

# THE GREAT AMERICAN HEALTH BAR

A RESTAURANT FOR HEALTHY EATING

Welcome to the Great American Health Bar...

"Our menu is designed with your health in mind. All foods are prepared in the most calorie conscious manner and are of the freshest and highest quality obtainable."

Enjoy...



UNDER STRICT  
RABBINICAL  
SUPERVISION

PAS YISROEL  
CHOLOV YISROEL



**35 West 57th Street**

*between 5th and 6th Avenues*

**New York, NY 10019**

**(212) 355-5177**

6-10 person minimum

Corporate Charges

Welcome

**WE DELIVER VIA:**



**grubHub**

**פֶּשֶׁר**

Visit Us Online for Our Delivery & Catering Menus at

**[www.GAHBmenu.com](http://www.GAHBmenu.com)**

## Catering Menu & Party Platters



# Brunch Catering

10 person minimum

## Bagels & Breads

23.00 per person

**An Assortment of Tuna Salad, Classic Egg Salad & Cream Cheeses (2 kinds)**

*Served w/Pasta Salad, Israeli Salad. Garnished w/Sliced Tomatoes, Onions & Cucumbers.*

## Nova Lox, Bagels & Breads

34.00 per person

**An Assortment of Sliced Nova Lox, Capers, Cream Cheese, Baked Salmon Salad, Tuna Salad & Classic Egg Salad.**

*Served with Pasta Salad, Greek Salad & Cole Slaw. Garnished with Sliced Tomatoes, Onions & Cucumbers.*

## Eggs & Omelettes

24.00 per person

**With an Assortment of Bagels & Breads.** *Served w/Home Fries, Pasta Salad, Greek Salad, Cole Slaw, Hummus & Israeli Salad with Sliced Tomatoes, Onions & Cucumbers.*

## French Toast & Pancakes

23.00 per person

*Served with Scrambled Eggs, Home Fries, Strawberries, Butter & Maple Syrup with Hummus & Israeli Salad.*

## Assorted Cheeses & Olive Platter

22.00 per person

**An Assortment of Cheddar, Mozzarella, Pepper Jack & Feta Cheese, Mixed Olives & Walnuts.** *Served with Toast & Seasonal Fruits.*

## Hors d'Oeuvres

9.00 per person each

8 person minimum

- Fresh Mozzarella, Tomato & Basil
- Raw Vegetables & Dips
- Assorted Grilled Panini
- Assorted Quesadillas
- Assorted Cheese & Crisps
- Assorted Berries & Fruits
- Guacamole & Tortilla Chips
- Stuffed Mushrooms
- Assorted Cheese
- Assorted Finger Wraps
- Hot Portobello & Feta Rolls
- Focaccia Pizzas
- Spinach Rolls
- Spicy Salmon Rolls ADD 3.00



## Side Orders

8.00 per person each

8 person minimum

- ▣ Mixed Fruit Salad
- ▣ Assorted Cookies
- ▣ Caesar Salad
- ▣ Israeli Salad
- ▣ Spicy Fries
- ▣ Mixed Green Salad
- ▣ Hummus & Pita
- ▣ Cous Cous Salad
- ▣ Taboullie Salad
- ▣ Baba-Ganoush
- ▣ Falafel Balls & Tahini
- ▣ Stuffed Grape Leaves
- ▣ Red-Skin Potato Salad
- ▣ Tri-color Pasta Salad
- ▣ Mixed Pickled Vegetables





Please Call Our  
Catering Dept. at  
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## Hot Pasta

