

Hand Picked Ingredients To Ensure That We Serve Only The Best
CREATE YOUR OWN CUSTOM CRAFT SALAD

Choose your salad, toppings and dressing We will toss or chop it for you.
 Served with our trademark brick oven bread.
 Available whole wheat, regular rosemary or buckwheat.

Base:

- Romaine hearts, organic mesclun, baby spinach.....\$3.50
- Shredded carrots, broccoli, diced tomato, cucumber, mushroom, celery, chick peas, kidney beans, corn, pasta, snow peas, pinto beans, bell peppers, beets, alfa sprouts.....each € .75
- String beans, roasted red peppers, roasted eggplant, hearts of palm, green olives, calamata olives pitted, cherry tomatoes, egg whites, black olives, hard boiled egg, steamed asparagus, stuffed grape leaves.....each \$1.00
- Soy beans, baked brussels sprouts, artichoke, sesame roasted tofu, sun dried tomato, avocado, edemame, roasted portabella mushrooms, capers, lentil, caramelized shallots, Chinese noodles, barley, tofu.....each \$1.50

- **Fruits:**.....each \$1.50
 Grapes, granny smith apple, mandarin orange, fresh mango pineapple.
- **Cheeses:**.....each \$2.00
 Gorgonzola, crumbled blue cheese, feta, fresh mozzarella, shaved parmesan, cheddar, monterrey jack, chive goat cheese.
- **Nuts:**.....each \$2.00
 Toasted almonds, dried cranberries, toasted pine nuts, golden raisins, walnuts, cashew nuts, sunflower seeds.
- Grilled chicken, balsamic chicken, lemon chicken, breaded chicken, pesto chicken, cajun chicken, fresh turkey, honey turkey, turkey bacon, bacon, smoked black forest ham, tuna salad, chicken salad.....each \$3.00
- Baked salmon, Cajun shrimp.....each \$3.00

HOUSE MADE SALAD DRESSINGS

Prepared exclusively with extra virgin Italian olive oil, or canola oil.

- | | |
|---|---|
| 1-Low fat honey Dijon | 8-Roasted garlic red wine vinegar |
| 2-Low fat fresh carrot ginger | 9-Extra virgin olive oil and balsamic vinegar |
| 3-Fat free fresh lemon juice with herbs | 10-Russian dressing |
| 4-Fat free raspberry vinaigrette | 11-Ranch dressing |
| 5-Chunky blue cheese | 12-Italian vinaigrette |
| 6-Caesar dressing | 13-Balsamic Vinegaret |
| 7-French dressing | 14-Balsamic Ginger |

SPECIALTY SALADS

- Garden Salad:** Cherry tomatoes, red peppers, cucumbers, red onions, carrots, alfa sprouts, balsamic vinegar over romaine hearts.....\$6.98
- Cobb Salad:** Grilled chicken, bacon, avocado, boiled egg, diced tomatoes, blue cheese, dressing over romaine hearts..... \$7.98
- Chicken Caesar Salad:** Grilled chicken, croutons, parmesan cheese, Caesar dressing over romaine hearts..... \$7.98
- Chefs Salad:** Wrapped roast beef, ham, turkey, American cheese, provolone, balsamic vinaigrette over organic masculine greens.....\$6.98
- Albacore Tuna Salad:** Cherry tomatoes, red peppers, carrot, cucumber, red onion, Alfa Sprouts, Italian dressing over romaine hearts.....\$7.98

- Goat Cheese & Beets:** Almond crusted goat cheese, beets, asparagus, walnut, grapes, extra virgin olive oil, balsamic vinegar over organic mesclun greens.....\$7.98
- Baked Salmon Salad:** Alfa sprouts, edemame, cucumbers, diced tomatoes, fresh lemon herb dressing over romaine hearts..... \$7.98

HEALTHY HEARTY SOUPS

Our house made wide selection of the most spectacular soups
 change daily and seasonally.

