

# THE GREAT AMERICAN HEALTH BAR

A RESTAURANT FOR HEALTHY EATING

PAS YISROEL  
CHOLOV YISROEL  
UNDER STRICT  
RABBINICAL SUPERVISION

**DELIVERY MENU**  
35 WEST 57TH STREET  
NEW YORK, NY 10019  
CALL (212) 355-5177



## APPETIZERS & SIDES

CAJUN FRIES	8.50
HUMMUS & PITA	8.50
BABA GANOUSH & PITA	8.50
(4) FALAFEL BALLS & TAHINI	10.00
(4) STUFFED GRAPE LEAVES	8.50
ISRAELI SALAD & TAHINI	10.00
TABOULLIE	8.50
TODAY'S RICE	7.50
SCOOP OF TUNA SALAD	11.00
SCOOP OF EGG SALAD	8.50
POTATO SALAD	7.50
COLE SLAW	7.50

## LARGE SALADS ADD a Cup of Soup + 4.00

- THE TASTY AVOCADO & SWEET BEET SALAD** on Romaine & Mesclun Greens with Shredded Carrots, Peppers, Cucumbers, Tomatoes, Corn, Cranberries & Red Onions 17.00
- SCOOP of TUNA SALAD** on Romaine & Mesclun with Tomatoes, Cucumbers, Corn, Shredded Carrots, Peppers, Cranberries, Red Onions & Sliced Hard-Boiled Egg 20.00
- BAKED SALMON, SWEET POTATO & QUINOA SALAD** on Romaine & Mesclun Greens w/Shredded Carrots, Peppers, Cucumbers, Corn, Cranberries, Tomatoes & Red Onions 23.00
- HEARTS of PALM, SWEET CORN & PEPPER JACK SALAD** with Sliced Hard Boiled Egg, Avocado, Shredded Carrots, Peppers, Cucumbers & Tomatoes on Mesclun 17.00
- THE GREEK SALAD** Feta Cheese, Olives, Red Onions, Hard Boiled Eggs w/(2) Grape Leaves, Shredded Carrots, Peppers, Cucumbers & Tomatoes on Mesclun 17.00
- CAESAR SALAD** Romaine Hearts, Crisp Croutons, Parmesan, Sliced Hard Boiled Eggs & Creamy Caesar Dressing 16.00
- TACO SALAD** A Jumbo Taco filled with Romaine, Today's Rice, Israeli Salad, Our Veggie Chili, Shredded Carrots, Sliced Avocado, Honey Ricotta, Corn & Cheddar Cheese 17.00
- ROASTED CAULIFLOWER & PORTOBELLO QUINOA SALAD** with Feta, Chick Peas, Corn, Shredded Carrots, Cucumber, Tomatoes, Red Onion on Mesclun Greens 19.00

## CREATE YOUR SALAD

Romaine, Mesclun Greens or Baby Spinach  
w/choice of 5 toppings (plus ONE Premium)

17.00 **ADD SCOOP of TUNA SALAD + 6.00**  
**ADD SCOOP of EGG SALAD + 4.00**

+ 1.50 each

CORN  
TOMATOES  
CRAISINS  
CARROTS  
CUCUMBERS  
SNAP PEAS  
CHICK PEAS  
CROUTONS

KIDNEY BEANS  
CHERRY TOMATOES  
MUSHROOMS  
RED ONIONS

+ 2.00 each

MIXED OLIVES  
PASTA  
SLICED EGG  
BEETS  
SHREDDED MOZZARELLA  
HEARTS OF PALM  
SUN-DRIED TOMATOES  
MIXED PEPPERS

PREMIUM + 3.00 each

PORTOBELLO MUSHROOMS  
AVOCADO • FETA CHEESE  
QUINOA • TODAY'S RICE  
CHUNKS of TUNA

**DRESSINGS:** Low-Fat House Vinaigrette • Creamy Balsamic Vinaigrette • Honey Mustard  
• Lemon Tahini • Creamy Caesar • Asian Sesame Ginger • Vinegar & Olive Oil • Lemon Juice

## FALAFEL BAR

Create Your Plate

4 FALAFEL BALLS & 3 SIDES	17.00
4 FALAFEL BALLS & 4 SIDES	20.00
4 FALAFEL BALLS & 5 SIDES	23.00

**SUBSTITUTE FALAFEL for**  
• Scoop of Tuna Salad or  
• Scoop of Egg Salad or  
• Spinach Burger

## SIDES

- Veggie Chili
- Hummus
- Today's Rice
- BabaGanoush
- Quinoa
- Israeli Salad
- Roasted Sweet Potato
- Taboullie
- Eggplant Salad
- Greek Salad
- Roasted Beets
- Caesar Salad
- Potato Salad
- Arugula Salad
- Spicy Fries
- Creamy Cole Slaw
- (3) Stuffed Grape Leaves

