



Ready To Eat

Take-away & Delivery



HOURS

Monday-Saturday
9AM-10PM

Sunday
10AM-8PM

Ready To Eat – Take-away & Delivery

525 Hudson Street, New York, NY 10014

www.ReadyToEatNYC.com

212-229-1013 option 2

GOURMET SANDWICHES • \$8.95 ea.

- Grilled Mixed Vegetables** ^{VG} ^{DF}
w/Hummus & Black Olive Spread on Baguette
- Smashed Avocado with Tomato** ^{VG} ^{DF}
and Alfalfa Sprouts on Ciabatta
- Smoked Mozzarella & Tomato** ^V
with Pesto on Ciabatta
- Avocado & Black Bean** ^V
w/Roasted Red Pepper, Cheddar & Chipotle Mayo
in Black Bean Wrap
- Egg Salad** ^V ^{DF}
with Dill and Field Greens on Pumpernickel
- Avocado, Sliced Egg and Tomato** ^V ^{DF}
w/Alfalfa Sprouts and Tahini Sauce on Multigrain
- Tuna Salad** ^{DF}
with Mixed Greens on Brioche Onion Roll
- House-Cured Gravlax Salmon** Wasabi
Cream Cheese & Cucumber on Pumpernickel
- Turkey Club with Bacon** ^{DF}
Lettuce, Tomato and Mayo on Rye
- Roasted Turkey** with Black Beans, Roasted
Red Pepper, Cheddar, Romaine in Chipotle Wrap
- Herb-Roasted Turkey & Arugula** ^{DF}
with Cranberry Dressing on Pumpernickel
- Smoked Turkey & Muenster Cheese** with
Mango-Chutney Mayo on Country White
- Chicken Caesar Salad** in Spinach Wrap
- Grilled Chicken Breast & Arugula** ^{DF}
with Roasted Red Pepper Sauce on Baguette
- Curried Chicken Salad** ^{DF}
with Apples & Raisins in Spinach Wrap
- Roasted Chicken Breast**, Alfalfa Sprouts,
Sliced Apple & Brie-Chutney, Multi-Grain Bread
- Roast Beef & Slaw** ^{DF}
with Russian Dressing on Rye Bread
- Genoa Salami, Prosciutto & Provolone**
with Italian Vinaigrette on Ciabatta
- Mortadella, Prosciutto, Mozzarella** with
Tomato & Basil on Whole Wheat Baguette
- Black Forest Ham & Brie** with Honey
Mustard on Country White

DESSERTS ^V

- | | | | |
|----------------|---------------|---------|---------------|
| Carrot Cake | \$5.95 | Brownie | \$4.95 |
| Chocolate Cake | \$5.95 | Flan | \$4.95 |
| Energy Bar | \$4.95 | Cookies | \$2.95 |

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LUNCHEON SALADS

- Grilled Chicken Caesar** **\$10.95**
on a Bed of Romaine with Croutons & Parmigiano
- Superfood Chicken Salad** ^{GF} **\$10.95**
Grilled Chicken, Quinoa & Brown Rice, Avocado,
Garden Vegetables over Mix of Kale & Romaine
- Cobb Salad** ^{GF} **\$10.95**
Grilled Chicken Breast with Bacon, Avocado, Egg,
Tomato & Crumbled Blue Cheese
- Chinese Chicken Salad** ^{DF} **\$10.95**
Chicken Breast, Sprouts, Cucumber, Carrot,
Peanuts, Noodles, Baby Spinach w/Sesame Soy
Vinaigrette
- Thai Steak Salad** ^{GF} ^{DF} **\$11.95**
Thai-Spiced Beef with Cucumber, Tomato &
Carrot, Mixed Greens w/Lemon Vinaigrette
- Nicoise Salad** ^{GF} ^{DF} **\$10.95**
Tuna, Green Beans, Beets, Potato, Tomato, Egg,
Olive, Anchovy, Mixed Greens w/Lemon Vinaigrette
- Atlantic Salad** ^{GF} ^{DF} **\$11.95**
Grilled Salmon with Egg, Cucumber, Tomato, &
Onion over Baby Spinach w/Lemon Vinaigrette
- Kale Salad** ^{VG} ^{GF} ^{DF} **\$ 9.95**
Kale w/Hearts of Palm, Kidney Beans, Roasted
Red Peppers & Red Onion w/Lemon Vinaigrette
- Grain Salad** ^{VG} ^{DF} **\$10.95**
A Medley of Couscous, Farro, Lentils, Chick Peas
& Avocado over Greens w/Lemon Vinaigrette
- Grilled Vegetable Salad** ^{VG} ^{GF} ^{DF} **\$10.95**
Grilled Eggplant & Zucchini with Hummus over
Mixed Greens w/Lemon Vinaigrette
- Greek Salad** ^V ^{GF} **\$10.95**
Mixed Greens with Dolmades, Cucumber, Tomato,
Feta, Black Olives & Chickpeas w/Lemon Vinaigrette
- Baby Arugula Salad** ^V ^{GF} **\$10.95**
Baby Arugula with Beets, Oranges, Goat Cheese
with Raspberry Vinaigrette

