

PANINI \$6.50

Hot Grill Sandwiches on European Flat Bread
Served with chips and pickle

- 90. **Chicken Parmigiana** breaded chicken, fresh mozzarella, Marinara sauce, fresh basil and Parmesan cheese
- 91. **Tuscan** fresh mozzarella, fresh plum tomatoes, fresh basil, fresh spinach and fresh sun-dried tomato spread
- 92. **Cuban** roast pork, turkey ham, Swiss cheese, pickles and mustard
- 93. **Chicken Fajita** grilled chicken, cheddar cheese, roasted peppers, caramelized onions and salsa
- 94. **Toasted Monte Cristo** layers of turkey ham and smoked turkey, Swiss and cheddar cheese, lettuce, tomatoes and honey mustard
- 95. **The Italiano** grilled chicken, roasted peppers, fresh mozzarella and pesto sauce
- 96. **Vegetarian** grilled vegetables, zucchini, eggplant and fresh mozzarella



TOSSED SALAD

Chop salads made to order your way.

STEP 1

Choose Your Own Base

\$3.49

- Crisp Romaine - Mixed Greens - Baby Spinach

STEP 2 Pick Your Items

\$2.00 each

- Grilled Chicken (Lemon, BBQ or Teriyaki)
- Turkey Breast (Maple Honey, Smoked or Peppermill)
- Chicken Cutlet - Black Forest Ham - Italian Tuna - White Tuna

\$1.00 each

- Bacon Bits - Artichoke Hearts - Sun-Dried Tomatoes
- Imported Feta Cheese - Sliced Beets - Fresh Avocado
- Cheddar Cheese - Blue Cheese - Mandarin Oranges
- Roasted peppers - Walnuts - Raisins - Almonds - Jalapenos
- Cherry Tomatoes - Sunflow Seeds - Parmesan Cheese

\$0.75 each

- Chickpeas - Plum Tomatoes - Cucumbers - Bell Peppers
- Carrots - Mushrooms - Fresh Corn - Kidney Beans
- Hard Boiled Egg - Fresh Broccoli - Olives - Sweet Peas

STEP 3 Pick Your Dressing

- Creamy Italian - Creamy Ranch - Sesame Ginger
- Roasted Garlic - Creamy Russian
- Creamy French - Peppercorn - Blue Cheese
- Honey Mustard - Balsamic Vinaigrette
- Olive Oil - Vinegar - Thousand Island - Red Wine Vinegar

Low-Fat Dressings

- Low-Fat Caesar - Light Italian
- Fat-Free Raspberry
- Fat-Free Lemon Herb - Vinaigrette



Create Your Own Granola Buffet \$2.49
Add Fruit each item \$0.50
Create Your Own Fruit Bowl \$6.49 / lb

SIDE ORDERS

- 97. **Cocoa Bread**.....2.00
- 98. **Beef Patty**.....2.00
- 99. **Hot Oatmeal**.....3.00
- 100. **French Fries**3.00
- 101. **Home Fries**3.00
- 102. **Bacon**3.50
- 103. **Mozzarella Sticks (5 pcs)**3.95
- 104. **Chicken Nuggets (3 pcs)**5.00
- 105. **Chicken Wings with Fries (3 pcs)**.....5.95



BEVERAGES

- | | | |
|--|--------|--------|
| | 10 oz. | 16 oz. |
| 106. Colombian Coffee (Reg / Decaf)..... | 1.00 | 1.75 |
| 107. Tea..... | 1.00 | 1.75 |
| 108. Flavored Coffee..... | 1.25 | 1.75 |
| 109. Hot Chocolate..... | 1.50 | 2.00 |
| 110. Cappuccino..... | 3.50 | 4.50 |
| 111. Iced Coffee..... | 2.00 | 2.50 |
| 112. Iced Tea..... | 2.00 | 2.50 |
| 113. Iced Cappuccino..... | 3.99 | 4.99 |
| 114. Pastries and Muffin..... | 1.50 | |
| 115. Dount..... | 1.00 | |



Chicken over Rice Platter \$6.50

Served with lettuce, tomato and white sauce.



