



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**

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} ^{GF} ^{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 **\$15.95**

Half Chicken **\$8.95**

Half Chicken & A Side **\$14.95**



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} **\$11.95**
- Grilled Chicken Breast ^{GF} ^{DF} **\$14.95**
- Turkey Patty ^{DF} **\$12.95**
- Chicken Meatballs ^{GF} ^{DF} **\$13.95**
- Traditional Crab Cakes ^{DF} **\$16.95**
- Roasted Cod w/Cherry Tomatoes ^{GF} ^{DF} **\$14.95**
- Lamb Meatballs in Tomato Sauce **\$14.95**
- Sirloin Steak Tips ^{GF} ^{DF} **\$16.95**
- Grilled Salmon ^{GF} ^{DF} **\$16.95**
- Poached Salmon ^{GF} ^{DF} **\$16.95**
- 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} **\$20.95**
- Salmon Burger ^{DF} **\$14.95**
- Chicken Shawarma ^{GF} ^{DF} **\$13.95**
- Cod Fish Stew* ^{DF} **\$13.95**
- Traditional Beef Stew* ^{DF} **\$13.95**
- Chicken Tagine Stew* ^{DF} **\$13.95**
- Leek Presa Meatballs ^{DF} **\$12.95**

TUESDAY SPECIALS:

- Buttermilk Fried Chicken **\$13.95**
- Miso-Sake Stripped Bass ^{GF} ^{DF} **\$20.95**
- Sofrito Chicken Stew* ^{DF} **\$13.95**
- Beef Moussaka (w/Rice)* **\$14.95**
- Leg of Lamb ^{GF} ^{DF} **\$15.95**
- Chicken Marsala ^{DF} **\$13.95**
- Homemade Brisket ^{GF} ^{DF} **\$15.95**

WEDNESDAY SPECIALS:

- Paella (no side) ^{GF} ^{DF} **\$14.95**
- Eggplant Lasagna ^V **\$13.95**
- Pomegranate Glazed Chicken ^{GF} ^{DF} **\$13.95**
- 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} **\$14.95**

BEEF KABOB BURGER: In Pita with Israeli Salad, Tahini Sauce, and Pickles **\$12.95**
Add Cheese **\$1.00**

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

Side Dishes

\$6.95 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} **\$13.95**
- Beef Puff Pastry ^{DF} **\$13.95**
- Lamb Tagine Stew* ^{DF} **\$14.95**
- Turkey or Chicken Milanese **\$14.95**
- Beef Kabob ^{DF} **\$14.95**

FRIDAY SPECIALS:

- Stuffed Pepper or Cabbage ^{GF} ^{DF} **\$13.95**
- Ground Beef & Eggplant Senia* ^{GF} ^{DF} **\$14.95**
- Braised Pot Roast Au Jus ^{DF} **\$14.95**
- Chicken w/Clementine, Fennel & Arak **\$13.95**
- Turkey or Chicken Parmesan **\$14.95**
- BBQ Half Chicken ^{GF} ^{DF} **\$13.95**
- Moroccan Fish Balls ^{DF} **\$13.95**

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THREE SIDE DEAL
½ LB Each of Any Three Sides
\$15.95

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 **\$5.95**

PACKAGED DELICIOUSNESS – 8 OZ:

- Tuna Salad w/Onion & Celery **\$6.95**
- Egg Salad w/Onion, Celery & Dill **\$6.50**
- Curried Chicken Salad w/Apple & Raisin **\$6.95**
- Red Bliss Potato Salad w/Mustard Dill Vinaigrette **\$6.50**
- Red Cabbage Slaw w/Red Onion and Raisins **\$6.50**
- Beets & Oranges in Raspberry Vinaigrette **\$6.50**
- Sesame Chinese Noodles **\$6.50**
- Labneh Yogurt Cheese **\$6.50**
- Matbucha Moroccan Salsa **\$6.50**
- Homemade Hummus **\$6.50**
- Roasted Eggplant Babaganoush **\$6.50**
- Moroccan Diced Carrots **\$6.50**
- Stuffed Grape Leaves w/Yogurt Sauce (6 pcs) **\$6.50**