

SIDE SALADS \$4.95

- GARDEN SALAD • CAESAR SALAD • POTATO SALAD
- MACARONI SALAD • COLESLAW

CREATE YOUR OWN PASTA

STEP 1 \$13.95

CHOOSE 1 ADD WHOLE WHEAT PENNE \$1.00
PENNE • LINGUINI • CHEESE TORTELLINI

STEP 2

CHOOSE YOUR OWN SAUCE ADD MEAT SAUCE \$1.00
TOMATO BASIL • ALFREDO SAUCE • VODKA SAUCE • PESTO SAUCE

STEP 3

CHOOSE 1 MEAT ADD SHRIMPS \$1.00
GRILL CHICKEN • CRISPY CHICKEN • ITALIAN SAUSAGE • MEATBALLS

STEP 4

CHOOSE UP TO 4 INGREDIENTS
CARAMELIZED ONIONS • CHERRY TOMATOES • OLIVES • ROASTED PEPPERS
SUN-DRIED TOMATOES • SWEET PEAS • BROCCOLI FLORETS • ROASTED CORN
FRESH MOZZARELLA • COMPLEMENTARY PARMESAN CHEESE



PERSONAL PIZZAS \$12.95

HANDMADE AND HOMEMADE TOMATO SAUCE

ADD ON \$2.50

PEPPERONI, VEGETABLES, CHICKEN, SAUSAGES



HEALTHY POWER BOWLS \$10.95

MADE WITH YOUR CHOICE OF QUINOA OR BROWN RICE
CHOOSE 1

GREEK-STYLE QUINOA BOWL

Quinoa, fresh kale, feta cheese, savory kalamata olives, roasted peppers, cherry tomatoes, scallion & fresh basil with fat-free lemon garlic sauce

TOFU QUINOA BOWL

Quinoa, fresh kale, napa cabbage, grilled tofu, pickled ginger, carrots, edamame, kidney beans, cilantro, sesame seeds & sweet chili sauce

FAJITA QUINOA BOWL

Quinoa, fresh kale, pico de gallo, grilled corn, black beans, scallions, cheddar cheese, fresh avocado w/ chipotle ancho

VEGAN ASIAN QUINOA BOWL

Quinoa, cabbage, avocado, edamame, shredded carrots, broccoli, scallions, pickled ginger, fresh cilantro with organic sesame ginger

HEALTHY HAVEN

Brown rice, fresh kale, roasted sweet potatoes, avocado, cherry tomatoes, sunflower seeds, oven roasted brussels sprouts with tahini maple

Add Grilled Chicken \$2.50, Crispy Chicken \$2.50, Turkey Meatballs \$2.50, Grilled Shrimp \$3.50

FROM THE GRILL

BEEF HAMBURGER..... \$7.00

TURKEY BURGER..... \$8.00

VEGGIE BURGER..... \$8.00

Add Cheese \$1.50, Tomatoes \$1.00, Bacon \$2.50, French Fries \$3.95, Double Burger \$5.00

RUBEN..... \$11.95

Corned beef, swiss cheese, sauerkraut, Russian dressing on rye bread

TURKEY CLUB..... \$11.95

Turkey, bacon, lettuce, tomatoes, mayonnaise on slice bread

PHILLI CHEESE STEAK...CHOICE OF CHICKEN OR BEEF.. \$11.95

Peppers and onions, provolone

BURRITO...CHOICE OF CHICKEN OR BEEF..... \$11.95

Rice, beans, jack cheddar cheese

TACO SALAD BOWL...CHOICE OF CHICKEN OR BEEF..... \$11.95

Rice, lettuce, tomato, cheese

LAMB OR CHICKEN GYRO..... \$8.95

Lettuce, tomatoes, onions, and gyro sauce on the pita

B.L.T..... \$7.95

Bacon, lettuce, tomatoes, mayonaise on white toast

SIDE ORDERS

ONION RINGS \$3.95 • FRENCH FRIES \$3.95

CURLY FRIES \$3.95

CHEF'S DAILY HOT ENTREES

HOT ENTREES CHANGE DAILY PLEASE CALL FOR SPECIALS

CHICKEN ENTRÉE

Chicken francese, chicken parmigiana, chicken marsala w/ mushrooms, chicken florentine w/ spinach, chicken cordon bleu, chicken lemon, chicken tabasco, roasted chicken

