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BREAKFAST SANDWICHES



- Eggs on a Roll.....\$3.99
- Eggs & Cheese.....\$4.99
- Bacon & Egg.....\$4.99
- Ham & Egg.....\$4.99
- Sausage & Egg.....\$4.99
- Bacon Egg & Cheese.....\$5.99
- Ham Egg & Cheese.....\$5.99
- Sausage Egg & Cheese.....\$5.99
- Turkey & Egg.....\$6.24
- Turkey Egg & Cheese.....\$7.24
- Turkey-Bacon & Egg.....\$6.24
- Turkey-Bacon Egg & Cheese.....\$7.24
- Western Omelette Sandwich.....\$7.24
- Bacon, Lettuce, & Tomato.....\$7.24
- Grill Cheese.....\$5.24
- Grill Cheese w/ Bacon.....\$7.24

Breakfast Wraps



- Healthy Request Wrap 3 egg whites & fresh turkey on a whole wheat wrap.....\$8.49
- Classic Egg Wrap 2 eggs, boar's head ham, cheese & home fries on a white wrap.....\$8.49
- Breakfast Burrito Wrap 2 eggs, boar's head bacon, sausage, cheese & home fries on a white wrap.....\$9.49
- Veggie Wrap 2 eggs, onions, peppers, tomatoes & mushrooms on a spinach wrap.....\$8.49
- Call Breakfast Wrap 3 egg whites, avocado, tomatoes & pepper jack cheese on a whole wheat wrap.....\$8.49
- Western Omelette Wrap 2 eggs, ham, cheese, bell peppers, onions on a white wrap.....\$8.49

COFFEE TEAS



HOT	SMALL	LARGE
• 100% Colombian Coffee.....	\$2.00	\$2.74
• 100% Colombian Decaf.....	\$2.00	\$2.74
• Cappuccino.....	\$3.49	\$4.74
• Café Mocha.....	\$3.49	\$4.74
• Café Americano.....	\$3.49	\$4.74
• Café Latte.....	\$3.49	\$4.74
• Gourmet Hot Chocolate.....	\$2.49	\$3.24
• Espresso..... Single Shot.....\$3.49 Double Shot.....\$4.74		
COLD		
• Ice Coffee.....	\$2.99-16 oz	\$3.74-20 oz
• Cold Brew Coffee.....	\$3.49-16 oz	\$4.74-20 oz
• Nitro Cold Brew.....	\$4.49-16 oz	\$5.74-20 oz

- Lipton
- English Breakfast
- Earl Grey Tea
- Green Tea
- Peppermint Tea
- Cinnamon Apple Spice
- Chamomile Tea
- Lemon Ginger Tea
- Ginger Tea
- Raspberry Tea
- Lemon Zinger Tea


10oz - \$2.00
16oz - \$2.49
20oz - \$3.00

BAGEL SANDWICHES



- Bagel w/ Butter.....\$2.49
- Bagel w/ Butter & Jelly.....\$3.49
- Bagel w/ Cream Cheese.....\$3.49
- Bagel w/ Cream Cheese & Jelly.....\$3.99
- Bagel w/ Scallion Cream Cheese.....\$4.49
- Bagel w/ Veggie Cream Cheese.....\$4.49
- Bagel w/ Lox & Cream Cheese.....\$10.00
- Bagel w/ Peanut Butter & Jelly.....\$4.49
- New Yorker Plain Cream Cheese, Tomatoes & Lox.....\$11.74
- Mott Haven Bagel Scallion Cream Cheese, Tomatoes, Avocado & Lox.....\$13.74
- Vegetarian Bagel Veggie Cream Cheese, Tomatoes, Onion & Avocado.....\$8.74
- Bagel Gone Bananas Peanut Butter, Honey & Bananas.....\$6.74


OMELETTE PLATTERS



(Served with Home Fries & Toast)

