

## Create Your Own Sandwiches

*Extra .75 charge for ciabatta, French Baguette, 7-grain rolls, whole wheat hero, focaccia .50 whole wheat rolls, .35 for Kaiser rolls*

All sandwiches served on your choice of our handcrafted Artisan breads  
ciabatta, French baguette, country sourdough, whole wheat, country white, Kaiser roll, whole wheat roll, 7-grain rolls, 7-Grain, rye, pumpkinnickel, wraps (plain, spinach, whole wheat, Sun-dried tomato, low-carb), panini pockets, hero, whole wheat hero, focaccia

All sandwiches can be made simply or pressed hot  
shredded lettuce at no cost. We have a variety of spreads you can choose from. All add on requests will be charged accordingly

Grilled Chicken Breast	5.25	Genoa Salami	5.45
Breaded Chicken Cutlet	5.95	Cappicola	5.75
Buffalo Chicken Breast	5.25	Prosciutto	5.95
Turkey	5.75	Sopressata	5.75
Turkey Pastrami	5.45	Pastrami	5.95
Oven Roasted Turkey	5.95	Boiled Ham	5.75
Honey Turkey	5.95	Black Forest Ham	5.50
Smoked Turkey	5.95	Virginia Ham	5.95
Cracked Pepper Turkey	5.95	Bologna	4.45
Avocado	4.50	Corned Beef	5.75
Albacore White Tuna	5.95	Roasted Beef	5.95
Nova Smoked Salmon	6.50	Corned Beef Brisket	5.95
Chicken Salad	5.95	Hummus	4.25
Egg Salad	4.95	Roasted Vegetables	4.95
Cheese	4.25	Peanut Butter & Jelly	2.75

American, Finlandia Swiss, muenster, provolone, cheddar, Alpine cheddar, Alpine Swiss, mozzarella, jalapeno Monterey jack  
add .50 for grilled cheese, add .50 for tomato on grilled cheese, add 1.00 for fresh mozzarella, smoked mozzarella, brie

**Extras, per item:**

onion	0.25
tomato,cucumber, carrot, sliced pickles, capers	0.50
sweet peppers, coleslaw, alfalfa sprouts, apple, hot cherry peppers, sauerkraut, horseradish, shredded red cabbage, sun-dried tomato, sliced avocado, basil roasted pepper, romaine lettuce	0.75
American, Finlandia Swiss, Alpine Swiss, cheddar, muenster, provolone, jalapeno Monterey jack, shredded mozzarella	0.75
Fresh mozzarella, smoked mozzarella, brie, gorgonzola, bacon	1.00

*Spreads: deli mustard, honey mustard, mayo, BBQ, oil & vinegar, Ranch dressing, sesame ginger dressing, Russian dressing*

## Signature Sandwich

<b>Union Square</b> grilled cracked peppermill turkey, grilled onions, melted jack cheese, romaine	6.95
<b>57th Street</b> honey turkey, granny smith apple, brie cheese, romaine, honey mustard	6.95
<b>Turkey Club</b> bacon, lettuce, tomato	6.95
<b>Fresh Mozzarella</b> fresh basil, sun-dried tomato & extra-virgin olive oil on foccacia	6.95
<b>Roast Beef</b> Swiss cheese, watercress, alfalfa sprouts, sliced tomato and horseradish dressing on a baguette	6.95
<b>Santa Barbara</b> Jarlsburg cheese, shredded romaine lettuce, tomato & Russian dressing in a low-carb wrap	6.95
<b>California Wrap</b> grilled chicken, avocado, bacon, lettuce, tomatoes, American cheese, Ranch	6.95
<b>Chicken Caesar</b> grilled chicken, grated parmesan cheese, roasted pepper, lettuce and creamy Caesar dressing in a whole wheat wrap	6.95
<b>Italian Club</b> Capicola ham, genoa salami, provolone cheese and creamy garlic sauce in a low-carb wrap	6.95
<b>Marinated Chicken</b> alfalfa sprouts, tomatoes, balsamic vinegar, extra virgin olive oil	6.95
<b>Italian Sub</b> Genoa salami and Cappicola with provolone cheese, onion, hot peppers, lettuce, tomato, oil & vinegar	7.25
<b>NY Reuben Combo</b> pastrami corn beef, sauerkraut, Swiss cheese & Russian dressing	7.95