Our brick oven bread, wheat, regular or rosemary is complimentary

Soups.....Small:\$2.50 / Large:\$3.50

- Chicken Noodle, Garden Vegetable, Tomato Basil, Lentil, Split Pea, Wild Mushroom, Minestrone, Carrot Ginger, Cream of Broccoli, Cream of Mushroom, Barley (Beef, Chicken, Mushroom) Roasted Eggplant, Butternut Squash, Shrimp Bisque, Manhattan Clam Chowder, New England Clam Chowder & Much More...
- Summer Specials:** Gazpacho, Mango, Yogurt Barley, Yogurt, Kirby, Dill & Garlic.

Well Crafted, House Made Meal Using Superior Hand Picked Ingredients
 Presented and Served By Friendly and Knowledgeable Associates.

HOT AND COLD MARKET TABLE

Visit our market table for seasonal hot and cold food..... \$3.98 ½ lb

SOME OF CHEF'S SPECIALS

- Cold:** Tabouli, white bean salad, baby okra, humus, eggplant salad, babaghanoush, zucchini pancakes, grilled tofu, brussels sprouts,...
- Hot:** Fresh roasted turkey, grilled salmon, spinach stuffed salmon, wrapped flounder, sweet & sour chicken, coconut chicken tenders, and much more...
- Call an associate about our daily market table specials.

THIN CRUST PIZZA

Our brick oven pizza is made with high quality fresh mozzarella, San Marzano tomato sauce topped with Parmigiana Reggiano and fresh basil.

Create your own pizza with any topping and choice of whole wheat or regular pizza.

Medium 12" & Large 16"

- Marinara:** Tomato, garlic, oregano.....\$6.98.....\$11.98
- Margarita:** Tomato, basil, fresh mozzarella..... \$7.98.....\$12.98
- Park Pizza:** Prosciutto, arugula, fresh mozzarella, basil.....\$10.98.....\$14.98
- Quatro Formaggi:** Peccorino romano, parmesan, fresh mozzarella, provolone.....\$12.98.....\$18.98
- White Pizza:** Fresh mozzarella and ricotta cheese.....\$12.98.....\$18.98
- Honolulu Hawaiian Pizza:** Fresh ham, pineapple, fresh mozzarella, honeydew and ricotta.....\$14.98.....\$20.98
- Spagnola:** Chorizo, manchego cheese, caramelized onion, calamata olives\$14.98.....\$20.98
- Fungi:** Mushrooms, tomato, fresh mozzarella.....\$8.98.....\$14.98

TOPPINGS

- By the slice.....\$2.25
- 12" Vegetable \$2.00, Meat and Cheese \$3.00
- 16" Vegetable \$3.00, Meat and Cheese \$4.00

- Cheese:** Fresh Mozzarella, Asiago, Parmesan, Pecorino Romano, Blue Cheese, Goat Cheese and Ricotta.
- Vegetables:** Plum Tomato, Fresh Basil, Black Olive, Crimini Mushrooms, Portabella Mushrooms, Sun Dried Tomato, Spinach, Broccoli, Roasted Vegetables, Red Onions, Zucchini, Garlic, Roasted Peppers, Arugula, Eggplant, Apple, Capers and Avocado.
- Meat:** Prosciutto, Meat Balls, Sausage, Ham, Bacon, Pepperoni, Grilled Chicken, Italian Sausage and Anchovies.

- Calzones & Rolls and Stromboli's Cheese Calzone:** Ricotta, romano, fresh mozzarella.....\$4.98
- Ham Calzone:** Ricotta, ham, fresh mozzarella.....\$4.98
- Chicken Calzone:** Ricotta, chicken, fresh mozzarella.....\$4.98
- Chicken Roll:** Chicken, mozzarella and marinara sauce.....\$5.98
- Pepperoni Roll:** Pepperoni and fresh mozzarella.....\$5.98
- Sausage Roll:** Peppers, onion, fresh mozzarella.....\$5.98
- Stromboli:**.....\$4.98

FOCCACIA

- By the slice.....\$2.75
- Foccacia Etruscana:** Mixed herbs, olive oil, coarse salt.....\$12.98
- Cheese Foccacia:** Basil, fresh mozzarella.....\$14.98
- Foccacia Rustica:** Olives, pine nuts, garlic, herbs, olive oil, fresh mozzarella..\$16.98
- Potato Foccacia:** Potato, onion, herbs, fresh mozzarella..... \$16.98
- Prosciutto Foccacia:** Prosciutto, mushrooms, arugula, fresh mozzarella.....\$20.98

PASTA

Served with home made brick oven bread. Create your very own signature dish adding your favorite sauce. Personalize it by mixing in special ingredients to enhance the flavor even further.

