

**basics**<sup>™</sup>  
 NOURISHMENT FROM THE *Ground Up*<sup>™</sup>

Learn more at:  
[basicsmarket.com](http://basicsmarket.com)

Email us at:  
[info@basicsmarket.com](mailto:info@basicsmarket.com)

Follow us on:



@basicsmarket

**Sandy Blvd**  
 5035 NE Sandy Blvd.  
 Portland, OR  
 (503) 432-8910  
 Mon-Sat: 8am – 9pm  
 Open Sundays starting 12/20!

**Tualatin**  
 8680 SW Old Tual. Shwd. Rd.  
 Tualatin, OR  
 (971) 256-3020  
 Mon-Sat: 8am – 8pm  
 Open Sundays starting 12/20!

**Hillsdale**  
 6344 SW Capitol Hwy.  
 Portland, OR  
 (971) 229-2184  
 Mon-Sat: 8am – 9pm  
 Sunday: 10am – 7pm

**Beaverton Meat Market**  
 11900 SW Canyon Rd.  
 Beaverton, OR  
 (971) 300-0687  
 Mon-Sat: 9am – 6pm  
 Sunday: 10am – 6pm

**Lovejoy**  
 NW Lovejoy, btw 13<sup>th</sup> & 14<sup>th</sup>  
 Portland, OR  
 (971) 300 - 0689  
 Mon-Sat: 8am – 9pm  
 Sunday: 10am – 7pm

**Our Prepared Foods Menu varies per market location.**

**Please check with your local market for a selection of rotating and seasonal specials!**

## BREAKFAST

- Egg Sandwich.....\$4.99/ea**  
 Fried Gwendolyn's Organic egg, rosemary ham, Lulubelle's white cheddar, bacon jam on an English muffin
- Breakfast Croissant.....\$5.99/ea**  
 Fried Gwendolyn's Organic egg, rosemary ham, Lulubelle's white cheddar, on an butter croissant
- Egg & Chorizo Burrito.....\$6.99/ea**  
 Scrambled Gwendolyn's Organic egg, chorizo, roasted potatoes, hatch green chilies, Lulubelle's Creamery pepper jack cheese, wrapped in a flour tortilla
- Veggie Burrito.....\$5.99/ea**  
 Scrambled Gwendolyn's Organic egg, roasted potatoes, hatch green chilies, Lulubelle's Creamery pepper jack cheese, wrapped in a flour tortilla
- Mini Frittatas.....\$4.99/ea**  
**Plain:** Gwendolyn's Organic eggs, Lulubelle's Creamery High Protein ultra-filtered milk, chives, crumbled goat cheese  
**Mushroom:** Gwendolyn's Organic eggs, Lulubelle's Creamery High Protein ultra-filtered milk, sauteed cremini mushrooms, chives, crumbled goat cheese

## SANDWICHES

- Reuben on Dark Rye.....\$8.99/ea**  
 Dark Rye, Pastrami, Swiss Cheese, Thousand Island Dressing
- Cubano Sandwich.....\$7.99/ea**  
 Sliced ham, sweet pickles, swiss cheese on a hoagie roll
- Turkey Ficelle..... \$4.99/ea**  
 Oven roasted turkey, pesto, with Lulubelle's Creamery white cheddar cheese
- Apple Brie Ficelle..... \$4.99/ea**  
 Sliced apples, wildflower honey, Willamette Valley Cheese Brie, arugula

## ENTREES

- Roasted Organic Chicken.....\$10.99/ea**  
 Whole Aurora Valley Organic Chicken, seasoned with salt, black pepper, & garlic
- Tri-Tip Roast.....\$19.99/lb**  
 Seasoned w/salt, pepper, & garlic and served w/ a house-made chimichurri sauce
- Grilled Organic Chicken Breast.....\$9.99/lb**  
 Aurora Valley Chicken Breast, seasoned with salt, black pepper & garlic
- Beef & Pork Italian Meatballs.....\$9.99/lb**  
 Ground beef and pork mixed in house with Italian herbs, fennel and spices, on Emily's Table pasta sauce with grated parmesan and parsley garnish
- Chicken Meatballs, Asian-Style.....\$9.99/lb**  
 Ground chicken mixed in house with fresh ginger and garlic
- Pizza.....from \$6.99/ea**  
 House made with Emily's Table tomato sauce, shredded Lulubelle's Creamery cheese, and various toppings (plain cheese, veggie, pepperoni)

## SOUPS & SALADS

- Classic Tomato Soup.....\$4.99/pt or \$9.99/qt**  
 Tomatoes, onion, Lulubelle's Creamery High Protein ultra-filtered milk, garlic, thyme, basil, salt, pepper, Champagne vinegar
- Chicken and Leek Soup.....\$4.99/pt or \$9.99/qt**  
 Aurora Valley Organic chicken, onion, celery, chicken stock, sauteed leeks
- Kale Salad.....\$7.99/lb**  
 w/ toasted sliced almonds, apple, golden raisins, parmesan & apple cider vinaigrette
- Roasted Cauliflower Salad.....\$9.99/lb**  
 Roasted cauliflower, green olives, & herbs tossed in a lemon vinaigrette
- Roasted Beet Salad.....\$9.99/lb**  
 Roasted beets, blue cheese & Marcona almonds tossed in a red wine vinaigrette
- Antipasti Salad.....\$9.99/lb**  
 Pasta, roasted red peppers, artichoke hearts, green onion, & salami tossed in a red wine vinaigrette, topped with grated parmesan
- Sesame Noodle.....\$5.99/lb**  
 Udon noodles tossed in a sesame, ginger, garlic sauce with cilantro and carrots