Take a look at our website for a full list of available sandwich combinations

## WOODBURNING BRICK OVEN PIZZA

*made with homemade hand-pulled fresh mozzarella*

Round (12 inches) and Metro (18 inches)

<b>Pizza Rossa</b> tomato sauce, basil, oregano, cherry tomatoes and olive oil	R-12	M-20
<b>Pizza Margherita</b> mozzarella, tomato sauce, basil and olive oil	R-12	M-20
<b>Buffalina D.O.C.</b> tomato, fresh buffalo mozzarella, basil and olive oil	R-15	M-22
<b>Brutta Ma Buona</b> tomato sauce, mozzarella, ricotta, sausage, olives, basil	R-14	M-20
<b>Caprese</b> (no tomato sauce) mozzarella, cherry tomatoes, basil	R-15	M-22
<b>5 Formaggi</b> (no tomato sauce) provolone, gorgonzola, mozzarella, parmigiano and pecorino	R-14	M-22
<b>Quattro Stagioni</b> tomato sauce, mozzarella, mushrooms, ham, olives, artichokes, basil	R-14	M-22
<b>Pizza Patata</b> potato, mozzarella, ricotta, walnuts and rosemary (no tomato sauce)	R-12	M-20
<b>Pizza San Daniele</b> prosciutto, mozzarella, arugula, parmigiano and olive oil	R-15	M-22
<b>Pizza Soppressata</b> Italian dried sausage with mozzarella, pecorino cheese and onions	R-15	M-22
<b>Pizza al Gorgonzola, Pera e Nocci</b> (no tomato sauce) gorgonzola, pear and walnuts	R-14	M-22
<b>Ortolana</b> grilled vegetables	R-12	M-20
<b>Mezzaluna</b> half margherita and half calzone		16

## Wood Burning Brick Oven Panini (Hot pressed on order)

Dante	spicy soppressata, fontina, mixed greens	10
Parma	prosciutto, arugula, parmigiano	9
Caprese	fresh mozzarella, tomato, pesto, extra virgin olive oil	7
Chicken Parmigiana		8
Eggplant Parmigiana		

## Create Your Own Pasta

<b>Choose your pasta</b>	<i>Plate 8.29 (with unlimited toppings)</i>
BowTie	Penne Linguine Spaghetti Rigatoni Whole wheat penne (add .50)

### Choose 1 of our Homemade Sauces

Tomato basil	Alfredo romano	Basil pesto	Virgin olive oil & garlic	A la vodka
Beef bolognese (add 1.25)	Spicy Arrabiata			

### Pick 1 Main Ingredient

Grilled chicken	Spicy chicken	Portobella mushroom	Tofu
Eggplant	Italian sausage	Meatballs	Salmon
Beef sausage	Turkey bacon	Crispy bacon	Shrimp (add 1 .00)

### Add as Many Toppings as You Like

Cherry tomatoes	Broccoli	Green peas	Roasted garlic	Mozzarella
Mushrooms	Roasted peppers	Kalamata olives	Fresh basil	Spinach
Parsely	Onions	Sun-dried tomatoes	Cauliflower	Eggplant
Red pepper Flakes	Fresh garlic			

## Suggested Pasta Plates

<b>Penne a la Vodka</b>	8.29
tomatoes, slivered garlic, fresh basil, creamy vodka sauce	
<b>Spaghetti Carbonara</b>	8.29
bacon, egg, parmesan cheese	
<b>Rigatoni alla Norma</b>	8.29
garlic, fresh basil, eggplant, Kalamata olives, parmesan cheese	
<b>Linguine with Mixed Mushrooms</b>	8.29
garlic, red pepper flakes, olive oil, parsley portobello, white button mushrooms	