PASTA ENTRÉE

Macaroni & beef, baked ziti, spaghetti meat balls, grilled chicken penne, penne w/ veggies, penne tufu fresco

FISH ENTRÉE

Stuffed flounder, baked salmon, nut crusted salmon, shrimp frances, shrimp creole, lemon herb flounder, crab cakes, salmon cakes

MEAT ENTRÉE

Beef stew, steak & onions, bbq pork, meatballs, pork chops, london broil, salisbury steak meat loaf

SIDE DISH SAMPLER

Steam veggies, sauteed vegetables, mashed potatoes, sauteed spinach, macaroni and cheese, roasted potatoes, rice and veggies, white rice, yellow rice, rice and beans

SHAKES & FRUITY SMOOTHIES

REG. \$6.95 LG. \$7.95

ALOHA BERRY

Strawberries, bananas, pineapples, orange juice

BAHAMA MAMA

Strawberries, bananas, oranges

PEACH PARADISE

Peaches, bananas, strawberries, orange juice

TROPICAL COOLER

Mangos, pineapples & fresh orange

CARROT SPINACH SMOOTHIE

Carrots, spinachs, bananas, orange juice

CARROT MANGO

SMOOTHIE

Bananas, mangos, carrots, orange juice

STRAWBERRY BANANA

Strawberries, bananas, milk

PEACH ALMOND FREEZE

Peaches, bananas, almond milk, honey

PEANUT BUTTER BLAST

Peanut butter, bananas, soy milk, honey

WILD BERRY BLAST

Strawberries, blueberries, blackberries, orange juice

GREEN MACHINE

Kales, spinach's, cucumbers, orange juice

APPLE CINNAMON OATS SMOOTHIES

Oats, apples, cinnamon's, bananas, almond milk

MANGO MANIA

Oranges, bananas, mangos, carrots, orange juice

ALMOND MILK PEANUT BUTTER SMOOTHIE

Peanut butter, strawberries, almond milk

FRESH MADE DAILY SOUPS

SM. \$5.50 LG. \$6.50

(CALL FOR OUR SOUPS OF THE DAY)

