

COFFEE, TEA & DESSERT

	Sm.	Lg.
Fresh Brewed Coffee or Tea.....	\$1.25	\$2.00
Hazelnut Coffee	\$1.25	\$2.00
Herbal Tea	\$1.25	\$2.00
Hot Chocolate.....	\$1.25	\$2.00
Unsweetened Ice Tea	\$1.50	\$2.00
Ice Coffee.....	\$2.25	\$2.75
Ice Hazelnut Coffee	\$2.25	\$2.75
Yogurt Muffins.....	\$2.00	—
Plain, Chocolate Croissant	\$2.00	—
Assorted Loaf Cake	\$2.00	—
Fresh Fruit Bowl.....	\$3.50	—
Brownies	\$2.25	—
Cup Cakes	\$3.00	—
Coffee Cake	\$2.25	—
Assorted Beer, Snack & Soda		

SMOOTHIE 16oz. - \$5.25, 24oz. - \$6.25

- ★ **Passion Mango:** mango, passion fruit, and honey
- ★ **Bananarama:** banana, peanut butter and soy milk
- ★ **Berry Blast:** strawberry, blueberry, raspberry, banana, and soy milk
- ★ **Luscious Lychee:** lychee, pineapple & banana w. apple juice
- ★ **Tropical Island:** strawberry, pineapple, pina colada puree and orange juice
- ★ **Eat a Peach:** peach, mango, cinnamon, apple cider and mango puree
- ★ **Red Rocket:** blueberry, strawberry, banana, with mixed juice
- ★ **Supplements:** bee pollen\$1.00
whey protein.....\$1.50

FROZEN LATTE 16oz. - \$3.50, 24oz. - \$4.50

- ★ Mocha
- ★ Caramel
- ★ Vanilla Flavor
- ★ Coffee

CATERING MENU

BREAKFAST

Continental:

A Platter of Freshly Baked Pastries, Jumbo Yogurt Muffins, Bagels Served with Butter, Flavored and Regular Cream Cheese .. \$3.99/PP

Egg Wraps:

An Assortment of Our Famous Bacon, Turkey Bacon, Ham, Sausage or Roasted Vegetable
Egg Wraps \$5.50/PP
★ Fresh Fruit and Seasonal Berries Add \$3.50/PP
★ Coffee and Tea Service..... Add \$2.00/PP

LUNCH

An Assortment of Gourmet, Press, Sandwiches or Wraps,
House Green Salad & Drink - \$12.95/PP
★ Cupcake Platter - Add \$3.00/PP
★ Second Specialty Salad - Add \$3.00/PP



Y.H. Printing Inc. 212.343.9082 OB 101415

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177-15 Union Turnpike.
Fresh Meadows, NY 11366

T: 718-480-6370

F: 718-480-6397

.....
9AM-10PM

(7 DAYS/WEEK)

.....
BEER, SODA & SNACK
AVAILABLE

.....
FREE DELIVERY
(\$15 Min.)

MUST TRY -
CHICKEN AVOCADO OR
SHRIMP POBOY

BREAKFAST

(Served until 12:00 noon)

Two Egg on a roll	\$2.75
Two Egg w. bacon, ham, sausage or turkey bacon on a roll.	\$3.75
Two Egg Platter w. bacon, ham or sausage	\$6.00
A Wrap w. eggs, cheese & bacon, ham or sausage	\$5.00
Egg Quesadilla w. bacon, ham or sausage & salsa ..	\$6.00
Turkey, Egg whites & swiss wrap	\$6.00
Western Omelette	\$7.50
Ham or Bacon and American Cheese Omelette.	\$7.50
Egg White Low Fat Cheese Omelette	\$7.00
Spinach & Feta Cheese Omelette.	\$7.50
Roasted Vegetable Omelette	\$7.50
Plain Pancake w. eggs and bacon, sausage, ham or turkey bacon	\$7.00
Banana Pancake	\$5.00
Chocolate Chip Pancake	\$5.00
Blueberry Pancake	\$5.00
Challah French Toast w. ham, bacon, sausage or turkey bacon	\$6.00
BLT Sandwich.	\$5.00
Grilled American Cheese	\$3.00
Press Toast w. chocolate & peanut butter or bananas	\$5.50
* Omelettes & Egg Platter comes w. home fries & toast	
* Ewhite Omelettes \$1.00 extra	
* Any Substitution for bagel extra \$1.00	

