

# GOOD DAY

EAT, DRINK & BE HEALTHY

## APPETIZERS

### AVOCADO NACHOS | 13 GOOD

Avocado wedges topped with Chili Campana & cheese, double-dressed with avocado crema & balsamic glaze then topped with microgreens

### STEAK SKEWERS | \$16

Four grass-fed Hanger Steak\* skewers served with Cilantro Chimchurri

### CHARCUTERIE BOARDS

A seasonal assortment of meats, cheese & accompaniments

FOR 2 | 13 ADD TOAST POINTS +2

FOR 4 | 26 ADD TOAST POINTS +4

### BREAD BASKET | 5

## SALADS

### AVOCADO BLT SALAD | 15 GOOD

Avocado, bacon & tomato over our greens mix double-dressed with hot bacon dressing & avocado crema

CHICKEN | 19 SALMON\* | 21

### THAI CRUNCH SALAD

Red cabbage, carrots, broccoli, red peppers & scallions over our greens mix topped with Sesame Ginger Vinaigrette

CHICKEN | 16 SALMON\* | 18

### MEDITERRANEAN KALE SALAD

Chili Campana, cucumbers & parmesan over kale tossed in Red Wine Vinaigrette

CHICKEN | 16 SALMON\* | 17

## BURGERS & SANDWICHES

*Served with your choice of side salad, cup of bone broth or seasonal vegetables*

### GRASS-FED BURGER\* | 16

ADD TOPPINGS : BACON +2 | CHEESE +1

AVOCADO +1 | CARAMELIZED ONIONS +1

### HANGER STEAK SANDWICH | 17

Sliced, grass-fed Hanger Steak\* topped with sauteed mushrooms, grilled onions & gruyere cheese

### HONEY HOT CHICKEN SANDWICH OR WRAP | 15

Grilled chicken with a Honey Sriracha glaze & blue cheese crumbles

### GRILLED CHICKEN SANDWICH | 15

Grilled chicken with cheese, bacon & caramelized onions

*Please let your server know if you have any allergies, dietary restrictions, or preferences*

GOOD SIGNATURE DISHES ARE HIGHLIGHTED GOOD

## PLATES

ADD A SIDE SALAD OR A CUP OF BROTH TO ANY PLATE +3

### PICCATA

Your choice of chicken or salmon\* topped with Piccata Sauce & served with parmesan mashed cauliflower & seasonal vegetables

CHICKEN | 21 SALMON\* | 25

### THAI

Your choice of Thai-seasoned chicken or salmon\* topped with Sesame Ginger Sauce & served with cauliflower & seasonal vegetables

CHICKEN | 21 SALMON\* | 25

### HANGER STEAK | 26

Grilled grass-fed Hanger Steak\* topped with a seasonal compound butter served with parmesan mashed cauliflower & seasonal vegetables

## BOWLS

### COCONUT CURRY BOWL

A coconut curry sauce over cauliflower topped with our stir fry vegetable mix & your choice of protein

VEGETABLE | 14 CHICKEN | 16 SALMON\* | 20

### EGG ROLL IN A BOWL | 16 GOOD

Grass-fed beef\* & stir-fry vegetables over a base of cabbage & cauliflower with Sesame Ginger Sauce

### PICCATA BOWL

Your choice of chicken or salmon\* served over parmesan mashed cauliflower topped with Piccata Sauce

CHICKEN | 16 SALMON\* | 20

### TACO BOWL | 16

Seasoned grass-fed beef\* over cauliflower topped with Chili Campana, cheddar cheese, avocado slices, avocado crema & cilantro

### THAI STIR FRY BOWL

Your choice of chicken or salmon\* over cauliflower with our stir fry mix of red cabbage, carrots, broccoli, red peppers & scallions topped with Sesame Ginger Sauce

CHICKEN | 17 SALMON\* | 21

### THAI ZOODLE BOWL | 16

Your choice of chicken or Thai meat sauce topped with Sesame Ginger Sauce & Asian Slaw

### ITALIAN ZOODLE BOWL | 16

Your choice of chicken or Italian meat sauce topped with Pomodoro Sauce & parmesan

\*ADVISORY: THESE FOODS ARE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

GOOD KITCHEN + MARKET

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## SIDES | 5

BONE BROTH MASHED CAULIFLOWER  
SIDE SALAD SEASONAL VEGETABLES  
KALE SALAD CAULIRICE

## GOOD DRINKS

**COFFEE** *Proudly serving East Pole Coffee*

DRIP 12 OZ | 4

POUR OVER 12 OZ | 5.50

ESPRESSO 2 OZ | 4

CORTADO 4.5 OZ | 4.25

CAPPUCCINO 7 OZ | 4.50

LATTE 12 OZ | 5

MOCHA 12 OZ | 5.50

CHAI LATTE 12 OZ | 5.50

MATCHA LATTE 12 OZ | 5.50

ESPRESSO TONIC 13 OZ | 5.50

Espresso poured over an orange zest with tonic

CHURRO LATTE 12 OZ | 5.50

Latte with honey & cinnamon

ALTERNATIVE MILKS +1.50

Oat, coconut or chocolate

**ORANGE JUICE | 4.50**

**ORGANIC TEAS | 3.50**

*Two leaves & a bud*

**GREEN** Ginger, Tropical, Tamayokucha or Jasmine Petal

**BLACK** Asain Breakfast, Darjeeling or Earl Gray

**HERBAL** Chamomile or Peppermint

**ROOIBOS** African Sunset

**HOUSEMADE DRINKS | 4.50**

LEMONADE

ORGANIC TROPICAL GREEN ICED TEA

ICED BLACK TEA

**BOTTLED & CANNED**

MONTANE SPARKLING WATER | 4

TOPO CHICO | 4

KOMBUCHA | 6

**BEER & WINE**

*We have a rotating selection of local beer & natural wine.  
Ask your server for the GOOD wine and beer menu.*

*Ask your server about:*

### GOOD MEAL DEALS

Want to bless a new mom or someone facing a health challenge? Just need a break from cooking for your family? Heading to the beach or mountains and want a “vacation” from cooking? *Then you need a Good Meal Deal.*

**4 MEALS FOR THE PRICE OF 3**

### GOOD MEAL PREP

Trying to eat clean at home but find meal prep too hard to keep up? Got proteins at home but you love our sides and sauces? Then you need to check out our Meal Prep options.

**ORDER BY FRIDAY - AND PICK UP MONDAY!**

### GOOD DOGS MENU

We believe in the power of good food for all -- even our four-legged furry family members. From bacon snacks to scrambled eggs to chicken or beef bowls, Fido will be well-fed at GOOD. No preservatives, no additives just clean, green and simple food for all!

**CHECK OUT OUR COMPANION INSTAGRAM ACCOUNT @GOODDOGSMARIETTA**

### GOOD GATHERINGS

Need us to cater your next event or business function? *We offer both onsite and offsite catering.*

**CONTACT US AT CATERING@GOODKITCHENANDMARKET.COM**