## DRESSINGS

- Creamy Lemon Tahini
- Lemon Cilantro
- Lemon & Extra Virgin Olive Oil



# HEALTHY SANDWICHES

Served with a Side Salad • **SUBSTITUTE SALAD for Cajun Fries + 5.00**



**ADD a Cup of Soup + 4.00 • ADD Homemade Cole Slaw & Pickles + 4.00**

- 8. **THE TUNA MELT** *The Whitest Tuna Fish Salad with American Cheese & Sliced Tomato on Pesto Whole Wheat Toast* 18.00
- 9. **FALAFEL & HUMMUS** *Ground Chick Peas, Herbs & Spices, Lightly Fried. Served in Pita with Hummus, Israeli Salad, Taboullie & Tahini Sauce* 15.00
- 10. **PORTOBELLO MUSHROOM, EGGPLANT & MOZZARELLA MELT** *with Sweet Red Onions, Marinara on Pesto Toasted Ciabatta* 17.00
- 11. **BAKED SALMON & EGGPLANT SANDWICH** *Salmon w/Spicy Mayo, Mesclun, Red Onion & Tomato on Pesto Toasted Ciabatta* 22.00
- 12. **TUNA SALAD & AVOCADO SANDWICH** *Sliced Avocado, Tuna Salad, Sliced Tomato on Pesto Whole Wheat Toast* 19.00
- 13. **VEGGIE CHEESE BURGER** *A Patty of Chopped Vegetables & Beans, Pan-Seared. Served with American Cheese, Sliced Tomato, Mesclun Greens & Spicy Mayo on a Toasted Pesto Wheat Bun* 16.00
- 14. **SPINACH BURGER** *A Patty of Chopped Spinach & Fresh Herbs, Pan-Seared. Served with Sliced Tomato, Mesclun Greens & Spicy Mayo on a Toasted Pesto Wheat Bun* 17.00
- 14A. **NOVA LOX & CREAM CHEESE** *with Sliced Tomato, Red Onions & Capers on Toasted Bagel* 22.00
- 14B. **CLASSIC EGG SALAD** *with Sliced Tomato, Red Onions & Mesclun on Whole Wheat Toast* 16.00
- 14C. **PANKO-CRUSTED FISH FILLET BURGER** *with Sliced Tomato, Red Onions, Spicy Mayo & Tartar Sauce on Toasted Wheat Bun* 22.00

## WRAPS *in Wheat or Plain Wrap with a Side Salad • SUBSTITUTE SALAD for Cajun Fries + 5.00*

**ADD a Cup of Soup + 4.00 • ADD Homemade Cole Slaw & Pickles + 4.00**



- 15. **SPINACH BURGER WRAP** *w/Hummus, Mesclun, Tomatoes, Hard-Boiled Egg & Red Onions* 17.00
- 16. **TUNA WRAP** *with Mesclun Greens, Sliced Tomato, Sliced Avocado, Pesto Mayo & Pepper Jack Cheese* 19.00
- 17. **EGGPLANT, PORTOBELLO & FETA WRAP** *with Hummus, Mesclun Greens, Red Onions & Tomato* 17.00
- 18. **HUMMUS & FALAFEL WRAP** *with Mesclun Greens, Israeli Salad, Taboullie & Tahini Sauce on the side* 16.00
- 19. **SALMON & EGGPLANT WRAP** *w/Mesclun Greens, Tomatoes, Red Onions, Corn & Pesto Mayo* 22.00
- 20. **CLASSIC EGG SALAD WRAP** *with Mesclun Greens, Tomatoes, Cucumbers & Red Onions* 17.00

## PANINIS *Served with a Side Salad 17.00 • ADD a Cup of Soup + 4.00*

*Our Flatbread with Marinara, Cheddar & Mozzarella Cheeses & Your Choice of Mix-in:*

- P1. MARGHERITA, TOMATO & BASIL
- P5. MIXED OLIVES
- P2. SPINACH & RICOTTA
- P6. SUPER VEGGIE
- P3. GRILLED PORTOBELLO & EGGPLANT
- P7. MUSHROOM & GRAPE TOMATO
- P4. ROASTED CAULIFLOWER & BROCCOLI

## CREATE YOUR OWN OMELETTE 17.00

*Served with a Side Salad or Home Fries*

OMELETTE MADE with 3 EGGS & CHOICE of 2 MIX-INS  
Spinach, Tomato, Mushrooms, Onions, Peppers,  
Olives, American Cheese, Cheddar, Mozzarella  
or Feta Cheese