ROTISSERIE CHICKEN

- Whole Chicken \$14.95**
- Half Chicken \$8.95**
- Half Chicken & A Side \$13.95**

^{VG} **Vegan** ^V **Vegetarian**
^{DF} **Dairy Free** ^{GF} **Gluten Free**



Hot Entrées

- Entrées include ½ LB Side, which can be split into two selections –
- Except for **Stews*** which are served with Basmati Rice w/Sautéed Egg Noodles only.

AVAILABLE EVERY DAY:

- Southwestern Meatloaf ^{DF} **\$10.95**
- Grilled Chicken Breast ^{GF} ^{DF} **\$13.95**
- Turkey Patty ^{DF} **\$11.95**
- Chicken Meatballs ^{GF} ^{DF} **\$12.95**
- Traditional Crab Cakes ^{DF} **\$14.95**
- Roasted Cod w/Cherry Tomatoes ^{GF} ^{DF} **\$13.95**
- Lamb Meatballs in Tomato Sauce **\$14.95**
- Sirloin Steak Tips ^{GF} ^{DF} **\$15.95**
- Grilled Salmon ^{GF} ^{DF} **\$15.95**
- Poached Salmon ^{GF} ^{DF} **\$15.95**
- Pasta w/Meatballs or Meat Sauce: ^{DF} **\$12.95**
- Pan Seared Sesame Crusted Tuna ^{GF} ^{DF} **\$17.95**

MONDAY SPECIALS:

- Whole Grilled Branzino ^{GF} ^{DF} **\$18.95**
- Salmon Burger ^{DF} **\$12.95**
- Chicken Shawarma ^{GF} ^{DF} **\$12.95**
- Cod Fish Stew* ^{DF} **\$12.95**
- Traditional Beef Stew* ^{DF} **\$12.95**
- Chicken Tagine Stew* ^{DF} **\$12.95**
- Leek Presa Meatballs ^{DF} **\$11.95**

TUESDAY SPECIALS:

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

WEDNESDAY SPECIALS:

- Paella (no side) ^{GF} ^{DF} **\$14.95**
- Eggplant Lasagna ^V **\$13.95**
- Pomegranate Glazed Chicken ^{GF} ^{DF} **\$12.95**
- Italian Sausage w/Pepper & Onion ^{GF} ^{DF} **\$12.95**
- Moroccan Tilapia ^{GF} ^{DF} **\$13.95**
- Pork Schnitzel Cutlet ^{DF} **\$13.95**
- Ground Beef & Eggplant Senia* ^{GF} ^{DF} **\$13.95**

BEEF KABOB BURGER: In Pita with Israeli Salad, Tahini Sauce, and Pickles **\$11.95**
Add Cheese **\$1.00**

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Side Dishes

\$5.95 per ½ LB Serving

PASTA SIDES:

- Penne Pesto** with Sun-Dried Tomatoes & Mozzarella ^V
- Pearl Pasta** w/Sautéed Mushroom, Onion & Parsley ^{VB} ^{DF}
- Orzo w/Spinach, Roasted Butternut Squash and Blue Cheese** ^V
- Baked Jalapeno Mac & Cheese** ^V
- Rotating Pasta Sides:**
- Orecchiette w/Pesto, White Beans, Cherry Tomatoes & Parmesan** ^V
- Farfalle with Spinach, Sun-Dried Tomatoes, Feta & Pinenuts** ^V
- Fusilli Puttanesca** w/Olives, Capers, Red Onion & Tomato ^{VB} ^{DF}

VEGGIE SIDES:

- Roasted Butternut Squash** ^{VB} ^{GF} ^{DF}
- Roasted Yellow & Green Zucchini** w/Breadcrumbs ^{VB} ^{DF}
- Roasted Parsnips** w/Molasses ^{VB} ^{GF} ^{DF}
- Roasted Sweet Potatoes** ^{VB} ^{GF} ^{DF}
- Sautéed Kale** w/Garlic ^{VB} ^{GF} ^{DF}
- Sautéed Green Beans** w/Shallots & Almonds ^{VB} ^{GF} ^{DF}
- Blanched Broccoli** ^{VB} ^{GF} ^{DF}
- Candied Orange Carrots** ^{VB} ^{GF} ^{DF}
- Roasted Brussels Sprout** w/Breadcrumbs & Parmesan ^V
- Roasted Cauliflower** w/Breadcrumbs & Parmesan ^V
- Roasted Beets** ^{VB} ^{GF} ^{DF}