BAGELS

Buttered Bagel	\$1.50
Cream Cheese	\$2.25
Scallion Cream Cheese	\$2.75
Vegetable Cream Cheese	\$2.75
Bacon Cream Cheese	\$3.75
Peanut Butter & Jelly	\$2.75

HOME MADE SOUP 16 oz. \$5.25

- * Vegetarian Chili
- * Chicken noodle with vegetables
- * New England Clam Chowder
- * Split pea with ham
- * Italian wedding with meatballs

PRESS SANDWICHES \$7.45

- Homemade baked chicken, avocado, cheddar and chipotle sauce
- Chicken breast, mozzarella, red pepper and pesto sauce
- Roast beef, caramelized onions, mozzarella and horseradish spread
- Spicy tuna, cheddar, lettuce and tomato
- Tuna melt, american cheese, lettuce and tomato
- Turkey, bacon, cheddar and cranberry spread
- Ham, swiss, pickles and honey mustard
- Three cheese with sundried tomato and pesto sauce

GOURMET SANDWICHES \$7.45

- Fried shrimp "poboy", lettuce, tomato and chipotle sauce
- Chicken cutlet, lettuce, tomato and chipotle mayo
- Chicken breast, romaine, tomato and 5 herb mayo
- Smoked turkey, avocado, lettuce, tomato and russian dressing
- Turkey, apple, mozzarella and honey mustard
- Classic grilled chicken BLT or turkey BLT
- Philly cheese steak with gravy
- Chicken parmigiana
- Pastrami, swiss, coleslaw, and Russian dressing

WRAPS \$7.45

- California wrap: chicken, red peppers, avocado, lettuce, tomato and russian
- Curry chicken Salad with apple, raisin, and lettuce
- Chicken burrito wrap with cheddar, romaine and salsa
- Grilled chicken caesar wrap
- Tropical chicken salad with raisins and herb mayo and lettuce
- Spicy chicken fajita with cheddar

VEGETARIAN WRAPS \$7.45

- Grilled zucchini, red peppers, tomato, avocado and hummus
- Baked tofu, avocado, cucumber, tomato with hoison
- Veggie wrap: chick pea, corn, egg, cucumber, lettuce, tomato and hummus spread

BURGERS, FRIES & SIDES

Sirloin burger	\$5.50
Turkey burger	\$5.50
Veggie burger	\$6.50
Deluxe: lettuce, tomato, cheese & fries	\$3.00
Add ons: Bacon	\$2.00
Avocado	\$1.00
French Fries	\$3.00
Sweet Potato Fries	\$4.50
Cheese Fries	\$4.50
Chicken Fingers	\$5.00
Coleslaw	\$2.50
Mac & Cheese	\$3.00
Onion Ring	\$3.00
Curly Fries	\$4.50
Cheese Cup	\$1.50

SALADS

By Half lb.

Tuna Salad	\$5.00
Spicy Tuna Salad	\$6.00
Egg Salad	\$4.00
Veggie Pasta Salad	\$3.00
Chicken Salad	\$5.00
Tropical Chicken Salad	\$6.00
Curry Chicken Salad	\$6.00
Tomato & Mozzarella in Balsamic	\$5.00

TOSSED ROMAINE SALAD

- * Romaine
- Sm. \$3.00 / Lg. \$4.00
- * Pick Any 1 Item - 60¢: cucumber, carrot, tomato, celery, red onions, corn, chick pea, red bean, green pepper, olives, broccoli, raisin, roasted red pepper, plain pasta, caramelized onion.
- * Add ons \$1.00 each: tofu, sundried tomato, walnut, cranberry, zucchini, feta, cheddar, mozzarella, swiss, spicy jack, american, egg.
- * Add ons \$2.00 each: bacon, turkey, ham, avocado, turkey bacon
- * Add ons \$3.00 each: spicy tuna, chicken, chicken cutlet, tuna salad.
- * Choice of Dressing: Balsamic vinaigrette, sesame ginger, caesar, fat free raspberry vinaigrette, russian, olive oil & vinegar, thousand island, ranch and Italian
- * Grilled Chicken Caesar Salad

\$7.45