COFFEE

HOUSE BLEND COFFEES ...REG. \$2.00... LG. \$2.50

DECAF & FLAVOR COFFEE...REG. \$2.50... LG. \$3.00

LIPTON TEA.....REG. \$2.00... LG. \$2.50

HERBAL TEA.....REG. \$2.50... LG. \$3.00

HOT CHOCOLATE 100% MILK...REG. \$3.45... LG. \$4.45

CAFE AU LAIT.....REG. \$3.75... LG. \$4.75

CAPPUCCINO.....REG. \$4.95... LG. \$5.95

AMERICANO.....REG. \$3.50... LG. \$4.50

ESPRESSO.....REG. \$2.50... LG. \$3.50

LATTE.....REG. \$4.95... LG. \$5.95

CHAI LATTE.....REG. \$5.75... LG. \$6.75

MOCHA.....REG. \$5.50... LG. \$6.50

ICE COFFEE

ICED CAPPUCCINO.....REG. \$5.45... LG. \$6.45

ICED LATTE.....REG. \$5.45... LG. \$6.45

ICE COFFEE HOUSE BLEND...REG. \$2.75... LG. \$3.25

ICED FLAVORED COFFEE.....REG. \$3.25... LG. \$3.75

FRESH BREWED ICED TEA...REG. \$2.75... LG. \$3.25

ICED HERBAL TEA.....REG. \$3.25... LG. \$3.75

FRESH BREWED ICED LEMONADE.....REG. \$2.75... LG. \$3.25

BEVERAGES

CHOCOLATE MILK...\$3.50

PERRIER\$3.00

PELLEGRINO.....\$3.00

SNAPPLE.....\$3.00

ARIZONA.....\$3.00

REDBULL.....\$4.50

MONSTER.....\$3.75

BOTTLED SODA....\$2.75

CAN SODA.....\$2.00

VITAMIN WATER.....\$3.00

GATORADE\$3.00

TROPICANA JUICES...\$3.00

WATER.....\$2.00

CONSUMING RAW OR UNDER COOKED MEATS, FISH, SHELLFISH OR FRESH SHELL EGGS MAY INCREASE YOUR RISK OF FOOD-BORN ILLNESS. SPECIALTY IF YOU HAVE CERTAIN MEDICAL CONDITIONS. TEXTURE AND TEMPERATURE MAY ALTER BASED ON TIME IN TRANSIT. IF YOU HAVE FOOD ALLERGIES, PLEASE LET YOUR SERVER KNOW WHEN ORDERING. UPDATED 09/24/2025

ANAS CAFE

BREAKFAST • LUNCH • CATERING

TAKE OUT MENU



38 WEST 38TH ST.
NEW YORK, NY 10018

ORDERS@ANASCAFES.COM

FAST & FREE DELIVERY
646 360 3109

order online anascafes.com



BREAKFAST SANDWICHES

TWO EGGS ON A ROLL.....	\$4.25
CHEESE OMELET ON A ROLL.....	\$6.25
EGG WHITES ON A ROLL.....	\$5.25
HEALTHY EGG WHITE OMELET WITH VEGETABLES ON A ROLL.....	\$8.25
VEGETABLE OMELET ON A ROLL	\$7.25
WESTERN OMELET ON A ROLL	\$8.25
Add EggWhites\$1.00,Meat\$2.50,Vegetable\$1.00,Cheese\$1.50, Egg \$1.25,Avocado \$2.50, Hash Brown Or Home Fries \$1.25	

BREAKFAST PLATTERS

SERVED WITH HOME FRIES AND TOAST

TWOEGGS ANYSTYLE... ..	\$6.75	HEALTHY EGG WHITE OMELET W/ VEGETABLES.....	\$9.75
CHEESE OMELET.....	\$7.75	VEGETABLE OMELET	\$8.75
WESTERN OMELET.....	\$9.75	HEALTHY AVOCADO TOAST W/ CHERRY TOMATOES & SCALLIONS...	\$9.75
Add On Bacon,Turkey Bacon, Ham, Pork Sausage, Turkey Sausage, or Beef Sausage \$2.50			

GRIDDLE ORIGINALS

BUTTERMILK PANCAKES SERVED W/ MAPLE SYRUP.....	\$6.75
CHALLAH FRENCH TOAST SERVED W/ MAPLE SYRUP.....	\$6.75
BELGIAN WAFFLE SERVED WITH MAPLE SYRUP.....	\$6.75
CREPES WITH STRAWBERRY BANANA NUTELLA	\$10.75

Add Bacon, Ham Or Sausage \$2.50, Strawberries \$1.50, Bananas \$1.50

JUMBO BAGELS AND ROLLS

BAGEL.....	\$1.50
------------	--------

Plain • poppy • sesame • cinnamon raisin • onion • everything • whole wheat
AddButter \$0.50, Jelly\$0.50,CreamCheese\$1.50,SmokedSalmon\$9.45,
Vegetable Cream Cheese\$2.00,Scallion Cream Cheese \$2.00

HOT CEREAL BAR

OATMEAL.....	SM. \$4.50.....LG. \$5.50
--------------	---------------------------

Complementary two toppings

Add Bananas \$1.00, Strawberries \$1.00, Blueberries \$1.00,
Almond \$1.00, Cranberries \$1.00, Walnuts \$1.00, Raisins
\$1.00