THURSDAY SPECIALS:

- Chicken Hawaii Stew* ^{DF} **\$12.95**
- Beef Puff Pastry ^{DF} **\$13.95**
- Lamb Tagine Stew* ^{DF} **\$13.95**
- Turkey or Chicken Milanese **\$14.95**
- Beef Kabob ^{DF} **\$14.95**

FRIDAY SPECIALS:

- Stuffed Pepper or Cabbage ^{GF} ^{DF} **\$12.95**
- Ground Beef & Eggplant Senia* ^{GF} ^{DF} **\$13.95**
- Glazed Braised Beef Cheek* w/Couscous, Sweet Potato & Chick Peas ^{GF} ^{DF} **\$14.95**
- Chicken w/Clementines, Fennel & Arak
- Turkey or Chicken Parmesan **\$14.95**
- BBQ Half Chicken ^{GF} ^{DF} **\$13.95**
- Moroccan Fish Balls ^{DF} **\$11.95**

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THREE SIDE DEAL
½ LB Each of Any Three Sides
\$14.95

GRAIN & RICE SIDES:

- Quinoa & Lentils** w/Sautéed Onion ^{VB} ^{GF} ^{DF}
- Basmati Rice** w/Sautéed Egg Noodles ^V ^{DF}
- Sautéed Kale & Mushroom** w/Farro & Cranberry ^{VB} ^{DF}
- Couscous** w/Crushed Tomato, Lima Bean & Feta ^V
- Quinoa & Brown Rice** w/Diced Garden Veggies, Bean Sprouts, Scallion, Cilantro & Fish Sauce ^{DF}
- Biblical Salad** w/Bulgar, Orzo, Sun-dried Tomato, Parsley & Caramelized Onion ^{VB} ^{DF}

VEGGIE SALAD SIDES:

- Israeli Salad** Chopped Cabbage, Tomato & Cucumber in Lemon Vinaigrette ^{VB} ^{GF} ^{DF}
- Sautéed Spinach, Onion & Butter Bean** w/Mint ^{VB} ^{GF} ^{DF}
- Green Beans w/Tomato & Onion** w/Balsamic ^{VB} ^{GF} ^{DF}
- Asian Green Beans** w/Mushrooms in Soy Vinaigrette ^{VB}
- Shaved Brussels Sprouts** w/Cauliflower & Lentils in Dijon-Mustard Vinaigrette ^{VB} ^{GF} ^{DF}
- Curried Cauliflower** w/Chick Peas & Carrots ^{VB} ^{GF} ^{DF}
- Roasted Eggplant & Cucumber** w/Tahini ^{VB} ^{GF} ^{DF}
- Roasted Eggplant & Red Peppers** w/Onion ^{VB} ^{GF} ^{DF}
- Roasted Zucchini** w/Cherry Tomatoes, White Beans & Parsley ^{VB} ^{GF} ^{DF}
- Chick Peas & Cherry Tomato** w/Cumin & Mint ^{VB} ^{GF} ^{DF}
- Shaved Fennel & Cucumber** w/Dill ^{VB} ^{GF} ^{DF}

HOMEMADE SOUPS (PINT):

- Chicken Noodle **\$6.95**
- Vegetable Soups-Changes Daily **\$4.95**

PACKAGED DELICIOUSNESS – 8 OZ:

- Tuna Salad w/Onion & Celery **\$6.95**
- Egg Salad w/Onion, Celery & Dill **\$5.95**
- Curried Chicken Salad w/Apple & Raisin **\$6.95**
- Red Bliss Potato Salad w/Mustard Dill Vinaigrette **\$5.95**
- Red Cabbage Slaw w/Red Onion and Raisins **\$5.95**
- Beets & Oranges in Raspberry Vinaigrette **\$5.95**
- Sesame Chinese Noodles **\$5.95**
- Labneh Yogurt Cheese **\$5.95**
- Matbucha Moroccan Salsa **\$5.95**
- Homemade Hummus **\$5.95**
- Roasted Eggplant Babaganoush **\$5.95**
- Moroccan Diced Carrots **\$5.95**
- Stuffed Grape Leaves w/Yogurt Sauce (6 pcs) **\$5.95**