



Wednesday Market Menu - September 1, 2010

10 am to 2 pm • Covington Trailhead

Come for lunch, enjoy the music, and take something home for supper! See you there!



Susie will be out during August.

whidfarm@bellsouth.net

Father & Son Fresh Vegetables

Farm fresh eggs (from free-range hens)

Organic vegetables – Watermelon, cucumbers, okra, beans, squash, zucchini

El Mexicano

Tostados, Taquitos & other traditional Mexican dishes

Tamales \$2 (chicken, pork, cheese, bean)

Traditional Mexican Drink \$2.50



Rose's Pizs

Tea cakes ♥ Pralines ♥ Sweet Corn Bread

Individual pizs:

sweet potato ♥ pcean ♥ apple

rosebrumfield@bellsouth.net



7Grain

Freshly ground whole wheat bread, tortillas, pasta, dry fruit chips, beef jerky

lana@7grain.com

Betty Rue

Fresh, Natural & Always Gluten Free

Spicy Thai Almond Noodles - \$6 (Vegan Sauce is completely raw as are the vegetables.) A smooth sprouted almond sauce spiced up with fresh grated garlic and ginger clings to Brown Rice Pad Thai Noodles, Slices of raw red pepper, shredded carrots, cilantro, and diced green onions. Topped with sesame seeds and a sprinkle of red pepper flakes this culinary treat will give you a burst of flavor in every bite

Oven Roasted Tomato, Eggplant & Feta Pizza- \$6 Our most popular 6" pizza is baked fresh on our hand crafted pizza dough, smothered in a rich garlic & basil marinara, topped w/oven roasted tomatoes, roasted eggplant and a flavorful Feta cheese.

Baby Bella, Fennel & Oven Roasted Tomato with Feta Pizza- \$6 (vegetarian) Sautéed Baby Bellas, fennel and diced oven dried tomatoes top this hand crafted pizza. Our garlic and basil Marinara sauce creates a delicious backdrop for this tantalizing combo.

Raw Jalapeno Cashew Cheese, Raw Vegetable Crackers

Make Your Own!

Roma Rupnarain

West Indian Cuisine

Chicken Curry Wrap ♦ Cumin Rice

Frozen Chicken Curry ♦ Roma's Dressing

Cooked Spinach ♦ Frozen Pepperpot

Roma921@gmail.com

No Bull Barbecue & Catering

Pork ribs, brisket and pork shoulder are slow smoked over local pecan wood.

Meals, sandwiches and sides

Coleslaw, Mixed spring greens salad with a slow smoked Roma tomato and onion salad dressing

(Top it with some pulled pork or brisket)

catering@nobullbarbecue.com