SMOOTHIES

Fresh fruit and juice with crushed ice and vanilla base

Sm. (16 oz.) \$5.95 Lg. \$6.95

- 116. **Cascade** strawberry, banana, and apple juice
- 117. **Radio City** pineapple, strawberry and orange juice
- 118. **Iguana** banana, mango and orange juice
- 119. **Ameritania** strawberry, banana and orange juice
- 120. **Roseland** strawberry, blueberry and apple juice
- 121. **Peanut Butter** banana, peanut butter, soymilk and chocolate whey protein
- 122. **Orange** banana and orange juice
- 123. **Green Smoothie** spinach, mango, banana, apple juice and crushed ice
- 124. **Smooth and Power** blueberries, strawberries, bananas, soy milk, vanilla whey protein and flax seeds
- 125. **Studio 54** mango, banana, blueberries and orange juice
Add protein to your drink \$1.00 per scoop
Add fruit, veggie or peanut butter \$0.50 per scoop / each



PROTEIN SHAKES (24 OZ.)

- 126. **Power**7.50
Chocolate protein, banana, peanut butter, flax seed, soymilk, crushed ice
- 127. **Breakfast**7.50
Vanilla protein, oats, honey, soymilk and crushed ice
- 128. **Coffee**.....7.50
Vanilla protein, banana, coffee, low fat yogurt, crushed ice
- 129. **Energy**.....7.50
Vanilla protein, strawberry, banana, oats, soymilk, crushed ice



IDEAL GRAPHICS & PRINTING CORP. T: (718) 369-2321 / 369-2408



FRESH FOOD

Sandwich Soups Wraps Quesadillas
Create Your Own Pasta Create Your Own Tossed Salads
Burgers Juice Smoothies Flowers
Protein Juices Fruits & Vegetables
Full Select of Groceries Organic Snacks Cookies Pastries

Chicken over Rice Platter \$6.50
Served with lettuce, tomato and white sauce

129-135 Ridge Street
New York, NY 10002
Corner of Ridge & Stanton Street

Free Delivery
Min. \$10.00

Tel: 212. 777. 1043
Fax: 212. 777. 3518

Please Ask for Our Catering Menu!



We Accept Major Credit Cards



Price subject to change without notice!

GOOD MORNING!

BREAKFAST SANDWICHES

Available any style!
Choose from a variety of breads
After 12:00 noon \$1.00 extra
Avocado \$1.00 extra

- 1. 2 Eggs on Roll2.00
- 2. Eggs and Cheese.....2.50
- 3. Eggs with Bacon or Sausage.....3.25
- 4. Bacon, Egg and Cheese on a Roll.....3.95
- 5. Western Omelet turkey ham, onion and peppers4.95
- 6. Pastrami Omelet 4.95
- 7. Egg White with Grilled Chicken..... 5.95



EGGS & OMELETTES

Served with home fried and toast

- 8. Cheese Omelet4.95
- 9. Western Omelet.....5.95
- 10. Veggie Omelet onion, pepper and tomatoes.....5.95
- 11. Greek Omelet feta, onion and tomatoes.....5.95
- 12. Pastrami, Cheese Omelet.....5.95

CREATE YOUR OWN OMELET

STEP 1 Your Choice of Egg Whites or Regular Eggs \$2.00

STEP 2 Veggie \$0.50 each

- Bell Peppers - Broccoli - Onion - Spinach
- Mushrooms - Scallions - Jalapeno Peppers - Tomatoes

STEP 3 Cheese \$0.50 each

- American - Swiss - Jalapeno - Mozzarella - Feta

STEP 4 Meat \$1.00 each

- Turkey - Bacon - Turkey Ham



GRIDDLE FAVORITES

- 13. Pancakes or French Toast (3 pcs)3.95
- 14. With Bacon, Ham or Sausage.....5.95
- 15. With Two Eggs.....5.95
- 16. With Bacon or Sausage5.95