CHOOSE A PASTA:

Penne, Fettuccine, Bow Tie, Spaghetti, Linguine, Ravioli (Spinach or Cheese)

CHOOSE A BASE SAUCE:

- Tomato Basil Sauce.....\$6.50
- Bolognese:** Zesty tomato meat sauce.....\$7.98
- Marinara:** Grandma's sauce.....\$6.50
- Arabbiata:** Spicy red sauce.....\$6.50
- Primavera:** Fresh mixed vegetables.....\$8.98
- Putanesca:** Red sauce with capers and olives.....\$8.98
- Alfredo:** Parmesan, cream sauce.....\$6.98
- Pesto Basil Sauce.....**\$7.98
- Vodka Sauce.....**\$7.98
- Roasted Garlic Oil (House Specialty).....**\$6.98

CHOICE OF TOPPINGS:

Vegetables: \$1.00 Sun Dried Tomato, Olives, Green Peas, Bell Peppers, Artichoke Hearts, Mushrooms, Roasted Veggies, Eggplant, Onion and Portabella Mushroom.

HOUSE PASTA SPECIALS

- Linguine Pescatore:** Mix of seafood in marinara sauce.....\$11.98
- Tagliatelle Gourmet Park:** Grilled chicken, mushroom, organic peas, tossed in Lite Alfredo sauce, fresh parmesan cheese.....\$11.98
- Penne Ala Vodka:** Penne w/tomato sauce, touch of cream, basil & vodka.....\$7.98
- Fettuccine Alfredo:** Fettuccine in alfredo sauce & grilled chicken..... \$8.98
- Spaghetti Ai Pomodoro:** Spaghetti with homemade zesty meat sauce.....\$7.98
- Baked Zitti:** Ricotta cheese, parmesan, tomato sauce & fresh mozzarella.....\$7.98
- Spinach & Cheese Ravioli:** In a light tomato cream sauce or vodka sauce...\$9.98
- Meat Lasagna:** Home made zesty meat sauce, ricotta, parmesan & fresh mozzarella..... \$8.98

JUICE AND SMOOTHIE BAR

Fresh fruit and fresh vegetables for healthier life.

SMOOTHIE.....Small \$3.98 Large \$4.98

Base: We use fresh fruit, low fat yogurt and skim milk, coconut or soy milk.

CHOOSE ONE

Banana, Strawberry, Raspberry, Blueberry, Kiwi, Cantaloupe, Pineapple, Mango, Papaya, Guava, Passion Fruit, Apple andApple Cider.

House Specials

- Wild Strawberry:** Strawberry, Banana, Apple and Apple Cider.
- Berry Berry:** Blueberry, Strawberry, Raspberry and Cranberry Juice.
- Pina Colada:** Pineapple, Banana and Coconut Milk.
- Caribbean:** Mango, Blueberries, Banana, and Orange.
- Key Largo:** Cantaloupe, Guava, Papaya, and Orange.
- Extras:** Additional Fruit, Fat Free Yogurt, Ginseng, Aloe Vera, Protein Powder, and Vitamin C.....\$1.00
- JUICE.....**Small \$3.98 Large \$4.98
- Customize your own fresh fruit and vegetable juices (seasonal changes apply).
- CHOOSE FROM**
- Carrot, Apple, Orange, Grapefruit, Beets, Ginger, Parsley, Spinach, Celery, Cucumber, Tomato and Papaya.

HOUSE SPECIALS

- Ambrosia:** Banana, Strawberry and Orange.
- Big Red V:** Tomato, Beets, Carrots, Parsley, and Celery.
- Pick me Up:** Apple, Carrots, Orange.
- Virgin Mary:** Tomato, Celery, Lemon, Tabasco...spicy!
- Sun Riser:** Carrots, Apple and Pineapple.