Additional Mix-In(s) + 1.00 each  
• with EGG WHITES ONLY + 2.00



## SHAKSHUKA

### A Mediterranean Specialty

**w/Side Salad & Pita 18.00**  
(3) Savory Eggs over  
Our Slow Simmered  
Homemade Plum Tomato Sauce,  
Diced Mixed Peppers, Cilantro,  
Sweet Onion, Fresh Garlic,  
Cumin & a Medley of Spices.

with:

**Mozzarella Cheese + 2.00**  
**Egg Whites Only + 2.00**



## TODAY'S SOUP (ALL VEGETARIAN)

12 oz. 7.00 16 oz. 9.00

Add a Cup of Our Delicious Soup to Any Salad, Sandwich,  
Wrap, Panini or Omelette + 4.00 extra

16 oz. SOUP & BROWN RICE 15.50

16 oz. SOUP & MIXED GREEN SALAD  
W/HOUSE DRESSING 17.00

# PASTA DISHES

Served with A Side Salad



- A. **BAKED ZITI** with Low-Fat Ricotta, Mozzarella Cheese & Our Homemade Zesty Marinara 20.00
- B. **SPINACH LASAGNA** with Layers of Low-Fat Ricotta, Mozzarella, Spinach & Marinara Sauce 21.00
- C. **RIGATONI, PORTOBELLO & EGGPLANT** w/Light Cream, Sundried Tomato, Spinach, Peppers & Tomato Basil Vodka Sauce 23.00
- D. **SPAGHETTI TOMATO BASIL** with Our Delicious Plum Tomato Basil Sauce & Parmesan Cheese 19.00
- E. **SALMON RIGATONI** with Sautéed Spinach, Broccoli, Mushrooms, Sundried Tomatoes & a Touch of Our Pesto Cream 26.00
- F. **THREE MUSHROOMS & RIGATONI** Shitake, Portobello, Wild Mushrooms, Sautéed Spinach, Garlic, Fresh Basil with a Touch of Cream & Parmesan Cheese 23.00
- G. **FETTUCCINI ALFREDO & SUN-DRIED TOMATO** w/White Mushrooms, Broccoli, Sautéed Spinach w/Light Cream & Parmesan 23.00
- H. **PENNE PRIMAVERA** with Spinach, Mushrooms, Broccoli, Cauliflower in Pink Sauce 23.00
- I. **EGGPLANT PARMESAN** w/Mozzarella, Marinara over Penne 24.00
- J. **PENNE ALA VODKA** w/Tomato Sauce, Cream & Parmesan 21.00
- K. **SPAGHETTI PESTO** with a Touch of Cream & Parmesan 21.00



## PERSONAL PIZZA & SALAD *Made on Thin Wheat Focaccia*

- PZ1. **MARGHERITA, TOMATO & BASIL** Fresh Tomato Sauce & Low-Fat Mozzarella Cheese 15.00
- PZ2. **SPINACH & RICOTTA** with Fresh Plum Tomato Sauce & Low-Fat Mozzarella Cheese 16.00
- PZ3. **GRILLED PORTOBELLO & EGGPLANT** Fresh Plum Tomato Sauce & Low-Fat Mozzarella Cheese 16.00
- PZ4. **ROASTED CAULIFLOWER & BROCCOLI** with Fresh Plum Tomato Sauce & Low-Fat Mozzarella Cheese 17.00
- PZ5. **MIXED OLIVES** with Fresh Plum Tomato Sauce & Low-Fat Mozzarella Cheese 15.00
- PZ6. **SUPER VEGGIE** Mushrooms, Peppers, Onions, Tomato Sauce & Low-Fat Mozzarella Cheese 17.00
- PZ7. **MUSHROOM & GRAPE TOMATO** with Fresh Plum Tomato Sauce & Low-Fat Mozzarella Cheese 16.00

## FALAFEL & MEDITERRANEAN ENTRÉES

ADD a Cup of Today's Soup + 4.00

- M1. **FALAFEL & HUMMUS PLATTER** (3) Falafel Balls with Israeli Salad, Taboullie, Tahini & Pita 17.00
- M2. **COMBO PLATTER** w/Hummus, Baba Ganoush, Taboullie, (3) Falafel Balls, Israeli Salad, Olives, (2) Stuffed Grape Leaves, Tahini & (2) Pitas 19.00
- M3. **MEDITERRANEAN SUPER COMBO PLATTER** An Assortment of Hummus, Baba Ganoush, Taboullie, (3) Falafel Balls, (2) Stuffed Grape Leaves, Feta Cheese, Israeli Salad, Olives, Tahini & (2) Pitas 21.00
- M4. **FALAFEL, TODAY'S RICE & CHILI** with Israeli Salad & Hummus 20.00
- M5. **EGGPLANT PARMESAN & SIDE SALAD** Panko-Breaded Eggplant, Low-Fat Mozzarella & Parmesan Cheese w/Marinara Sauce 21.00
- M6. **VEGGIE CHILI & SIDE SALAD** Baked Beans, Served over Today's Rice & topped w/Mozzarella 19.00

