

Smoothies & Bowls

Smoothies 7.95
Blended fruits
& almond milk

Smoothie Bowls 8.95
Topped with
banana,
granola,
cocoa nibs
& coconut



Strawberry Banana
Strawberry banana & van protein

Morning Sunshine
Pineapple, mango, orange & banana

Acai
Acai, strawberry & banana

Pitaya
Dragonfruit, pineapple & banana

Green
Spinach, mango, pineapple & banana

Chocolate PB Banana
PB Fit, banana & choc protein

Half-Price Coffee & Espresso Weekdays 3-5pm!



Coffee & Espresso Bar

Our beans are roasted in Plymouth, MA

Hot & Iced Coffee
Lattes & Cappuccinos
Rishi & Chai Tea
Nutella Hot Cocoa

Get **THE DISPATCH**
Coffee Card
Every 5th
Drink is Free!

NEW!!

Take & Bake

Our display freezer
is stocked with
homemade entrées
to bake at home



Grab a Pint of
Ben & Jerry's
for Dessert!

NEW!!

Delivery

Wed-Fri
11am-4pm
(\$20 min)

NEW!! **Specials**

Posted on
Facebook &
our website

NEW!!

Gluten-Free

Enjoy all your
favorite menu
items with **GF**
wraps & rice.
Our display case
has GF baked
goods too!

Tues-Fri 9am-5pm · Sat-Sun 8am-3pm
Closed Mondays

THE
DISPATCH

Market Café

Sandwiches · Burritos

Coffee & Espresso Bar

NEW!!

We Deliver Lunch!

(Wed-Fri from 11am-4pm; \$20 min)

Breakfast · Smoothies · Gluten-Free

Deli Platters · Take & Bake · Catering

Webster Square

9 Snow Rd
Marshfield, MA
(781) 837-4990



Order Online: Dispatch02050.com

Our Humarock location is open seasonally

Deli Sandwiches & Wraps

Create Your Own 7.50

One meat & one cheese with your choice of bread & toppings

Turkey

Ham

Roast Beef (1.00)



American
Cheddar

Swiss

Provolone

Tuna or Chicken Salad 7.50

Homemade with your choice of bread or wrap, cheese & toppings

Veggie Wrap 7.25

A spinach wrap packed with our shredded veggie salad, Swiss cheese & tomato drizzled with apple vinaigrette

Breads:

White or Wheat Bread or Roll

Wraps:

White, Wheat, Spinach or Gluten-Free (.50) **GF**

Toppings:

Lettuce, Tomato, Onion, Pickles, Jalapenos

Condiments:

Mayo, Mustard, Horseradish Dijon, Sriracha, Hot Pepper Relish, Vinaigrette, Boom-Boom

Extras:

Bacon (1.25), Avocado (1.75)



Sandwich Platters Catering & Delivery



Burritos & Bowls

Burrito 7.95

Served with rice, black beans, corn, salsa, lettuce & Monterey Jack in a steamed flour tortilla, sealed on the grill.

Burrito Bowl 7.95

Burrito unwrapped. Served over rice. Substitute greens (2.00)



Shredded Chicken

Pulled Pork

Beef Barbacoa (1.00)

Add:

Frank's Hot	Jalapenos
Sriracha	Pico de gallo (.50)
BBQ Sauce	Guacamole (.50)
	Sour Cream (.25)



We use gluten-free rice; Gluten-free wraps available (.50)

Grilled Paninis

Pressed on ciabatta bread



Grilled Cheese, Ham & Bacon 7.50

American & cheddar melted over ham & bacon

Caprese Panini 7.95 Add Chicken 2.00

Fresh mozzarella, spinach, tomato & basil pesto

Chicken Garden Wrap 7.95

Shredded chicken & veggies with apple vinaigrette in a spinach wrap

Pulled Pork 8.25

BBQ pulled pork & provolone piled high with fresh veggie slaw

Bacon Sriracha Chicken 8.50

Spicy sriracha shredded chicken with bacon & melted provolone

Spicy Roast Beef 8.75

Roast Beef, cheddar, tomato & Boom-Boom sauce

Cuban 8.75

Pulled pork, ham, Swiss cheese, pickles & Dijon

Turkey & Cheddar BLT 8.95

Turkey, cheddar, bacon, lettuce, tomato & mayo



Breakfast (Served All Day)

Best
Seller!

Breakfast Burrito 7.50

Scrambled egg, sausage, potatoes, cheddar & salsa in a flour tortilla, sealed on the grill

Bacon, Egg & Cheese Panini 6.50

Scrambled egg, crisp bacon & American on ciabatta

Ham, Cheddar & Egg Panini 6.50

Scrambled egg, ham & sliced cheddar on ciabatta

Bacon & Avocado Breakfast Wrap 7.95

Scrambled egg, bacon, avocado spread, potatoes, hot sauce & Monterey Jack in a flour tortilla



Veggie Egg Frittata Wrap 6.95

Shredded veggie frittata, Swiss & a chili drizzle in a spinach wrap

Overnight Oats 4.95

Rolled oats, chia seeds, almond milk, bananas & a touch of PB, topped with cocoa nibs & coconut

Yes,
you can have
our recipe!