Variety, Quality
&
Service

Like No Other

ALL MAJOR CREDIT CARDS ACCEPTED

Delivery Time: 6:00am-9:45pm \$7 minimum per delivery, \$7 minimum per CC

FULL SERVICE CATERING FOR ALL ASSOCIATIONS
 Breakfast Hot & Cold Buffet • Lunch • Dinner • Events



gourmetpark

119 E 60th Street New York, NY 10022
 Tel: 212 935 8500 • Fax: 212 935 8505
 www.gourmetpark.com

BREAKFAST *Start your day with a complete and healthy breakfast*

Hot organic oatmeal or cream of wheat.....\$2.98
 Extras.....\$0.50
 Soy milk, cream, brown sugar, fresh fruit, raisin, granola, first two complimentary, extra

• **BAGEL**
 Everything, Poppy, Onion, Raisin, Energy, Wheat, Pumpernickel, Sesame, Cinnamon and Plain. + English Muffins

• **BIALI • MINI BRIOCHE**
 We use low fat cream cheese on every cream cheese spread.
 With butter, jelly or peanut butter, gourmet cream cheeses and spreads.....\$1.00
 Plain, Sun Dried Tomato, Vegetable, Scallion.....\$1.95
 Smoked Nova Salmon, Tofu Spinach Spread.....\$2.95

ORGANIC EGGS MADE TO ORDER Organic eggs or egg whites only.
 On Bagel, Wrap or platter.

• **EGG PLATTER** Served with home fries, toast and butter or jelly
 Two Eggs any style.....\$2.95
 European omelet with Feta Cheese and Spinach.....\$4.95
 Western omelet with Cheddar.....\$4.95

SIDES:
 Ham, Bacon, Sausage, Beef Sausage, Turkey Bacon, Bell Pepper, Onion, Cheese, Scallion, Broccoli, Tomato, Tofu, Spinach and Mushroom.....\$1.00

• **EGG SANDWICHES**
Two Eggs on a roll.....\$1.95
Two Egg whites on a roll.....\$1.95
Egg BLT on a roll.....\$3.95
Western omelet on a roll.....\$3.95

• **GRILLED SOUTHWESTERN EGG WRAPS**
Classic Egg Wrap.....\$3.95
 Scrambled egg, ham, American cheese and home fries on regular wrap.
Vegetarian Wrap.....\$3.95
 Egg white, jack cheese, pinto beans, salsa, avocado on spinach wrap.
South Western Wrap.....\$3.95
 Scrambled egg whites, with ham cheddar, onion and salsa in a roasted pepper wrap
European Style Wrap.....\$3.95
 Scrambled eggs, feta cheese, fresh spinach, mushroom on whole wheat wrap

• **FROM OUR GRIDDLE**
Challah French Toast (White or wheat).....\$2.95
Pancake Flurry Homemade butter milk (white or wheat).....\$2.95
Pancake Mix W/strawberries, banana, and chocolate.....\$3.95
Belgian Waffles.....\$2.95
Extras:
 Ham, Bacon, Sausage, Beef Sausage, Turkey and Bacon.....\$1.00

• **TEA SANDWICHES**
 Ham and Gruyere melted on croissant.....\$3.95
 Smoked Nova Salmon w/cream cheese on wheat bread.....\$4.95
 Hard boiled egg with light mayonnaise on mini brioche\$2.95
 Basil chicken salad on mini brioche.....\$2.95
Low Fat Yogurt Parfait W/fresh Fruit, Homemade Crunchy Granola and mixed Berries.....\$2.98

• **COFFEE**

	SMALL	LARGE
Galpagos Organic Coffee.....	\$1.95	\$2.95
Freshly brewed coffee: Regular, Decaf.....	\$1.25	\$1.50
French Vanilla, Hazelnut.....	\$1.25	\$1.50
Cafe Au Lait.....	\$1.25	\$1.50
Tea & Herbal Tea	\$1.25	\$1.50
Hot Chocolate.....	\$1.65	\$1.95
Hot Cider (Seasonal).....	\$1.65	\$1.95

Flavored Syrups: Caramel, Vanilla, Noisette, Hazelnut, Cafe Coffee, Chocolate, Framboise, Rasperry, Citron, Fort Lemon, Irish Cream, Orgeat Almond.