FRESH SQUEEZED ORANGE JUICE

REGULAR.....	\$5.95
--------------	--------

YOGURT CUPS

FAGE / CHOBANI
\$2.95

FRESH FRUIT

FRESH FRUIT SALAD
REG. \$4.95 LG. \$5.95

Apples \$2.00, Oranges \$2.00, Bananas \$ 1.00

HOMEMADE PARFAIT

CRUNCHY HONEY GRANOLA SERVED WITH NON FAT YOGURT, FRESH FRUIT AND BERRIES	\$5.95
---	--------

GOURMET SANDWICHES \$11.95

CRANBERRY WALNUT CHICKEN SALAD

Lettuce tomatoes on 7 grain bread

CAJUN GRILLED CHICKEN

Pepper jack cheese, tomato, leaf lettuce & chipotle mayo on ciabatta bread

SIERRA SMOKED TURKEY

Smokedturkey, redonion,tomato, babygreens& chipotlemayo on baguette

SMOKED TURKEY & BRIE CHEESE

Leaflettuce, roma tomato&honey mustard on pretzel baguette



GOURMET SANDWICHES \$11.95

PROSCIUTTO DE PARMA

Freshmozzarella, lettuce,tomato, roasted peppers &balsamicdrizzle onciabatta

TENDER ROAST BEEF

Cheddarcheese,plumtomatoes, leaf lettuce & herb mayo on pumpernickel bread

SMOKED SALMON (+\$1.00)

Scallioncreamcheesecucumbers on black bread

WRAP SANDWICHES \$11.95

BUFFALO CHICKEN

Carrots,buffalosauce, lettuce, tomato&bluecheese dressing

CHICKEN CAESAR

Grilledchicken,lettuce, parmesan &roastedpepperswith caesar dressing

GREEK ISLAND

Wrap tomato,feta, kalamata olives, cucumber, onion & balsamic drizzle

TEXAS CHICKEN

Grilled chicken, bbq sauce, cheddar, lettuce & tomato

CALIFORNIA CHICKEN

Grilled chicken, lettuce, tomato, roasted pepper, avocado & ranch dressing

CHIPOTLE CRISPY CHICKEN CUTLET

Avocado, tomatoes,arugulawith chipotle aioli,spread

ITALIAN HERO

Baked ham, genoa salami, capicola, provolone cheese, fresh basil, roasted peppers, arugula & balsamic vinaigrette

BLACK FOREST HAM & SWISS CHEESE

Leaf lettuce, tomatoes & dijon mustard on pumpernickel bread

HEALTHY MEDITERRANEAN TUNA SALAD

Onion, carrots,roastedpeppers,on7 grain bread



PANINI OUT OF THE OVEN \$11.95



EGGPLANT PARMIGIANA

Fresh mozzarella, tomato sauce & fresh basil

ROASTED TURKEY

Crispy bacon, pepper jack cheese, Baked ham, smoked turkey, swiss, tomato&ranchdressingcheddar,tomato &honeymustard

CHICKEN FAJITA

Grillchicken,roastedpeppersandonions, jack cheese & mild salsa

PORTOBELLO MUSHROOM

Mozzarella, caramelized onions, arugula & basil pesto

MONTE CRISTO



OVEN CRISP SANDWICHES \$11.95

CHICKEN CORDON BLEU

Chicken cutlet, swiss cheese, black forest ham & dijonnaise

TURKEY CUBAN

Turkey, prosciutto, sliced pickles, swiss cheese & russian dressing

CHICKEN BRUSCHETTA

Grilledchicken,meltedmozzarella, tomato & sourcream pesto

CHICKEN PARMIGIANA

Crispy chicken cutlet, fresh mozzarella, basil&marinarasauce

SOUTHERN BBQ CHICKEN

Bbqchicken, cheddarcheese, bacon&bbq sauce



CLASSIC THREE CHEESE

Three cheeses, roasted peppers and roasted onion

ASADA STEAK

Chard grill steak three cheeses roasted peppers and roasted onions

BBQ GRILLED CHICKEN

Bbq chicken, three cheeses, roasted peppers and roasted onions

GRILLED CHICKEN

Grill chicken, three cheeses, roasted peppers and roasted onions

WILD MUSHROOM

Sauteed grill mushrooms, three cheeses, roasted peppers and onions

FRESH FROM OUR BAKERY

BAKING DONE ON THE PREMISES

MUFFINS.....	\$2.75
--------------	--------

Corn, blueberry, cranberry, honey raisin bran, banana nut, carrot, apple, cinnamon, lemon poppy