- Western Omelette.....\$9.49
An omelette served w/ scrambled eggs, ham, bell peppers & onions.
- Greek Omelette.....\$9.49
An omelette served w/ scrambled eggs, olives, feta & cherry tomatoes.
- Healthy Request Omelette.....\$9.49
An omelette served w/ 3 egg whites, grilled tomatoes & turkey.
- California Omelette.....\$10.49
An omelette served w/ scrambled eggs, mushrooms, bell peppers, broccoli, tomatoes & cheddar cheese.
- Monterey Omelette.....\$10.49
An omelette served w/ scrambled eggs, bacon, avocado & pepper jack cheese served w/ salsa.
- Florentine Omelette.....\$9.49
An omelette served w/ scrambled eggs, feta cheese & spinach.
- Santa Fe Omelette.....\$9.49
An omelette served w/ scrambled eggs, onions, jalapeños, cilantro & cheddar cheese.

GRIDDLES



(Served with real butter and 100% Pure Natural Syrup & 2 Eggs.)
Add Boar's Head Bacon, Sausage or Ham for \$1.99. Add Turkey Bacon for \$1.99

- Waffles.....\$9.24
- French Toast.....\$8.24
- Two Slices of Grilled French Toast
- Three Buttermilk Pancakes.....\$8.24

PASTRIES

COLD PASTRIES



- Mixed Fruit Tarts.....\$4.49 lb
- Cannoli.....\$5.49
- Napoleon.....\$5.49
- Cheesecake.....\$4.49
- Strawberry Cheesecake.....\$4.49
- Red Velvet.....\$4.49
- Oreo Cheesecake.....\$4.49
- Chocolate Mousse Cake.....\$4.49
- Tiramisu.....\$4.49
- Carrot Cake.....\$4.49
- Cookies & Cream Cake.....\$4.49
- Caramel Mousse Cake.....\$4.49
- Muffins.....\$3.49
- Danishes.....\$3.49
- Scones.....\$3.49
- Large Cookies.....\$4.49
- Brownies.....\$4.49
- Croissants.....\$3.49

CLASSIC DELI SANDWICHES



ROLL \$8.99 - HERO \$9.99 - WRAP \$9.99

- TURKEY w/ Cheese, Lettuce & Tomato
- SMOKED TURKEY w/ Cheese, Lettuce & Tomato
- HONEY GLAZED TURKEY w/ Cheese, Lettuce & Tomato
- PEPPER TURKEY w/ Cheese, Lettuce & Tomato
- SALSALITO TURKEY w/ Cheese, Lettuce & Tomato
- BUFFALO CHICKEN BREAST w/ Cheese, Lettuce & Tomato
- CHIPOTLE CHICKEN w/ Cheese, Lettuce & Tomato
- CHICKEN CUTLET w/ Cheese, Lettuce & Tomato
- GRILLED CHICKEN w/ Cheese, Lettuce & Tomato
- GRILLED BBQ CHICKEN w/ Cheese, Lettuce & Tomato
- GRILLED CHIPOTLE CHICKEN w/ Cheese, Lettuce & Tomato
- BBQ TURKEY BURGER w/ Cheese, Lettuce & Tomato
- ROAST BEEF w/ Cheese, Lettuce & Tomato
- PASTRAMI w/ Cheese, Lettuce & Tomato
- CHOPPED w/ Cheese, Lettuce & Tomato
- CHICKEN PARMESAN
- MEATBALL PARMESAN
- PHILLY CHEESE STEAK

SALAD SANDWICHES



ROLL \$8.74 - HERO \$9.74 (With Lettuce & Tomato)

- Tuna Salad
- Mexican Tuna
- Vegetable Tuna
- Egg salad
- Chicken salad
- Seafood Salad

APPETIZERS

- French Fries.....\$5.99
- Curly Fries.....\$6.99
- Sweet Potato Fries.....\$6.99
- Cheesy Fries.....\$6.99
- Later tots.....\$5.99
- Cheesy later tots.....\$6.99
- Mozzarella Sticks.....\$7.99
- Onion Rings.....\$5.99
- Chicken Tenders.....\$7.99
- Buffalo Wings.....\$7.99