ESPRESSO BAR	SMALL	LARGE	CHILLED	SMALL	LARGE
Espresso	\$1.65	\$1.95	Iced Cappuccino	\$2.75	\$3.25
Cappuccino	\$2.95	\$3.50	Iced Mochaccino	\$2.95	\$3.95
Latte	\$2.95	\$3.50	House brewed iced tea	\$1.75	\$2.25
Cafe Mocha	\$2.95	\$3.50	Homemade Lemonade	\$2.25	\$2.95
Mochaccino	\$2.95	\$3.50	Iced Coffee	\$1.75	\$2.25
Americano	\$1.65	\$1.95	Freshly Squeeze		
Coffee Caramel	\$2.95	\$3.50	Orange Juice	\$1.95	\$2.95
Chai Tea Latte	\$2.95	\$3.50			

HOT AND COLD SEASONAL MARKET TABLE.....\$3.98 per ½ lb
COLD: Freshly squeezed orange and grapefruit juices, low fat assorted fresh fruit yogurts, low fat cottage cheese, fresh fruit and veggie cups, tropical fruit salads, organic granola cup.

HOT: Eggs, Sausage, Bacon, Turkey Bacon, Beef Sausage, Frittata.

FROM OUR BAKERY
Muffins: Corn, Honey Raisin Bran, Chocolate Chip, Blueberry, Cranberry, Lemon, Poppy, Marble, Banana, Apple, Cinnamon.....\$1.75
Fat free & Sugar free Muffins: Corn, Apple, Honey Raisin, Bran, Blueberry, Cranberry, Pumpkin, Banana, Nuts, Lemon, Poppy, Carrot, Apple Cinnamon..\$2.50
Scones: Blueberry, Chocolate Chip, Raisin, Cranberry, Apricot Nuts.....\$2.50
Croissant: Plain, Almond, Chocolate, Pecan, Butter.....\$1.75
Danishes: Cheese, Strawberry, Apple, Raspberry, Yogurt Loaves.....\$1.95
Brownies: Mississippi Mud, Chocolate Chip, Lemon, Keylime, Butter Finger, Caption, Cheese Cake, Chocolate Fudge, Chocolate Pecan, Coconut Magic, Oreo Walnut Fudge.....\$2.50
Crumb Bars: Apple, Carrot, Cherry, Pecan, Rasperry Linzer\$2.50
Giant Cookies: Chocolate Chip, Oatmeal, Raisin, M&M Peanut Butter, Macadamia, Black and White.....\$1.95

Rugelachs: Cinnamon Raspberry, Cinnamon Apricot, Cinnamon,Chocolate.....\$6.50 per 1/2 lb
Plain and Chocolate Macaroon's:.....\$6.50 per 1/2 lb
Almond Raspberry Small Hearts:.....\$6.50 per 1/2 lb
Cupcakes: Hostess, Apple Cinnamon, Devil Dog, Carrot, Rasperry Swirl, Red Velvet, M&M, Snickers, Pistachio, Vanilla, Butter Cream, Chocolate Butter Cream, Chocolate Blackout, Cookie Dough, S'mores.....\$3.49
Hamantaschen: Prune, Rasperry, and Apricot.....\$1.95

Pound cakes: Marble, iced lemon, double, chocolate, iced carrot.....\$1.50

Individual Cakes: Greek, Napoleon, Mezzaluna, chocolate souffle, ekler, Mille Reuille, Creme brule.....\$3.49

Tarts: Berry&berry, fresh fruit, strawberry, apple, pear, peach, lemon tart.....\$3.95

Traditional Sliced Cakes: Plain cheese cake, amaretto, cherry cheese cake, Oreo cheese cake, carrot cake, strawberry cheese cake, Red Velvet, chocolate mousse.....

Assorted Cookies.....\$9.98 per lb
 Chocolate lace, vanilla lace, fudge tart, rainbow layer, mocha spritz, lemon chiffon, strawberry flip, vanilla leaf, raspberry pocket, apricot finger.

WHOLE CAKES FOR ALL OCCASIONS
 American Beauty, Tiramisu, Chocolate Mousse, Strawberry Short Cake, Chocolate Truffle, Passion Mousse Cake, German Chocolate Cake and more ...