BAGELS

Plain, Poppy, Sesame, Everything, Onion, Cinnamon, Raisin,
Garlic, Pumpkinnickel, Whole Wheat, Blueberry,
Whole Wheat Everything

- 17. Bagel with Butter or Jelly1.00
- 18. Bagel with Butter and Jelly1.50
- 19. Bagel with Peanut Butter and Banana2.95
- 20. Bagel with Peanut Butter and Jelly.....2.50
- 21. Bagel with Cream Cheese1.75
- 22. Bagel with Flavored Cream Cheese2.50
Vegetables, scallion, chocolate chips, strawberry, etc.
- 23. Bagel with Lox Spread.....3.00
- 24. Nova Lox and Cream Cheese, Tomato & Onion.....6.50



EGG WRAPS

- 25. Greek Style Wrap feta, spinach, tomatoes and onion4.95
- 26. Healthy Egg White Wrap whites, roasted vegetables.....4.95
- 27. Turkey, Egg and Cheese Wrap4.95
- 28. Classic Egg Wrap turkey ham, egg, cheese and home fries.5.50
- 29. Southwestern Style Wrap5.50
turkey ham, onion and peppers, cheddar cheese and salsa
- 30. Grilled Chicken and Egg Wrap.....5.95

FROM THE GRILL

Slice bread, rolls or bagels

Sandwich Deluxe

- 31. Grilled Cheese3.50 5.95
- 32. Grilled Cheese with Bacon or Ham with Tomato4.50 5.95
- 33. Bacon Lettuce & Tomato.....4.95 5.95
- 34. Tuna or Chicken Salad Melt.....5.50 6.95

SPECIAL SANDWICHES \$7.95

- 35. Italian ham, salami, provolone cheese, oil, vinegar, lettuce and tomato
- 36. California grilled chicken, roasted pepper, avocado, spinach, tomato and balsamic vinaigrette dressing
- 37. The Mexican Hero grilled chipotle chicken, fresh mozzarella, avocado, lettuce and tomato
- 38. Hot Pastrami pastrami, Swiss cheese, onion, mustard and tomato
- 39. Romeo Special grilled chicken, melted cheddar sliced pickle, lettuce, tomato, honey mustard dressing
- 40. Im Hungary roast beef, turkey, bacon, Swiss cheese cole slaw and Russian dressing
- 41. The New Yorker smoked turkey, fresh Mozzarella and honey mustard
- 42. Ruben corned beef, melted Swiss cheese, cole slaw Russian dressing
- 43. Big Chicken Chicken salad, bacon, lettuce, 3 slice with toast and mayo
- 44. Chicken Cheddar chicken cutlet with melted cheddar, crispy bacon, lettuce and tomatoes
- 45. Italian Style beef salami, turkey ham, provolone cheese, lettuce, tomatoes, oil and vinegar
- 46. Godfather grilled roasted beef and grilled turkey, melted provolone cheese, onion and mayo



ASK FOR OUR DAILY SOUP

16 oz. \$3.50



GRILLED BURGERS

Plain Deluxe

- 47. Cheese Burger.....5.00 6.95
- 48. Turkey Burger5.00 6.95
- 49. Veggie Burger5.50 6.95
- 50. Italian Burger with Mozzarella and Marinara sauce..5.50 6.95
- 51. Bacon Cheese Burger5.95 7.95
- 52. Texas Cheese Burger5.95 7.95
with bacon, Monterey jack cheese and cole slow
- 53. Reuben6.50 7.95
Hot corned beef, Russian dressing, Swiss cheese and sauerkraut on grilled rye. Deluxe served with french fries and pickles



COLD CUTS SANDWICHES

Sandwich \$5.50 Hero \$6.50

Lettuce and Tomato Included

Cheese \$0.50 extra

- Salsalido Spicy Turkey - Everroast
- Chicken Breast - Blazing Buffalo
- Roast Chicken - Turkey Breast
- Honey Turkey - Roast Beef - Pepper Turkey
- Smoked Turkey - Ham - Beef Bologna
- Salami - Pastrami - Corned Beef