DANISH.....	\$3.50
-------------	--------

Cheese, cinamon, apple, cherry, cinnamon stick chocolate stick

SCONES.....	\$3.50
-------------	--------

Walnut raisin, blueberry, cranberry, chocolate chip

LOW FAT YOGURT LOAVES.....	\$3.95
----------------------------	--------

Plain, ice lemon, marble,banana walnut,red velvet,chocolate,lemon poppy,carrot



CROISSANTS

CLASSIC BUTTER	\$3.00
----------------	--------

ALMOND CROISSANT	\$3.50
------------------	--------

CHOCOLATE CROISSANT	\$3.50
---------------------	--------

HAM & CHEESE CROISSANT	
------------------------	--

(SERVED HOT)	\$6.95
--------------	--------

HOMEMADE DESSERTS

BROWNIE.....	\$4.95
--------------	--------

Oreo brownie, chocolate fudge brownie, walnut brownie, mango brownie, peanut butter brownie, snicker brownie, pecan bar brownie

LARGECOOKIES	\$4.00
--------------------	--------

Giant oatmeal raisin cookie, giant black & white cookie, giant chocolate chip cookie

CREATE YOUR OWN SALAD BAR \$11.95

ENJOY YOUR SALAD

STEP 1

CHOOSE YOUR LETTUCE

BABY GREENS • CRISP ROMAINE • ORGANIC SPINACH • HEALTHY KALE

STEP 3

CHOOSE UP TO 2 ITEMS

SAGA BLUE CHEESE • ARTICHOKEs • FETA CHEESE • ROASTED PEPPERS • SHAVED ROMANO • KALAMATA • OLIVES • SHREDDED CHEDDAR • FRESH MOZZARELLA
FRESH AVOCADO • BACON BITS • DRY CRANBERRIES • EGG WHITES • HARD BOILED EGGS

STEP 5

CHOOSE YOUR DRESSING

BALSAMIC VINAIGRETTE • SESAME GINGER • LOW FAT HONEY DIJON • LOW FAT LOW CAL CAESAR • BLUE CHEESE • CLASSIC FRENCH • RUSSIAN • ROASTED GARLIC VINAIGRETTE • LOW FAT RANCH • LOW FAT ITALIAN • FAT FREE LEMON HERB • FAT FREE RASPBERRY • RED WINE VINEGAR • BALSAMIC VINEGAR • EXTRA VIRGIN OLIVE OIL • FRESH SQUEEZED LEMON JUICE

STEP 2

CHOOSEYOURMAIN INGREDIENT

ROSEMARY GRILL CHICKEN • CRISPY CHICKEN CUTTLE • GRILL CAJUN CHICKEN
ALBACORE TUNA • PORTOBELLO MUSHROOMS • SMOKED TURKEY
ADDSPICY SHRIMP \$1.00

STEP 4

CHOOSE UP TO 4 TOPPINGS

SHAVED RED ONIONS • SCALLIONS • CROUTONS • BELL PEPPERS • CHOPPED TOMATOES • SLICED CUCUMBERS • BROCCOLI FLORETS • SLICED MUSHROOMS
• SWEET CORN • SHREDDED CARROTS • CHICKPEAS • SWEET PEAS • SESAME NOODLES • KIDNEY BEANS • PENNE PASTA • SUNFLOWER SEEDS • ALFALFA
SPROUTS • CHERRY TOMATOES • SLICED BEETS • GOLDEN RAISINS • MANDARIN ORANGES



ENTRÉE SALADS \$12.95

HOUSE GARDEN GRILL CHICKEN SALAD

Mixgreens,carrots, cucumbers, alfalfasprouts, cherrytomatoes,broccoliflorets withourhouse balsamicvinaigrette dressing

CHICKEN CAESAR SALAD

Crispromaine,grilledchicken, romano cheese, cherry tomatoes,housemadecroutons and caesar dressing

GREEK SALAD

Crispromaine,stuffedgrape leaves, cucumber, cherry tomatoes, fetacheese,onionswithvirgin olive oil and red vinegar

ANAS FAVORITE SALAD

Organic babygreens,grapes, cranberries, fresh perline mozzarella,caramelized walnuts with raspberry vinaigrette

TURKEY COBB SALAD

Organic mixgreens,smoked turkey, avocado, bacon, boilegg, cherrytomatoesand blue cheese dressing