DESERT: Cream Brule, Rice Pudding (oven baked), Baklava(4pcs).....\$3.95
 Fruit jello.....\$2.95
 Rice crispy treats.....\$1.95

SANDWICHES
 All sandwiches can be customized,
 extra charge applies, pickle or cole-slaw complimentary.

1-Prosciutto Di Parma: Fresh mozzarella, roasted red peppers and fresh basil on rosemary focaccia.....\$7.98
2-Fresh Mozzarella: Plum tomatoes, basil, house made pesto on French baguette.....\$6.98
3-Albacore Tuna Salad:Roasted red peppers, plum tomatoes, and baby spinach on seven grain bread.....\$6.98
4-Roast Beef: Sun dried tomatoes, fresh mozzarella, arugula, garlic, olive oil spread on onion focaccia.....\$7.98
5-Simply Smoked Salmon: Tomato, cucumber and creamy horseradish on black bread.....\$8.98
6-House Roasted Turkey: French Gruyere, watercress, tomato, herb mayonnaise on baguette.....\$6.98
7-Ham and Brie: Black forest smoked ham, french brie, watercress, tomato, honey mustard on baguette.....\$6.98
8-Roasted Vegetable: Mix of roasted veggies including asparagus, spinach and fenel on baguette.....\$6.98
9-Lemon Herb Grilled Chicken: Shallots, tomatoes, smoked Gouda and olive spread on Sourdough bread.....\$6.98
10-Italian Hero: Prosciutto, soppersata salami, pepperoni, fresh mozzarella, roasted peppers, oil vinegar on Italian bread.....\$9.98

PANINI
 Hand Crafted Home Made Meal Served On Mediterranean Flat Bread
 White Or Whole Wheat, Complimentary Salsa Or Pickle.

11-Chicken Parmigiana: Breaded chicken cutlet, fresh mozzarella, marinara sauce, fresh basil, and shredded parmigiana cheese.....\$5.98
12-Tuna Melt: Albacore tuna salad, lettuce, tomato, cheddar cheese.....\$5.98
13-Delightful: Honey glazed turkey, low fat Swiss, cole slaw, honey Dijon mustard.....\$5.98

14-Siciliano: Prosciutto, ham, mozzarella, salami, sun dried tomatoes, fresh basil, and balsamic vinaigrette.....\$5.98

15-Cuban: Roasted pork, ham, French Gruyere, pickles, Dijon Mustard.....\$5.98

16-Russian: Roast beef, munster cheese, caramelized onions, lettuce and tomato.....\$5.98

17-The Italiano: Grilled chicken, roasted red peppers, fresh mozzarella, home made pesto sauce.....\$5.98

18-Eggplant Parmigiana: Breaded eggplant, marinara sauce, fresh basil, shredded parmigiana and fresh basil.....\$5.98

SPECIALTY WRAPS

19-San Francisco: Lemon grilled chicken, avocado, roasted red peppers, watercress, tomato, smoked gouda and olive spread.....\$5.98

20-Venice Chicken Wrap: Chopped sun dried tomato, celery, fresh garlic, mayonnaise, olive oil wrapped in mesclun greens on wheat wrap.....\$5.98

21-Chicken Caesar: Char grilled chicken, romaine lettuce, croutons and creamy caesar on wheat wrap.....\$5.98

22-Vermont Wrap: Turkey, cheddar, tomatoes, bacon, cranberry and romaine, tomato, mayo on wheat wrap.....\$5.98

23-Greek Wrap: Crumbled feta, roasted eggplant, spinach, cucumber, artichoke, olive oil on spinach wrap.....\$5.98

24-Chicken BLT: Bacon, lettuce, tomato, mayonnaise on white wrap.....\$5.98

25-Grilled Chicken Pesto: Fresh mozzarella, tomato, roasted red peppers, pesto sauce on rosted pepper wrap.....\$5.98

BRICK OVEN SANDWICHES

Our trademark Brick Oven Sandwich is homemade Mediterranean style made from a combination of rye, whole wheat and rosemary. This bread is prepared right in front of the customer. You can choose one of our signatures or create your own, served warm.