## FRESH FISH — CATCH OF THE DAY

ADD a Cup of Soup or Side Salad + 4.00

- FISH & CHIPS** Beer Battered & Fried Fresh Filet of Fish served with Cajun Fries and Tartar Sauce 25.00
- SESAME FISH & MIXED VEGETABLES** in Asian Ginger-Soy Sauce Served with Today's Rice 28.00

**Fish Dishes below are served with (2) Side Dishes : Today's Rice or Roasted Potato or Sweet Potato or Mixed Vegetables**

- OVEN ROASTED SALMON** Served with Tangy Tomato Sauce **or** Mushroom Basil Cream Sauce 29.00
- SALMON TERIYAKI** Oven Baked to Perfection with a Ginger-Soy Teriyaki Glaze 29.00

## COFFEE BAR **FRESH BREWED** *All Coffees may be Decaffeinated*

- REG or DECAF 12 oz. 2.95 / 16 oz. 3.95
- ESPRESSO Deep-Flavored Blend Single 3.75 / Double Shot 4.75
- Hot Specialty Coffees: 12 oz. 4.75 / 16 oz. 5.75**
- CAPPUCCINO Equal Parts of Espresso, Steamed & Foamed Milk
- MOCHACCINO with Cocoa
- CAFÉ MOCHA Espresso, Bittersweet Chocolate w/Steamed Milk
- CAFÉ AU LAIT 2/3 Steamed Milk & 1/3 Coffee
- CAFÉ LATTE (Our Specialty) Espresso with Steamed Milk
- OLD-FASHIONED HOT CHOCOLATE Made w/Steamed Milk
- ICED CAPPUCCINO • ICED CAFÉ MOCHA • ICED CAFÉ LATTE  
16 oz. 4.75 / 20 oz. 6.00
- FROZEN CAPPUCCINO 20 oz. 9.00
- FROZEN MOCHACCINO 20 oz. 9.00



Visit Us Online at

**GAHBmenu.com**

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**(212) 355-5177**

We Deliver via:

grubHub



## FRESH FRUIT SMOOTHIES

*Give You A Healthful Boost to Get You Through the Day*

16 oz. 8.50 / 20 oz. 10.00

**THE GREAT WHITE WAY** Banana, Milk & Frozen Yogurt

**THE ROSE GARDEN** Strawberries, Milk & Frozen Yogurt

**YOGOCCINO** Espresso, Chocolate Syrup, Milk

& Frozen Yogurt

**STRAWBERRY BANANA** with Milk & Frozen Yogurt

**PROTEIN BOOSTER** Protein, Milk & Frozen Yogurt

**MANGO-BANANA** with Milk

& Frozen Yogurt

**MANGO-STRAWBERRY**

w/Milk & Frozen Yogurt

**ALL-MANGO** with Milk

& Frozen Yogurt



A Refreshing Treat!

## NONFAT FROZEN YOGURT

12 Calories per Ounce • No Fat

• No Cholesterol

Sm. 7.50 Reg. 9.50

**TOPPINGS:** with RAINBOW or CHOCOLATE SPRINKLES

or BANANAS + 1.00

or GRANOLA + 2.00

or STRAWBERRIES (in Season) + 2.00

or WALNUTS + 3.00

## BEVERAGES

COKE, DIET COKE, GINGER ALE, SPRITE or SELTZER 2.50

FRESHLY BREWED HOT COFFEE 12 oz. 2.95 / 16 oz. 3.95

ICED COFFEE 16 oz. 3.75 / 20 oz. 4.50

FRESH ICED TEA (Sugar-free) 16 oz. 3.25 / 20 oz. 4.25

ASSORTED HERBAL TEAS 16 oz. 3.50

POLAND SPRING 2.00

SNAPPLE (LEMON or PEACH) • Reg or DIET 2.75

## LIQUID HEALTH

FRESH SQUEEZED

ORANGE JUICE

16 oz. 10.00



## OUR DELICIOUS DESSERTS

• APPLE CRUMB 8.50

• CHOCOLATE LAVA CAKE 9.50

• VANILLA FROZEN YOGURT & STRAWBERRIES 10.00



PAS YISROEL CHOLOV YISROEL UNDER STRICT RABBINICAL SUPERVISION