COLD CUTS

- 54. Cheese..... 7.99 / lb
- 55. Always Boar's Head Meat..... 9.99 / lb

SALAD SANDWICHES

Sandwich \$5.50 Hero \$6.50

Cheese \$0.50 extra

- Tuna Salad - Chicken Salad - Shrimp Salad
- Healthy Tuna - Fish - Crab Meat - Egg Salad
- Seafood Salad - BBQ Chicken - Grilled Chicken - Italian Salad

SALAD PER POUND

- 56. Tuna Salad..... 8.99 / lb
- 57. Healthy Tuna Salad 8.99 / lb
- 58. Chicken Salad 8.99 / lb
- 59. Crabmeat..... 8.99 / lb
- 60. Seafood Salad 8.99 / lb
- 61. Egg Salad 8.99 / lb
- 62. Italian Salad 9.95 / lb
- 63. Grilled Chicken..... 9.95 / lb
- 64. Shrimp Salad..... 13.00 / lb
- 65. Macaroni Salad..... 3.00 / lb
- 66. Potato Salad..... 3.00 / lb
- 67. Cole Slaw 3.00 / lb



WRAPS \$6.50

- 68. Arizona chicken cutlet, pepper jack cheese, hot peppers, lettuce, tomato and herb mayo on a gourmet wrap
- 69. Veggie green zucchini, yellow squash, red, yellow and green peppers with hummus on a gourmet wrap
- 70. Caesar grilled chicken, Caesar dressing, croutons and Parmesan cheese on a gourmet wrap
- 71. American roast beef, turkey, American & Swiss cheese, lettuce, tomato, mayo or mustard on a gourmet wrap
- 72. Sicilian grilled chicken, peppers and onions on a gourmet wrap with fresh mozzarella
- 73. E.Z.Z. grilled chicken, sun-dried tomato, fresh basil, fresh mozzarella and honey mustard on a gourmet wrap
- 74. BBQ Chicken sliced barbecued chicken breast, avocado, romaine, jack cheese and sun-dried tomato sauce on a gourmet wrap
- 75. Woods Wrap turkey ham, Swiss cheese, sun-dried tomatoes, spinach and honey mustard

PHILLY STEAK STYLE SANDWICHES

\$7.50

- 76. Original Philly with onions, peppers and mozzarella cheese
- 77. Italian Steak with onions, peppers, marinara sauce and Mozzarella cheese
- 78. Mexican Steak with onions, peppers, jalapeno, avocado, and Monterey jack cheese
- 79. Chicken Steak grilled chicken with onions, peppers and cheese
- 80. Texas Steak with onions, peppers, mozzarella and BBQ sauce



GARDEN CITY COMBINATION

- 81. BBQ Chicken sliced BBQ chicken breast, avocado, romaine, jack cheese and sun-dried tomato
- 82. Chef Pick grilled chicken breast with avocado and roasted peppers
- 83. Fresh Mozzarella sun-dried tomatoes, fresh basil leaves, roasted peppers, extra virgin olive oil and cracked black pepper on French baguette
- 84. Southwestern Cajun chicken, avocado, cheddar and Ranch dressing
- 85. Willie Pick grilled chicken, grilled vegetables, avocado, Swiss cheese and Ranch dressing

QUESADILLAS

A crisp half tortilla filled with your choice of delicious ingredients.

Base includes cheddar cheese and jack cheese, sour cream and salsa

All served with chips, pickle, sour cream and salsa

- 86. Chicken Broccoli with pepper jack and cheddar cheese ..7.95
- 87. Cajun Chicken with cheddar and Monterey jack cheese ...7.95
- 88. Grilled steak with onions, peppers and cheese.....7.95
- 89. Veggie (Assorted Vegetables)7.95
Cheddar and Monterey jack cheese, black olives, roasted peppers and onions