26- Buffalo Chicken: Blue cheese & celery.....\$6.98
 27- Grilled Chicken: W/tomato, basil & fresh mozzarella.....\$6.98
 28- Tomato Basil & Fresh Mozzarella.....\$6.98
 29- Tandoori Grilled Chicken:Roasted red peppers, cheddar cheese & vinaigrette.....\$6.98
 30- Cranberry Roasted Turkey: W/portabella mushrooms & cranberry sauce.....\$6.98
 31- Smoked Turkey and Brie: W/honey mustard.....\$6.98
 32- Tuna with Cheddar Cheese & Vinaigrette.....\$6.98
 33- Caesar Salad & Chicken: W/Caesar dressin.....\$6.98
 34- Gourmet Park: Prosciutto, smoked fresh mozzarella, basil.....\$7.98
 35- Black Forest Ham & Brie: W/sun dried tomato.....\$6.98
 36- Ham and Swiss: W/lettuce and dijon mustard.....\$6.98
 37- Roast Beef: Blue cheese spread, and lettuce.....\$6.98
 38- Tuscan Pesto Chicken: Sun dried tomato spread & lettuce.....\$6.98
 39- Grilled Vegetables: W/marinated mushrooms, imported feta and cucumber.....\$6.98
 40- Humus and Fresh Vegetables: W/tomato, cucumber, onion and basil.....\$6.98
 41- Grilled Salmon: Tomato, cucumber, baby spinach, yogurt & dill dressing.....\$7.98
 42- Chicken Parm Hero.....\$6.98
 43- Eggplant Parm Hero.....\$6.98

Good Health is Everyone's Major Source of Wealth

SNACKS
 Assorted pita chips, Cape Cod, Terra, Lay's and pretzels.

BURRITOS
 Burritos are made to order over rice, bean, Monterey jack cheese, salsa (mild or spicy) and sour cream on a select wraps.

Choose One From:
 Char grilled chicken, grilled sirloin steak, tofu, portabella mushroom & spinach or shrimp.....\$6.95

Any Vegetables: Black Beans, Red Beans, Bell Peppers, Onions, Shredded Lettuce, Chillies, Corn, Mushroom, Pico De Gallo, **Guacamole Extra**.....\$1.50

QUESADILLA
 Folded, lightly grilled, melted with cheese, onions, roasted red peppers, chillies, and scallion served with sour cream and pico de gallo.

Choose One From:
Cheese Quesadilla: Cheddar, Mozzarella, American Cheeses.....\$5.98
Char Grilled Chicken Quesadilla.....\$6.49
Steak Carnita: Garlic herb, char grilled steak.....\$6.99
Portabella Mushroom: Fresh spinach sauteed with garlic and onion.....\$6.99
Shrimp Quesadilla:.....\$7.96

ENTREES
 Sandwiches: Served w/lettuce, tomato, onion unless otherwise specified.
 Side Orders For Platters: Choose two item of: mashed potatoes, rice, sweet potatoes, lemon potato, pilaf, steamed veggies, grilled veggies, french fries, shredded carrots, arugula.

	GRILL	SANDWICH	/	PLATE
Burgers:				\$6.98
Beef, turkey or veggie, sandwich or plate.				
Falafel:	\$5.98			\$6.98
Lettuce tomato with tahini or white sauce.				
Chicken Shish Kabob:	\$6.98			\$9.98
Char grilled marinated chunks of white meat chicken.				
Lamb Shish Kabob:	\$7.98			\$10.98
Char grilled marinated chunks of lamb.				
Skewered Ground Sirloin:	\$6.98			\$9.98
Seasoned w/mix of special spices.				
Asian Ribeye:				\$15.95
Marinated steak, Cilantro soy sauce, served w/teriyaki chili sauce.				
Skewered Ground Chicken:	\$6.98			\$9.98
Seasoned with mix of special spices.				
Chicken Francese:				\$9.98
In lemon sauce platter.				
Oven Roasted Turkey Platter:				\$9.98
Stuffed Chicken Breast:				
W/ Fontina cheese proscutto top, lemon butter sauce.....				\$11.95

FROM THE SEA
 Grilled Wild King Salmon Platter.....\$12.98
 Grilled Tuna Platter.....\$12.98
 Crispy Nori Salmon: Dipped in tempura butter\$15.95
 Sword Fish\$11.95