

# EAT. DRINK. SOCIALIZE.

## ROCKLEDGE MARKETPLACE

MONDAY - FRIDAY

BREAKFAST 7:00am - 9:00am LUNCH 11:00am - 2:00pm

WEEK OF MARCH 09, 2026

### RISE & SHINE

berries & french toast  
honey butter biscuits  
cheesy grits  
build your own omelet  
sides: bacon, sausage link, hash brown



### GRILL & DELI

#### TH EXCHANGE GRILL

old town classic  
cheeseburger \$9.99  
farmer tacos \$7.50  
chicken wings \$7.50  
buffalo chicken tacos \$9.99  
nashville hot  
chicken tenders basket \$14.27

#### PICCOLA ITALIA

cheese, vegetable or pepperoni  
pizza \$8.69  
limited time offer calzone \$10.99

MON

create

jerk chicken thigh  
jerk tofu  
plantains  
coconut rice and peas

TUES

create

provençal chicken  
beef bourguignon  
roasted vegetables  
potato dauphinoise

WED

create

roasted chicken with  
wild mushroom  
vegan sausage arabiata  
brown butter barley

CHEF'S  
TABLE

green goddess mezze  
breakfast bowl

THURS

create

chicken quesabirria  
mexican inspired shrimp cake  
corn salad

FRI

create

grilled chicken thigh lemon tahini dressing  
baked tilapia  
roasted vegetables  
brown rice

### SOUP

ALWAYS AVAILABLE:  
HOMEMADE CHILI

MONDAY

chicken noodle

TUESDAY

tomato bisque



WEDNESDAY

chicken dumpling

THURSDAY

chicken noodle

FRIDAY

tomato bisque



CONNECT  
WITH US

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