



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} **\$15.95**
 Lamb Meatballs in Tomato Sauce **\$14.95**
 Grilled Salmon ^{GF} ^{DF} **\$18.95**
 Poached Salmon ^{GF} ^{DF} **\$18.95**
 Pasta w/Meatballs or Meat Sauce: ^{DF} **\$13.95**

MONDAY SPECIALS:

- Salmon Burger ^{DF} **\$14.95**
 Chicken Shawarma ^{GF} ^{DF} **\$13.95**
 Traditional Beef Stew* ^{DF} **\$14.95**
 Pomegranate Glazed Chicken ^{GF} ^{DF} **\$13.95**
 Whole Grilled Branzino ^{GF} ^{DF} **\$22.95**

TUESDAY SPECIALS:

- Buttermilk Fried Chicken **\$13.95**
 Beef Moussaka (w/Rice)* **\$14.95**
 Chicken Marsala ^{DF} **\$13.95**
 Fajita Chicken ^{GF} ^{DF} **\$13.95**

WEDNESDAY SPECIALS:

- Paella (no side) ^{GF} ^{DF} **\$14.95**
 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**
 Lemon Chicken ^{GF} ^{DF} **\$13.95**

SATURDAY SPECIALS:

- BBQ Pork Spareribs ^{GF} ^{DF} **\$14.95**
 Lamb Moussaka **\$14.95**

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

Side Dishes

\$7.95 per ½ LB Serving

PASTA SIDES:

- Penne Pesto** with Sun-Dried Tomatoes & Mozzarella ^V
Pearl Pasta w/Sautéed Mushroom, Onion & Parsley ^{VB} ^{GF} ^{DF}
Baked Jalapeno Mac & Cheese ^V
Cheese Tortellini, Chef's Creation of the Day ^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 Sweet Potatoes ^{VB} ^{GF} ^{DF}
Sautéed Kale w/Garlic ^{VB} ^{GF} ^{DF}
Sautéed Green Beans w/Shallots & Almonds ^{VB} ^{GF} ^{DF}
Sautéed Broccoli Rabe w/Garlic ^{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}
Ratatouille of Zucchini and Eggplant ^{VB} ^{GF} ^{DF}

THURSDAY SPECIALS:

- Beef Puff Pastry ^{DF} **\$14.95**
 Chicken Milanese **\$14.95**
 Santorini Chicken **\$13.95**

FRIDAY SPECIALS:

- Stuffed Pepper or Tomato ^{GF} ^{DF} **\$13.95**
 Chicken w/Orange, Fennel & Arak **\$13.95**
 Chicken Parmesan **\$14.95**
 BBQ or Chimichurri Half Chicken ^{GF} ^{DF} **\$14.95**
 Eggplant or Zucchini Parmesan Casserole ^V **\$13.95**
 Spicy Sausage and Broccoli Rabe Rigatoni **\$13.95**

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THREE SIDE DEAL
 ½ LB Each of Any Three Sides
\$19.95

GRAIN & RICE SIDES:

- Quinoa & Lentils** w/Sautéed Onion ^{VB} ^{GF} ^{DF}
Basmati Rice w/Sautéed Egg Noodles ^V ^{DF}
Spinach & Roasted Broccoli White Quinoa, Roasted Red Pepper, Onion and Feta Cheese ^V
Roasted Root Vegetables with Pearl Barley ^{VB} ^{DF}
Fattoush Salad w/Feta and Toasted Pita ^V
Orzo & Bulgar w/Sundried Tomato & Mushroom ^{VB}

VEGGIE SALAD SIDES:

- Chopped Kale & Romaine** w/Cucumber, Mushroom, Onion, Olive, White Beans ^{VB} ^{GF} ^{DF}
Chopped Kale & Roasted Beets with Pickled Onion, Goat Cheese and ACV ^V
Tomato & Avocado w/Jalapeno, Onion, Coriander ^{VB} ^{GF} ^{DF}
Green Beans w/Tomato & Onion w/Balsamic ^{VB} ^{DF} ^{DF}
Asian Green Beans w/Mushrooms in Soy Vinaigrette ^{VB}
Shaved Brussels Sprouts w/Cauliflower & Lentils in Dijon-Mustard Vinaigrette ^{VB} ^{DF} ^{DF}
Curried Cauliflower w/Chick Peas & Carrots ^{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}
Kabocha Squash w/Shitake Mushroom & Cabbage ^{VB} ^{DF}

HOMEMADE SOUPS (PINT):

- Chicken Noodle **\$7.95**
 Vegetable Soups-Changes Daily **\$5.95**
 Green or Red Gazpacho ^{VB} ^{GF} ^{DF} **\$5.95**

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 **\$6.95**
 Red Cabbage Slaw w/Red Onion and Raisins **\$6.95**
 Beets & Oranges in Raspberry Vinaigrette **\$6.95**
 Sesame Chinese Noodles **\$6.95**
 Matbucha Moroccan Salsa **\$5.95**
 Homemade Hummus **\$5.95**
 Roasted Eggplant Babaganoush **\$6.95**
 Moroccan Diced Carrots **\$6.95**
 Stuffed Grape Leaves w/Yogurt Sauce (6 pcs) **\$7.95**

GOURMET SANDWICHES • \$8.95 ea.

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

Black Forest Ham & Brie with Honey

Mustard on Country White

DESSERTS V

Carrot Cake	\$6.95	Brownie	\$4.95
Chocolate Cake	\$6.95	Flan	\$6.95
Orange Cake	\$6.95	Energy Bar	\$5.95
Chocolate Babka	\$3.95	Cookies	\$2.95
Rugalach	\$4.95		

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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 \$15.95

Half Chicken \$8.95

Half Chicken & A Side \$14.95

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Ready To Eat
Take-away & Delivery



HOURS

Monday-Friday
10AM-9PM

Saturday & Sunday
10AM-8PM

Ready To Eat – Take-away & Delivery
525 Hudson Street, New York, NY 10014
www.ReadyToEatNYC.com
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