with cream cheese 2.25



**Your Neighborhood Café
and Bakery**

The Shoppes of Hampden

3700 Market St.

Camp Hill, PA 17011

717.975.3800

Fax: 717.975.2710

www.sophiasonmarket.com

Eat-in

Carry-out

Curbside now Available

Delivery Available

Mon. - Fri. 10 am-1 pm



Open

Monday-Friday

7am-3pm

Saturday

8am-2pm

Ask us about our Corporate Catering



Cold Sandwiches

served with potato chips, coleslaw,
pasta salad or potato salad

Marinated Roast Beef on French Baguette

with melted provolone, leaf lettuce,
red onion & mayo 8.50

Roast Beef & Cheddar on Onion Roll

with leaf lettuce, tomato & mayo 8.50

Roast Beef and Bleu Cheese on Flat Bread

with spinach, red onion & horsey sauce 8.50

Ham & Swiss on Flat Bread

with leaf lettuce, tomato & mayo 8.25

Ham & Havarti on Greek Sweet Roll

with leaf lettuce, tomato and dijonnaise 8.25

Turkey & Provolone on Flat Bread

with leaf lettuce & cranberry mayo 8.25

Turkey & Brie on Flat Bread

with leaf lettuce & honey mustard 8.50

Turkey Club on Flat Bread

with provolone, bacon, leaf lettuce, tomato & mayo 8.50

Turkey, Swiss & Coleslaw on Flat Bread 8.50

Egg Salad on Olive Bread

with field greens 7.00

Chicken Salad on Greek Sweet Roll

with leaf lettuce & tomato 8.25

Vegetarian Sandwich on Multigrain Ciabatta

Kalamata hummus, cucumbers, alfalfa sprouts, tomato,
avocado & field greens 7.75

Wraps

Roast Beef & Provolone on Spinach Wrap

with cucumbers, alfalfa sprouts &
roasted red pepper aioli 8.25

Cranberry Pecan Chicken Salad on Honey

Wheat Wrap

with leaf lettuce 8.25

Seafood Salad on Tomato Wrap

with shrimp, crab meat, celery & leaf lettuce 9.75

Tuna Salad on Honey Wheat Wrap

with leaf lettuce & tomato 8.25

Any Sandwich can be Made as a Wrap

Salads

served with home made bread

Garden Salad

mixed greens, tomatoes, cucumbers & red onion 5.50

Chef Salad

mixed greens, ham, turkey, provolone, eggs, red onion,
tomatoes, croutons, cucumbers & your choice of dressing 8.75

Cobb Salad

romaine & mixed greens, chunks of chicken, bacon, eggs,
cheddar cheese, avocado, red onion, black olives, tomatoes,
bleu cheese, red wine vinaigrette 9.75

Greek Salad

mixed greens, red onion, kalamata olives, tomatoes,
feta cheese, cucumbers, oregano, Greek dressing 8.50
with grilled chicken 9.75

with grilled salmon 11.50 with grilled shrimp 10.50
with jumbo lump crab cake 12.50

Caesar Salad

romaine, parmesan, croutons, Caesar dressing 7.75
with grilled chicken 9.25 with grilled salmon 11.50
with grilled shrimp 10.50 with crab cake 12.50

Coconut Crusted Chicken Salad

field greens, fresh blueberries, pineapple,
sugared pecans, pan fried coconut crusted chicken &
poppy seed dressing 9.50

Oriental Salad

mixed greens, grilled chicken, red onion, sugar-coated
almonds, mandarin oranges, balsamic vinaigrette 9.25

Sesame Chicken Salad

field greens, feta cheese, toasted almonds, sun dried
cranberries & balsamic vinaigrette 9.75

Grilled Tenderloin Salad

field greens tossed with horseradish dressing topped with
tomatoes, cucumbers, frizzled onions & grilled vegetables 11.25

Spinach Salad

spinach, egg, bacon, mushrooms,
croutons, poppy seed dressing 8.25

Add Pan Seared Salmon or Tuna for \$6.00

Salad Dressings: Red Wine Vinaigrette, Ranch,
Balsamic Vinaigrette, Poppy Seed, Caesar,
Horseradish, French, Thousand Island, Bleu Cheese

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Hot Sandwiches

served with potato chips, coleslaw,
pasta salad or potato salad

Hot Ham & Swiss on French Baguette

with leaf lettuce, tomato & dijonnaise 8.25

Grilled Vegetable on Focaccia

grilled with portabella mushroom, red pepper,
zucchini, onion & pesto mayo 8.75

Spicy Thai Peanut Chicken on

Grilled Multigrain Ciabatta

with a peanut aioli & Asian style slaw 8.75

Grilled Chicken Pesto on Focaccia

with fresh mozzarella, field greens tossed with balsamic
vinaigrette dressing & pesto mayo 8.75

Grilled Tenderloin &

Pepper Jack Cheese on Ciabatta

with leaf lettuce, frizzled onions & ranch dressing 10.95

California Tuna Melt on Club Roll

with white albacore tuna, avocado, sprouts &
melted provolone cheese 9.50

Pastrami Reuben on Rye

with Swiss cheese, sauerkraut &
thousand island dressing 8.75

Rachel on Rye

thinly sliced turkey, swiss cheese, coleslaw & thousand
island dressing 8.75

Eggplant Parmesan on Focaccia

with homemade red sauce & provolone cheese 8.75

Crab Cake on Club Roll

with jumbo lump crab meat, leaf lettuce,
tomato & tartar sauce 11.50

Grilled Turkey Mozzarella

fresh mozzarella, pesto mayo, sprouts &
roasted red pepper on grilled ciabatta 8.75

add cheese or extra veggies
to any sandwich .50