AVOCADO SANDWICHES \$10.99



- HOT PASTRAMI AVOCADO SANDWICH hot pastrami, mozzarella cheese, spinach, tomatoes, avocado, grilled onions & chipotle mayo on rye bread.
- THE SMOKED TURKEY AVOCADO SANDWICH smoked turkey, cheddar cheese, romaine lettuce, tomatoes, avocado & chipotle mayo on wheat bread.
- THE ZESTY CHICKEN AVOCADO SANDWICH grilled lemon chicken, pepper jack cheese, lettuce, tomatoes, onions, avocado & balsamic vinaigrette on a roll.
- THE CHICKEN CLUB AVOCADO SANDWICH chicken cutlet, muenster cheese, bacon, avocado, lettuce, tomatoes & mayo on a multigrain hero.
- THE VEGGIE BURGER AVOCADO SANDWICH veggie burger, fresh mozzarella cheese, romaine lettuce, tomatoes, avocado, roasted red peppers & russian dressing on a multigrain hero.
- THE CHIPOTLE GRILLED CHICKEN AVOCADO SANDWICH grilled chipotle chicken, provolone cheese, avocado, lettuce, tomatoes & ranch dressing on a sesame seeded hero.

QUESADILLAS \$10.99



- CHICKEN QUESADILLAS grilled chicken, grilled peppers, grilled onions, cheddar cheese, mozzarella cheese.
- STEAK QUESADILLAS steak, grilled peppers, grilled onions, cheddar cheese, mozzarella cheese.
- TRIPLE CHEESE QUESADILLAS mozzarella, cheddar, pepper jack cheese.
- VEGGIE QUESADILLAS grilled peppers, grilled onions, grilled mushrooms, corn, jalapeños, mozzarella cheese, cheddar cheese w/ salsa.

COMBINATION SANDWICHES



ROLL	HERO
1. Americano Comb.....\$9.49	\$10.49
2. Italian Combo #1.....\$9.49	\$10.49
3. Italian Combo #2.....\$9.99	\$10.99
4. Turkey Club.....\$9.49	\$10.49
5. The One of a Kind Sandwich.....\$9.99	\$10.99
6. Chicken Club.....\$9.49	\$10.49
7. Tuna Melt.....\$9.49	\$10.49
8. The Combo.....\$9.49	\$10.49
9. Chicken Cordon Bleu.....\$9.49	\$10.49
10. Cuban Sandwich.....\$9.49	\$10.49

PANINI \$10.99



Hot Grilled Sandwiches on European Flat Bread (Served w/ chips, pickles, & can of soda)

- THE TORINO chicken cutlet, mozzarella cheese & sun-dried tomatoes.
- BAY RIDGE grilled chicken, american cheese, bacon, lettuce & russian dressing.
- ONE OF A KIND peppermill turkey, pepper jack cheese, bacon, avocado & ranch dressing.
- ITALIAN #2 ham, salami, pepperoni & provolone cheese.
- DELIGHTFUL honey maple turkey, swiss cheese, honey mustard & coleslaw.
- GRILLED CHICKEN FAJITA grilled chicken, roasted peppers, salsa & cheddar cheese.
- CHICKEN PARMESAN chicken cutlet, mozzarella cheese & marinara sauce.
- TURKEY CLUB turkey, bacon, pepper jack cheese, lettuce & tomatoes.
- CHICKEN CLUB cricket cutlet, bacon, muenster cheese & russian dressing.
- TUNA MELT tuna salad, cheddar cheese & tomatoes.
- CALIFORNIA grilled chicken, avocado, mozzarella cheese & ranch dressing.
- SUNSET turkey, mozzarella cheese, tomatoes, avocado & ranch dressing.
- ARIZONA chicken cutlet, pepper jack cheese, jalapeños & mayo.
- CHIPOTLE chipotle chicken breast, pepper jack cheese, avocado & ranch dressing.
- ITALIANO grilled chicken, mozzarella cheese, roasted peppers & pesto sauce.
- CHICKEN CORDON BLEU chicken cutlet, ham, swiss cheese & mayo.
- NYC chicken cutlet, chipotle cheese, avocado & chipotle mayo.
- MEATLESS fresh mozzarella, plum tomatoes, basil, spinach, sun dried tomatoes & pesto sauce.

