



Ready To Eat

Take-away & Delivery

212-229-1013 Ext 2

SANDWICH MENU

\$8.75 EACH

Vegan

Grilled Mixed Vegetables with Hummus & Black Olive Spread on Baguette
Smashed Avocado with Tomato and Alfalfa Sprouts on Ciabatta

Vegetarian

Smoked Mozzarella & Tomato with Pesto on Ciabatta
Avocado Black Bean with Roasted Red Pepper, Cheddar & Chipotle Mayo in Black Bean Wrap

Egg

Egg Salad with Dill and Field Greens on Pumpernickel
Sliced Egg with Tomato, Alfalfa Sprouts and Tahini Sauce on Multigrain

Fish

Tuna Salad with Mixed Greens on Onion Brioche Roll
House-Cured Gravlax Salmon with Wasabi Cream Cheese on Pumpernickel

Turkey

Turkey Club with Bacon, Lettuce, Tomato and Mayo on Rye
Roasted Turkey with Black Beans, Roasted Red Pepper, Cheddar, Romaine in Chipotle Wrap
Herb-Roasted Turkey & Arugula with Cranberry Dressing on Pumpernickel
Smoked Turkey & Munster with Mango-Chutney Mayo on Country White

Chicken

Chicken Caesar Salad with House Made Croutons in Spinach Wrap
Sliced Grilled Chicken Breast & Arugula with Roasted Red Pepper Sauce on Baguette
Curried Chicken Salad with Apples & Raisins in Spinach Wrap
Roasted Chicken Breast, Alfalfa Sprouts, Sliced Apple & Brie-Chutney on Multi-Grain

Meat

Roast Beef & Slaw with Russian Dressing on Rye
Genoa Salami, Prosciutto & Provolone with Italian Vinaigrette on Ciabatta
Black Forest Ham & Brie with Honey Mustard on Country White
Mortadella, Prosciutto, Mozzarella with Tomato & Basil on Whole Wheat Baguette



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SALAD OPTIONS

Grilled Chicken Caesar Salad: \$10.95 each
Romaine, Croutons & Parmigiano

Cobb Salad: \$10.95 each
Grilled Chicken, Bacon, Avocado, Hard Boiled Egg, Tomato, Greens & Blue Cheese

Greek Salad: 10.95 each
Grape Leaves, Cucumber, Tomato, Feta, Black Olives, Chickpeas & Greens

Chinese Chicken Salad: \$10.95 each
Roasted Chicken, Sprouts, Cucumbers, Carrots, Peanuts, Chinese Noodles & Spinach

Nicoise Salad: \$10.95 each
Tuna, Green Beans, Beets, Potato, Tomato, Egg, Olives, Anchovy & Greens

Atlantic Salad: \$11.95 each
Grilled Salmon, Hard Boiled Egg, Cucumber, Tomato, Red Onions & Baby Spinach

Thai Steak Salad: \$11.95 each
Thai-Spiced Beef, Cucumbers, Tomato, Shredded Carrots & Mixed Greens

Kale Salad: \$9.95 each
Hearts of Palm, Kidney Beans, Pickled Red Peppers & Onions with a Lemon Vinaigrette

Grain Salad: \$10.95 each
A medley of Couscous, Farro, Lentils, Chick Peas with Sliced Avocado over Mixed Greens with Lemon Vinaigrette

Grilled Vegetable Salad: \$10.95 each
Grilled Eggplant and Zucchini with Hummus over Mixed Greens with Lemon Vinaigrette



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HOT ENTRÉES

All entrees include 1 Full Side Serving,
or can be split into two selections
with the exception of Stews*, which come with Rice Pilaf only.