23.00 per person

6 person minimum

Served w/Mixed Greens, Caesar Salad or Greek Salad & Pesto Garlic Bread

- ▣ **Baked Ziti** An Old Favorite with Ricotta Cheese, Mozzarella & Marinara Sauce
- ▣ **Eggplant Parmesan** Layers of Eggplant, Cheese & Tomato Basil
- ▣ **Baked Spinach Lasagna** with Layers of Low-Fat Ricotta, Mozzarella & Marinara Sauce
- ▣ **Tuna Casserole** Creamy Elbow Macaroni & Tuna Chunks Topped with Cheese
- ▣ **Vegetable Casserole** Crisp Vegetables & Rigatoni Pasta in a Pink Sauce
- ▣ **Rigatoni Salmon** w/Fresh Pieces of Baked Salmon in a Light Basil Cream Sauce
- ▣ **Rotini Shitake Mushroom** in a Garlic Pesto & Light Cream Parmesan
- ▣ **Penne Primavera** with Mixed Vegetables & Basil
- ▣ **Fettuccine Alfredo** with Parmesan Cream Sauce
- ▣ **Gemelli Pesto & Parmesan Cheese**
- ▣ **Three Mushrooms Rigatoni in Pink Sauce** Shitake, Portobello and Wild Mushrooms with Arugula, Roasted Garlic, Fresh Basil, Virgin Olive Oil & a Touch of Cream
- ▣ **Rigatoni & Roasted Veggies** with Your Choice of Light Cream Sauce or Fresh Plum Tomato & Basil
- ▣ **Fresh Mozzarella & Penne** with Sautéed Spinach, Sun-Dried Tomato, Garlic, Mushrooms & Plum Tomato Basil Sauce
- ▣ **Penne Tomato Basil** Penne Pasta with Plum Tomato Basil Sauce
- ▣ **Penne Alla Vodka** Plum Tomato, Fresh Basil, Corn and Snap Peas in a Pink Sauce
- ▣ **Rotini Pesto** with Sun-Dried Tomato, Pine Nuts, Our Pesto, a Touch of Cream & Parmesan Cheese



## Personal Pizza & Salad

16.00 per person

6 person minimum. On Thin Crust.

Served with Caesar or Mixed Green Salad

- ◉ **Mozzarella, Plum Tomato & Basil**
- ◉ **Roasted Eggplant, Portobello & Cheese**
- ◉ **Four Cheeses**
- ◉ **Spinach & Ricotta**
- ◉ **Mushrooms, Peppers, Red Sweet Onions & Cheese**
- ◉ **Roasted Veggies** Eggplant & Peppers with Fresh Plum Tomato, Garlic & Oregano
- ◉ **Super Veggie** Peppers, Mushrooms, Onions and Black Olives, Plum Tomato, Garlic & Low-Fat Mozzarella Cheese

- ◉ **Mushroom, Green & Black Olives**
- ◉ **Roasted Peppers & Mushroom**
- ◉ **Roasted Cauliflower & Broccoli**
- ◉ **Ziti Pizza**





## Sandwiches & Wraps 20.00 per person

*Chef's choice on a variety of breads with complimenting garnishes.*

*Served with Potato Salad, Cole Slaw & Pickles.*

- Tuna, Roast Veggies & Arugula
- Portobello & Mozzarella Cheese
- Fish Tartar, Lettuce & Tomato
- Roast Veggies & Mozzarella Cheese
- Mozzarella, Tomato & Basil
- Oven Roasted & Grilled Veggies
- Falafel & Hummus Pita
- Veggie Burger
- Spinach Burger
- Eggplant & Feta Cheese Wrap
- Oven Baked Salmon Wrap **ADD + 6.00**
- Tuna Avocado Wrap
- Sesame Ginger Fish Wrap
- Egg Salad Wrap

## Salads 16.00 per person 6 person min./per selection

*Our freshly tossed salads are an array of hand-picked market fresh greens, vegetables & cheeses with complimenting dressings or your favorites.*

- **Greek Salad** Feta Cheese & Olives
- **Chef Salad** Muenster, Mozzarella & Cheddar Cheese
- **Hearts of Palm & Roasted Peppers Salad**
- **Pasta, Broccoli & Portobello Salad**
- **Taco Salad** ◦ **Caesar Salad** ◦ **Quinoa Salad**



## Falafel Platter 18.00 per person

*Served with Pita & Pesto Panini Bread*

**A Platter Assortment of Hummus, Baba-Ganoush, Falafel Balls, Israeli Salad, Taboullie, Feta Cheese, Stuffed Grape Leaves, Garnished with Chick Peas & Olives.**

*We will be happy to custom  
design a menu to  
suit your occasion & budget  
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Department at*

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## Whole Cakes 50.00+ each

*48 hours notice*

- Carrot Cake**
- Chocolate Mousse**
- White Chocolate Mousse**
- Apple Pie or Apple Crumb**
- Creamy New York Cheese Cake**
- Red Velvet Cake**

