



# 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 <sup>DF</sup> **\$11.95**
- Grilled Chicken Breast <sup>GF</sup> <sup>DF</sup> **\$14.95**
- Turkey Patty <sup>DF</sup> **\$12.95**
- Chicken Meatballs <sup>GF</sup> <sup>DF</sup> **\$13.95**
- Traditional Crab Cakes <sup>DF</sup> **\$16.95**
- Roasted Cod w/Cherry Tomatoes <sup>GF</sup> <sup>DF</sup> **\$14.95**
- Lamb Meatballs in Tomato Sauce **\$14.95**
- Sirloin Steak Tips <sup>GF</sup> <sup>DF</sup> **\$16.95**
- Grilled Salmon <sup>GF</sup> <sup>DF</sup> **\$16.95**
- Poached Salmon <sup>GF</sup> <sup>DF</sup> **\$16.95**
- Pasta w/Meatballs or Meat Sauce: <sup>DF</sup> **\$12.95**
- Pan Seared Sesame Crusted Tuna <sup>GF</sup> <sup>DF</sup> **\$17.95**

## MONDAY SPECIALS:

- Whole Grilled Branzino <sup>GF</sup> <sup>DF</sup> **\$20.95**
- Salmon Burger <sup>DF</sup> **\$14.95**
- Chicken Shawarma <sup>GF</sup> <sup>DF</sup> **\$13.95**
- Traditional Beef Stew\* <sup>DF</sup> **\$12.95**
- Chicken Tagine Stew\* <sup>DF</sup> **\$13.95**
- Leek Presa Meatballs <sup>DF</sup> **\$12.95**

## TUESDAY SPECIALS:

- Buttermilk Fried Chicken **\$13.95**
- Miso-Sake Stripped Bass <sup>GF</sup> <sup>DF</sup> **\$20.95**
- Sofrito Chicken Stew\* <sup>DF</sup> **\$13.95**
- Beef Moussaka (w/Rice)\* **\$14.95**
- Chicken Marsala <sup>DF</sup> **\$13.95**
- Homemade Brisket <sup>GF</sup> <sup>DF</sup> **\$15.95**
- Lamb Tagine Stew\* <sup>DF</sup> **\$14.95**
- Fajita Chicken <sup>GF</sup> <sup>DF</sup> **\$13.95**

## WEDNESDAY SPECIALS:

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

## SATURDAY SPECIALS:

- BBQ Pork Spareribs <sup>GF</sup> <sup>DF</sup> **\$14.95**
- Lamb Moussaka **\$14.95**

- <sup>VG</sup> **Vegan**
- <sup>V</sup> **Vegetarian**
- <sup>DF</sup> **Dairy Free**
- <sup>GF</sup> **Gluten Free**

# Side Dishes

**\$6.95 per ½ LB Serving**

## PASTA SIDES:

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

## VEGGIE SIDES:

- Roasted Butternut Squash** <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>
- Roasted Yellow & Green Zucchini** w/Breadcrumbs <sup>VB</sup> <sup>DF</sup>
- Roasted Sweet Potatoes** <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>
- Sautéed Kale** w/Garlic <sup>VB</sup> <sup>DF</sup> <sup>DF</sup>
- Sautéed Green Beans** w/Shallots & Almonds <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>
- Blanched Broccoli** <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>
- Candied Orange Carrots** <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>
- Roasted Brussels Sprout** w/Breadcrumbs & Parmesan <sup>V</sup>
- Roasted Cauliflower** w/Breadcrumbs & Parmesan <sup>V</sup>
- Roasted Beets** <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>
- Ratatouille of Zucchini and Eggplant** <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>

## THURSDAY SPECIALS:

- Chicken Hawaii Stew\* <sup>DF</sup> **\$13.95**
- Beef Puff Pastry <sup>DF</sup> **\$13.95**
- Chicken Milanese **\$14.95**
- Beef Kabob <sup>DF</sup> **\$14.95**
- Seafood Stew **\$14.95**
- Chicken Teriyaki <sup>DF</sup> **\$13.95**

## FRIDAY SPECIALS:

- Stuffed Pepper or Tomato <sup>GF</sup> <sup>DF</sup> **\$13.95**
- Chicken w/Orange, Fennel & Arak **\$13.95**
- Chicken Parmesan **\$14.95**
- BBQ or Chimichurri Half Chicken <sup>GF</sup> <sup>DF</sup> **\$13.95**
- Moroccan Fish Balls <sup>DF</sup> **\$13.95**
- Eggplant Lasagna <sup>V</sup> **\$13.95**

**THREE SIDE DEAL**  
 ½ LB Each of Any Three Sides  
**\$17.95**

## GRAIN & RICE SIDES:

- Quinoa & Lentils** w/Sautéed Onion <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>
- Basmati Rice** w/Sautéed Egg Noodles <sup>V</sup> <sup>DF</sup>
- Sautéed Kale & Mushroom** w/Farro & Cranberry <sup>VB</sup> <sup>DF</sup>
- Couscous** w/Crushed Tomato, Lima Bean & Feta <sup>V</sup>
- Spinach & Roasted Broccoli** White Quinoa, Roasted Red Pepper, Onion and Feta Cheese <sup>V</sup>
- Roasted Root Vegetables with Pearl Barley** <sup>VB</sup> <sup>DF</sup>

## VEGGIE SALAD SIDES:

- Chopped Kale & Romaine** w/Cucumber, Mushroom, Onion, Olive, White Beans <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>
- Chopped Kale & Roasted Beets** with Pickled Onion, Goat Cheese and ACV <sup>V</sup>
- Tomato & Avocado** w/Jalapeno, Onion, Coriander, Cilantro <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>
- Green Beans w/Tomato** & Onion w/Balsamic <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>
- Asian Green Beans** w/Mushrooms in Soy Vinaigrette <sup>VB</sup>
- Shaved Brussels Sprouts** w/Cauliflower & Lentils in Dijon-Mustard Vinaigrette <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>
- Curried Cauliflower** w/Chick Peas & Carrots <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>
- Roasted Eggplant & Red Peppers** w/Onion <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>
- Roasted Zucchini w/Cherry Tomatoes**, White Beans & Parsley <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>
- Chick Peas & Cherry Tomato** w/Cumin & Mint <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>
- Shaved Fennel & Cucumber** w/Dill <sup>VB</sup> <sup>GF</sup> <sup>DF</sup>

## 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 **\$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) **\$6.95**

**Ready To Eat – Take-away & Delivery**  
 212-229-1013 option 2

## 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	\$5.95	Brownie	\$5.95
Chocolate Cake	\$5.95	Flan	\$5.95
Orange Cake	\$5.95	Energy Bar	\$5.95
Chocolate Babka	\$4.95	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-Saturday**  
9AM-10PM

**Sunday**  
10AM-8PM

**Ready To Eat – Take-away & Delivery**  
525 Hudson Street, New York, NY 10014  
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