## Char Grilled Burgers

<i>served with lettuce, tomato &amp; picklens, deluxe odd 2 .00, Includes above plus french fries</i>	
1/2 Lb Black Angus Burger with cheese	5.25
with Fresh Basil,Mozzarella & Tomato Sauce	5.95
with swiss cheese,grilled mushrooms, bacon	6.45
<b>Turkey Burger</b> (plain or BBQ)	6.75
with American cheese & caramelized onion	6.75
<b>Veggie Burger</b>	6.75
	5.95

### Side Dishes

French Fries 2.45 - Cheese Fries 3.45 · Onions Rings 2.75

## Create Your Own Salad

<b>Choose your Base</b>	Sm. 2.95	Lg. 3.95
<i>crisp romaine, baby spinach or mixed greens</i>		

<b>\$2.00</b>	<b>\$1.00</b>
• Shrimp	• Bacon
• Salmon	• Cheddar Cheese
• Steak	• Parmesan Cheese

<b>\$1.50</b>	• Sun-dried Tomatoes
• Grilled Chicken Breast	• Fresh Avocado
• Oven Roasted Turkey Breast	• Marinated Artichokes
• Smoked Turkey Breast	• Sliced Beets
• Black Forest Ham	• Feta Cheese
• Italian or White Tuna	

• Portobello Mushroom	<b>\$0.75</b>	
• Gorgonzola	• Walnuts	• Pasta
• Fresh Mozzarella	• Raisins	• Tofu
• BBQ Chicken	• Kalamata Olives	• Alfalfa Sprouts
• Spicy Chicken	• Toasted Almonds	• Black Beans
• Goat Cheese	• Roasted Peppers	• Asparagus
	• Pesto Sauce	• Hard Boiled Egg
	• Roasted Corn	• Sunflower Seeds
	• Stuffed Grape Leaves	• Cherry Tomatoes

### Dressings

French • Ranch • Italian • Caesar	<b>\$0.50</b>	
Russian • Creamy Italian • Blue Cheese	• ChickPeas	• Cucumber
Balsamic Vinaigrette • Honey Mustard	• Carrots	• Fresh Corn
Roasted garlic red wine	• Almonds	• Red Onion
	• Bell Peppers	• Roasted Pepper

### Low Fat & Fat Free

Fat Free Ranch • Fat Free Italian	• Plum Tomatoes	• Celery
Fat Free French • Fat Free Lemon Herb	• Jalapenos	• Sweet Peas
Low Fat Sesame Ginger	• Mushrooms	• Kidney Beans
Low Fat Honey Dijon • Oil & Vinegar	• Green Peas	• Chow Mein Noodles
	• Fresh Broccoli	• Mandarin Orange

## Signature Salads

<b>Salade Nicoise</b>	6.75
romaine lettuce, olives, potatoes, green beans, tomatoes, capers, hard-boiled eggs and tuna over romaine lettuce, balsamic vinaigrette	

<b>Cobb Salad</b>	6.95
hard-boiled eggs, bacon, chicken, gorgonzola, tomatoes, white beans, sliced red onion and olives over romaine lettuce, blue cheese dressing	

<b>Chicken Caesar Salad</b>	6.95
grilled chicken, parmesan cheese, roasted peppers, croutons over romaine lettuce, Caesar dressing	

<b>Chicken Pasta Salad</b>	6.95
grilled chicken, tri-colored fusilli, cheddar cheese, green peas, roasted red peppers, scallions, black olives over romaine lettuce, balsamic vinaigrette	

<b>Greek Salad</b>	7.25
feta cheese, black olives, red onion, cucumber, bell peppers, stuffed grape leaves over romaine lettuce, oil & vinegar	