Available Daily:

- Southwestern Meatloaf: \$10.95
- Grilled Chicken Breast: \$13.95
- Turkey Patty: \$11.95
- Chicken Meatballs (GF): \$15.95
- Traditional Crab Cakes: \$14.95
- Toasted Cod with Cherry Tomatoes: \$13.95
- Lamb Meatballs in Greek Tomato Sauce: \$14.95
- Sirloin Steak Tips: \$15.95
- Grilled Salmon: \$15.95
- Poached Salmon: \$15.95
- Pasta with Meatballs or Meat Sauce (alternates): \$12.95

Monday Specials:

- Whole Grilled Branzino: \$18.95
- Salmon Burger: \$12.95
- Chicken Shawarma: \$12.95
- Cod Fish Stew*: \$12.95
- Traditional Beef Stew*: \$12.95
- Chicken Tagine Stew*: \$12.95
- Leek Presa Meatballs: \$11.95

Tuesday Specials:

- Buttermilk Fried Chicken: \$13.95
- Miso-Sake Stripped Bass: \$19.95
- Sofrito Chicken Stew*: \$12.95
- Beef Moussaka (w/Rice)*: \$13.95
- Leg of Lamb: \$15.95
- Chicken Marsala: \$12.95
- Homemade Brisket: \$14.95

Wednesday Specials:

- Paella (no side): \$14.95
- Eggplant Lasagna: \$13.95
- Pomegranate Chicken: \$12.95
- Italian Sausage: \$12.95
- Moroccan Tilapia: \$13.95
- Pork Schnitzel: \$13.95
- Ground Beef Senia: \$13.95

Thursday Specials:

- Chicken Hawaii Stew*: \$12.95
- Beef Puff Pastry: \$13.95
- Lamb Tagine Stew: \$13.95
- Turkey or Chicken Milanese: \$14.95
- Beef Kabob: \$14.95

Friday Specials:

- Stuffed Pepper or Cabbage \$12.95
- Eggplant Beef Senia (w/Rice): \$13.95
- Thai Beef Stew*: \$14.95
- Turkey or Chicken Parmesan: \$14.95
- BBQ Half Chicken: \$13.95
- Moroccan Fish Balls: \$11.95



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SIDE DISHES

\$5.95 Per Serving

- Penne Pesto with Sun-Dried Tomatoes & Mozzarella**
- Farfalle with Mushroom & Balsamic Vinaigrette**
- Farfalle with Spinach, Sun-dried Tomatoes, Feta & Pinenuts**
- Fusilli Puttanesca with Olives, Capers, Red Onion & Tomato**
- Fusilli with Sun-dried Tomato, Olives & Feta**
- Penne with White Beans, Tomato & Basil**
- Sesame Chinese Noodles with Peanuts & Sprouts**
- Elbow Macaroni with Corn, Peppers & Cilantro in Yogurt-Mayonnaise**
- Pearl Pasta with Sautéed Mushrooms, Onions & Parsley**
- Orecchiette Pasta with Pesto, White Beans, Cherry Tomatoes & Parmesan**
- Wild Rice with Orzo, Dried Cranberries & Pinenuts**
- Couscous with Dried Cranberries, Wheat-berries & Mint**
- Chick Peas & Orzo with Mint & Scallions**
- Quinoa Salad with Lentils**
- Baked Jalapeno Mac & Cheese**
- Candied Orange Carrots**
- Asian Green Bean & Mushroom Salad with Soy-Vinaigrette**
- Red Bliss Potato Salad with Mustard Dill Vinaigrette**
- Roasted Sweet Potatoes**
- Roasted Potatoes with Rosemary**
- Broccoli with Roasted Red Peppers**
- Green Beans with Shallots & Almonds**
- Sautéed Kale**
- Sautéed Spinach with Garlic**
- Butternut Squash**
- Roasted Yellow & Green Zucchini**
- Grilled Zucchini & Eggplant with Roasted Red Peppers**
- Sugar Snap Peas with Shallots & Mint**
- Field Green Salad with Cherry Tomatoes, Cucumber, Carrots & Balsamic Vinaigrette**
- Roasted Parsnips**
- Israeli Salad with Tomato, Cucumber, Cabbage & Artichoke Vinaigrette**
- Black Bean & Corn Salad**
- Cauliflower, Lentil, Shaved Brussels Sprouts with Dijon-Mustard Vinaigrette**
- Brown Rice & Edamame Salad with Bean Sprouts & Parsley**
- Butter-Bean Salad with Crushed Tomatoes, Celery & Balsamic**
- Mama's Roasted Brussels Sprouts**
- Lima-Bean Salad with Cous-Cous, Feta & Crushed Tomatoes**
- Green Bean Salad with Mushrooms, Red Onion, Whole-Grain Mustard & Blue Cheese**