BURGERS



	BURGER-DELUXE
1. Beef Burger.....	\$6.99, \$9.99
2. Cheese Burger.....	\$7.99, \$10.99
3. Bacon Cheese Burger.....	\$8.99, \$11.99
4. Mushroom Cheese Burger.....	\$8.99, \$11.99
5. Turkey Burger.....	\$7.99, \$10.99
6. Veggie Burger.....	\$7.99, \$10.99
7. Pizza Burger.....	\$7.99, \$10.99
8. Texan Burger.....	\$8.99, \$11.99
9. California Burger.....	\$8.99, \$11.99
10. Mott Haven Burger.....	\$8.99, \$11.99

SALAD BY THE LB.



Tuna Salad.....	\$10.00	Potato Salad.....	\$8.99
Mexican Tuna Salad.....	\$12.00	Coleslaw Salad.....	\$8.99
Vegetable Tuna Salad.....	\$12.00	Tortellini Pasta.....	\$10.00
Chicken Salad.....	\$12.00	Pesto Pasta.....	\$10.00

WRAPS \$9.99



White / Wheat / Spinach / Sun-Dried Tomato

- SICILIAN WRAP grilled chicken, mozzarella cheese, green peppers & onions.
- ARIZONA WRAP chicken cutlet, pepper jack cheese, jalapeños, lettuce, tomatoes & mayo.
- CAESAR WRAP grilled chicken, mozzarella cheese, lettuce & caesar dressing topped w/ parmesan cheese.
- CALIFORNIA WRAP grilled chicken, avocado, mozzarella cheese, lettuce & ranch dressing.
- ALL AMERICAN WRAP roast beef, turkey, american cheese, lettuce, tomatoes & russian dressing.
- BBQ WRAP BBQ chicken, avocado, cheddar cheese & tomatoes.
- AVO WRAP oven gold turkey, swiss cheese, avocado, lettuce, tomatoes & ranch dressing.
- RED & GREEN WRAP tuna salad with fire roasted red peppers & avocado.
- CHIPOTLE MAYO chipotle grilled chicken, mozzarella cheese, lettuce, tomatoes & ranch dressing.
- WESTSIDE WRAP grilled chicken, fresh mozzarella cheese, sun dried tomatoes, spinach & balsamic vinaigrette dressing.
- ITALIAN CLASSIC WRAP ham, salami, fresh mozzarella cheese, lettuce, tomatoes & italian dressing.
- THE SANTA FE WRAP chipotle chicken, smoked gouda, red onion, spring mixed & lime mayonnaise.
- THE PACKER WRAP chicken cutlet, cheddar cheese, avocado, banana, peppers, lettuce, tomatoes & chipotle mayo.
- ALA-PESTO grilled chicken w/ pesto sauce, fresh mozzarella & spring mixed.
- THE BROADWAY WRAP smoked turkey, avocado, bacon, lettuce, tomatoes & scallion cream cheese.
- NEW YORK WRAP roast beef, avocado, lettuce, tomatoes, swiss, mayo & american cheese.
- I LOVE VEGGIE WRAP avocado, cucumbers, carrots, baby spinach, spring mixed, tomatoes & hummus spread.
- THE FALAFEL WRAP w/ crisp homemade falafel, lettuce, tomatoes, feta cheese, cucumbers & low fat tahini sauce.

CHEESE & MEATS BY THE LB.