<b>Chef Salad</b>	7.45
sliced turkey, ham & roasted beef with American cheese & Swiss cheese, sliced egg, tomatoes over romaine lettuce, Russian dressing	

### Signature Daily Soups

	Sm.2.50	Lg.3.50
<b>Three Bean Turkey Chili</b>	Sm. 3.99	Lg. 4.99

### Hot Market Entrees

*Our selections change daily, please check our website, call us or join our email list  
Our specials are also posted on facebook. Fan us!*

## Fresh Squeezed Juice & Smoothie Bar

*We offer a delicious selection of fresh squeezed 100% juices and made to order smoothies*

<b>Fresh Juices</b>	2.95/ 3.95
orange, carrot or grapefruit	

<b>Sunshine Smoothies</b>	4.00
With Fat-Free Yogurt	
<b>Classic</b> orange, banana & strawberry	5.00
<b>Orange Creamscicle</b> orange, fat-free yogurt	
<b>Nut &amp; Honey</b> assorted nuts, honey, banana, fat-free or soy milk	
<b>Banana Creampuff</b> banana, honey, fat-free or soy milk	

<b>Mighty Mixers</b>	4.00
<b>Ginger &amp; Maryann</b> ginger, carrot, pepper & apple	
<b>Green Magic</b> spinach, parsley, cucumber & broccoli	
<b>Multi Vita</b> carrot, spinach, parsley, beet, orange	
<b>Incredible</b> parsley, pepper, carrot, ginger	

<b>Super Shakes</b>	5.00
<b>Flu Buster</b> orange, lemon, ginger, honey, zinc & vitamin c	
<b>Wonder Woman</b> orange, banana, strawberry, ginseng & protein	
<b>Afternoon Booster</b> pineapple, grapefruit, lime, wheat grass	
<b>V-10</b> blend of 10 different veggies with a shot of ginger	
<b>Einstein</b> orange, pineapple, strawberry, banana, ginko	

### Sports Performance Enhancement Drinks

<b>Met-Rx, Creatine, Amino Fuel, Diet Fuel, Designer Whey, etc</b>	
with spring water	
with mik, soy milk or rice milk	4.00
with fruits	5.00
	6.00
	<b>Extras</b>
	Met-Rx, DesignerWhey, etc add 1.00
Take a look at our website for a full list of available juices & smoothies	

## Patisserie

*we offer a selection of baked goods from famous bakeries from around the city, changes daily*

<b>Cakes</b>	4.00
mouse cakes, slice cakes, cheesecakes and more	
<b>Biscotti</b>	2 for 1.50
<b>Jumbo Cookies</b>	2.00
chocolate chip, oatmeal raisin, peanut butter and more	
<b>Cupcakes</b>	P.A.
jumbo and standard, assorted flavors	
<b>French Macarons</b>	2.25
gluten-free, in various flavors & colors	

## Coffee Corner

<b>Espresso Bar</b>	2.25
Espresso	2.75
Double Espresso	2.65
Macchiato	2.95/ 3.45
Cappuccino	2.95/ 3.45
Caffe latte	3.50/ 4.00
Mocha	2.45/ 2.95
Americano	
<b>Hot Drink</b>	1.25/ 1.80
Regular Coffee	1.25/ 1.95
Decaf Coffee	1.50/ 2.25
Flavored Coffee	1.75/ 2.25
Cafe Au Lait	2.95/ 3.45
Chai Latte	2.50/ 3.05
Hot Chocolate	1.30/ 1.80
Hot Tea	

**Get It Iced for .55**  
**Extras:** espresso shot .50, flavored syrup .50, soy or rice milk .50, whipped cream .35  
**Flavored Syrups:** vanilla, sugar-free vanilla, hazelnut, sugar-free hazelnut, pumpkin splce, peppermint, Irish cream, cinnamon, caramel

prices are subject to change without notice