

Juice Bar

12 oz.....7.75

Turmeric Sunrise

Orange, golden beet, turmeric, apple, carrot, & cayenne

We Got the Beet

Beet, green apple, carrot, celery

The Vega

Orange, beet, carrot, pink lady apples, ginger

Green Monster

kale, cucumber, celery, green apple, lime

Fresh Squeezed Orange Juice

Immune Boosting Shots

2oz each..... \$2

Turmeric, orange, lime

Ginger Lemon

- add cayenne

Kids Menu

Multi Grain Bread

PB & Grape Jelly5

Grilled Cheese5

Our food is made in a kitchen that processes gluten, nuts, soy, and dairy.

The Common Bond Market's culinary team is passionate about food.

Our focus is on organic, all-natural & seasonal ingredients prepared thoughtfully from scratch.

We offer classic comfort food as well as vegan and gluten free options. There is something for everyone at the Bond!



Catering & Bakery menus available at the deli counter & online

Deli Menu



40 Huntington Street
Shelton, CT 06484

203.513.8200

Hours:

Mon-Fri. 8am - 7pm

Sat. 8am - 7pm

Sun. 10am - 6pm

TheCommonBondMarket.com

Kitchen@TheCommonBondMarket.com



Breakfast

Served all Day

Egg & Cheese Sandwich 4
2 local eggs & American cheese on a Portuguese roll
w/ apple wood smoked bacon, chicken sausage, tempeh bacon (v), or ham 6
add avocado 2

The Vegan (v) 6

2 tofu eggs, Daiya cheddar, spinach, & spicy mayo on whole wheat flax bread

Breakfast Platter 7

2 local eggs, 2 slices of whole wheat toast & 2 pieces of bacon, sausage, or ham, w/ fresh fruit

Vegan Breakfast Platter (v) 7

2 tofu eggs, 3 pieces Tempeh bacon, & 2 slices whole wheat flax toast, w/ fresh fruit

Avocado Toast (v) 7

Smashed avocado, cherry tomatoes, sprouts, lemon pepper, olive oil, & sea salt on 2 slices of whole wheat flax bread

Omelet 7

3 local eggs w/ your choice of cheese & veggies
w/ apple wood smoked bacon, ham, maple chicken sausage, or tempeh bacon.....9

Pancakes (v, gluten free)

Your choice of plain, blueberry, banana, or chocolate chip. Served with local maple syrup & soy free Earth Balance "butter"

2 pancakes 3

3 pancakes 4.5

Pancake Platter 7

- platter comes w/ 3 pancakes, fresh fruit & your choice of apple wood smoked bacon, chicken sausage, tempeh bacon (v), or ham

alert our staff to any allergies you have

Wraps

Available as a salad

Chicken Salad 9

Chicken-apple salad, mayo, tomato, spring mix

Buffalo Chicken Salad 9

Mildly spiced buffalo chicken salad, tomato, romaine

The Bohemian (v) 9

Hummus, avocado, chickpea-quinoa salad, sprouts, carrots, spring mix, apple-cider dressing

Tuna salad 9

Tuna salad, Swiss, pickles, red onion, tomato, romaine

The Mediterranean 8

Spinach, feta, pesto mayo, roasted red peppers, Kalamata olives, tomato, red onion, balsamic vinaigrette

Southwest Chicken 10

Grilled chicken, avocado, pepper jack, black bean-corn salad, spinach, jalapenos, spicy mayo

Paninis

ciabatta bread toasted on the panini press

Cajun Chicken 9

Chicken, cheddar, Cajun spices, tomato, red onion, arugula, jalapenos, mayo

The Bond 10

Chicken cutlet, mozzarella, fire-roasted red peppers, spinach, pesto mayo

Tomato & Mozzarella (v/o) 9

Tomato, fresh mozzarella, spinach, pesto mayo, balsamic reduction

Hummus and Vegetable (v) 9

Hummus, broccoli, roasted red peppers, grilled red onion, spinach, tomato

Bread options

Whole wheat flax toasting bread, multigrain bread, gluten free bread, Portuguese rolls, ciabatta rolls, spinach wraps, gluten free wraps

Cold Sandwiches

BLTA (v/o) 8

Bacon or tempeh bacon, spring mix, tomato, spicy mayo, avocado on toasted multigrain bread

The Common Bond Club 8.5

Turkey, bacon, American cheese, mayo, tomato, and spring mix on toasted multigrain bread

The Huntington Street 8.5

Turkey, ham, cheddar, special sauce, pickles, red onion, tomato on a Portuguese roll

Cali Dreamin' 8.5

Chicken, pepper jack, avocado, sprouts, stone ground mustard, tomato, spring mix on multigrain bread

Hot Sandwiches

toasted on whole wheat flax bread w/ garlic & herb butter

Four Cheese Grilled Cheese (v/o) 6

Cheddar, American, Swiss, Mozzarella & tomato

Tuna Salad or Chickpea Salad (v/o) Melt 7

Tuna salad or chickpea salad, Swiss cheese, tomato

Pastrami Melt 9

Thinly sliced pastrami, Provolone cheese, mushrooms, grilled onions, stone ground mustard

Beyond Meat Patty Melt 10

Beyond Meat burger patty, Daiya cheddar cheese, mustard, spring mix, tomato, red onion, pickles

Add Ons

meat 2

cutlet/grilled chicken 4

cheese 1.5

avocado 2

hummus 1.5

local egg 1.5