

HOT SANDWICHES

served with potato chips, coleslaw, potato salad
or pasta salad du jour
add cheese or extra veggies to any sandwich ~.5

Grilled Vegetable on Rosemary Focaccia* ~ 10

grilled with portabella mushroom, red pepper,
onion, fresh spinach, & pesto mayo

Grilled Chicken Pesto on Rosemary Focaccia ~ 10

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

Grilled Steak & Pepper Jack Cheese on Ciabatta ~ 12

with lettuce, frizzled onions, & ranch dressing

California Tuna Melt on Ciabatta ~ 11

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

Pastrami Reuben on Rye Bread ~ 9.5

with swiss cheese, sauerkraut, & thousand island dressing

Rachel on Rye Bread ~ 9.5

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

Sesame Chicken Sandwich on Greek Sweet Roll ~ 11

hand breaded and baked with apricot mustard and
field greens tossed in balsamic vinaigrette

Chicken Club on Rosemary Focaccia ~ 10

grilled chicken, avocado, crisp bacon, fresh arugula & mayo

Grilled Turkey Mozzarella ~ 9.5

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

*Vegetarian option

Any sandwich can be Made as a Wrap

Wrap selections: white, wheat or spinach ~ no additional charge

Gluten Free Wraps ~ .75

Gluten Free Bread available ~ .75

SOUPS

served with homemade bread
gluten-free bread available ~ .75

Bowl of Chicken Pastina Soup ~ 4.75

Soup du Jour ~ 4.75

Seafood Soup ~ 5.75

Cup of Soup & 1/2 Sandwich du Jour ~ 9.5

Cup of Soup & Garden or Caesar Salad ~ 9.5

Quarts of Soup ~ 14

take our delicious soup home with you

BURGERS

served on Ciabatta roll with potato chips, coleslaw,
potato salad or pasta salad du jour

Hamburger ~ 9

with lettuce & tomato

Cheeseburger ~ 10

with your choice of american, swiss, cheddar, pepper jack
or provolone cheese, lettuce, & tomato

Bacon Cheddar Burger ~ 12

with lettuce & tomato

California Burger ~ 11

with lettuce, tomato, onion, & avocado

Chipotle Black Bean Burger ~ 10.5

with lettuce & tomato

Impossible Burger ~ 11.5

vegan burger with lettuce & tomato on Rosemary Focaccia

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

***Prices are subject to change anytime without notice.
Menu revised 11/18*



Your Neighborhood Café and Bakery

The Shoppes of Hampden

3700 Market St.

Camp Hill, PA 17011

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Fax: 717.975.2710

www.sophiasonmarket.com

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Ask us about our Catering

BREAKFAST

served until 11:00 am

Egg & Cheese Sandwich

on your choice of bread or wrap ~ 4
on your choice of bagel ~ 4.5
on croissant ~ 4.75
with bacon, ham or sausage ~ 5.75

Southwest Wrap ~ 4.5

with eggs, green peppers, onion, cheddar cheese, & salsa

Eggs, Home Fries, & Toast ~ 4

two eggs, home fried potatoes, & toast
with bacon, ham, or sausage ~ 6.25

Cheese Omelet, choice of cheese ~ 5.75

with home fried potatoes & toast
feta, bleu cheese, or fresh mozzarella add ~ 1
with bacon, ham, or sausage ~ 7.75

Southwest Omelet ~ 6.75

green peppers, onion, cheddar cheese, & salsa
with home fried potatoes & toast

Greek Omelet ~ 7.25

spinach, tomatoes, & feta
with home fried potatoes & toast

Vegetarian Omelet ~ 7.5

mushrooms, tomatoes, onions, peppers, & spinach
with home fried potatoes & toast

Sophia's Special ~ 8.25

2 eggs, choice of meat, 2 pancakes, or sweet french toast

Pancakes & French Toast

3 sweet cream pancakes or
3 slices of french toast
served with butter & syrup ~ 5.75
with ham, bacon, or sausage ~ 7.75

Oatmeal ~ 3

with brown sugar & milk with raisins ~ 3.5

Baked Mixed Berry Nut Oatmeal ~ 5.25

something to warm the insides

Bacon, Ham or Sausage ~ 2.25

your choice

Toast white, wheat, or rye ~ 1.25

Croissant ~ 2.5

Bagel with butter ~ 1.75

with cream cheese ~ 2.25

Omelet add-ins ~ .5 each

SALADS

Garden Salad ~ 6.5

mixed greens, tomatoes, cucumbers, & red onion

Chef Salad ~ 10

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

Greek Salad ~ 9.5

mixed greens, red onion, kalamata olives, tomatoes, feta
cheese, cucumbers, oregano, & greek dressing

Caesar Salad ~ 7.5

romaine, parmesan, croutons, & caesar dressing

Spinach Salad ~ 9.5

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

Arugula Pear Salad ~ 11

fresh baby arugula topped with sugared pecans, feta cheese,
roasted pears & poppy seed dressing

Add to any salad:

Grilled Chicken ~ 5

Scoop of... ~ 6

Grilled Shrimp ~ 9.5

Cranberry Pecan

Grilled Steak ~ 8

Chicken Salad,

Grilled Salmon ~ 9.5

Egg Salad or Tuna Salad

Coconut Encrusted Chicken ~ 7

Cobb Salad ~ 14

romaine & mixed greens, grilled chicken, bacon,
egg, cheddar cheese, avocado, red onion, black olives,
tomatoes, bleu cheese, & red wine vinaigrette

Coconut Encrusted Chicken Salad ~ 13.5

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

Sesame Chicken Salad ~ 13

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

Grilled Steak Salad ~ 14.5

field greens tossed with horseradish dressing topped with
tomatoes, cucumbers, frizzled onions, grilled portobello
mushroom, & red peppers

salad dressings: red wine vinaigrette, ranch, balsamic vinaigrette,
poppy seed, caesar, horseradish, thousand island, bleu cheese

COLD SANDWICHES

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

Marinated Roast Beef on French Baguette ~ 9.5

with melted provolone, lettuce, red onion, & mayo

Roast Beef & Swiss on Focaccia ~ 9.5

with spinach, frizzled onions, & horsey sauce

Ham & Swiss on French Baguette ~ 9

with arugula, tomato, & dijonnaise
can be served hot or cold

Turkey & Brie on Greek Sweet Roll ~ 9.5

with lettuce & honey mustard

Turkey Club on Focaccia ~ 10

with provolone, bacon, lettuce, tomato, & mayo

Egg Salad on Grilled

House Made Olive Bread* ~ 8

with field greens

Cranberry Pecan Chicken Salad on

Greek Sweet Roll ~ 10

with lettuce

Tuna Salad on Greek Sweet Roll ~ 9.5

with spinach & tomato

Vegetarian Sandwich on Ciabatta* ~ 8.75

hummus, cucumbers, alfalfa sprouts, tomato,
avacado, & field greens

*Vegetarian option

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Gluten Free Bread available ~ .75