Oven Golden Turkey.....	\$13.99	Beef Salami.....	\$13.99
Smoked Turkey.....	\$13.99	Pepperoni.....	\$13.99
Honey Maple Turkey.....	\$13.99	Bologna.....	\$13.99
Pepper Mill Turkey.....	\$13.99	American Cheese.....	\$8.99
Salsalito Turkey.....	\$13.99	Cheddar Cheese.....	\$10.99
Chipotle Chicken Breast.....	\$13.99	Provolone Cheese.....	\$10.99
Buffalo Chicken Breast.....	\$13.99	Swiss Cheese.....	\$10.99
Roast Beef.....	\$16.99	Muenster Cheese.....	\$10.99
Corned Beef.....	\$16.99	Mozzarella Cheese.....	\$10.99
Pastrami.....	\$16.99	Pepper Jack Cheese.....	\$10.99
Boar's Head Ham.....	\$13.99	Tropical Cheese.....	\$10.99

TOSSED SALAD



STEP 1 - CHOOSE YOUR BASE small \$4.49 - large \$5.49

- Crisp Romaine
- Mixed Greens
- Baby Spinach

STEP 2 - PICK YOUR TOPPING \$1.00 EACH

- Grilled Chicken (lemon, BBQ, pesto, teriyaki)
- Turkey Breast (maple honey, smoked or peppermill)
- Chicken Cutlet
- White Tuna
- Artichoke hearts
- Sun Dried Tomatoes
- Avocado
- Feta Cheese
- Fresh Mozzarella
- Cilginni
- Blue Cheese Crumble
- Shredded Mozzarella
- Shredded Cheddar
- Walnuts
- Cranberries
- Raisins

STEP 3 - Pick Your Dressing

- Creamy Italian
- Creamy Russian
- Creamy Caesar
- Creamy Ranch
- Creamy French
- Blue Cheese
- Balsamic Vinaigrette
- Balsamic Vinegar
- Fat Free Raspberry Vinaigrette
- Golden Italian
- Light Italian
- Sesame Ginger
- Honey Dijon
- Olive Oil & Vinegar

SMOOTHIES



16oz - \$6.99 • 20oz - \$7.99

[Add 1 scoop protein powder - \$1.50]

- MANGO MONSTER mango, pineapple, orange, strawberries.
- VERY BERRY strawberries, blueberries, watermelon blended w/ apple juice.
- STRAWBERRIES ON MOTT HAVEN strawberries & banana blended w/ apple juice or milk.
- PEANUT BUTTER NANA banana, 1 scoop of peanut butter & soy or almond milk.
- GREEN MONSTER spinach, kale, green apple, kiwi, mango, banana & pineapple.
- WESTSIDE FAMOUS orange, mango, banana, pineapple, strawberries & papaya
- ACAI ENERGY acai, banana, strawberries w/ apple juice.
- SUPER ME beets, carrots, banana, kale, ginger, papaya, strawberries & mango w/ fresh orange.
- I LOVE POM mango, banana, blueberries w/ pomegranate juice.
- MOTOWN SMOOTHIE kiwi, orange, strawberries, w/ pineapple juice.
- COCONUT SMOOTHIE mango, banana, pineapple & blueberries blended w/ coconut.
- GO ACAI acai, strawberries, blueberries, banana w/ apple juice or orange.
- CALIFORNIA PEACH peach, pineapple, strawberries blended w/ apple juice & pomegranate.
- BANANA OAT banana, milk, oats, & honey.
- SUPER 2 banana, strawberries, apple, & papaya.
- SUPER 3 acai, strawberries, banana w/ soy or almond milk.
- D-LICIOUS DETOX carrot, apple, cucumber, ginger & lemon.
- COLD BUSTER carrot, orange, pineapple & ginger.
- SIMPLY JUICE watermelon, pineapple, orange, apple.
- ORANGE JUICE fresh orange juice.
- CARROT JUICE
- APPLE JUICE fresh pressed apple juice.
- GRAPEFRUIT JUICE
- CREATE YOUR OWN choice of

FRESH NATURAL JUICE



16oz - \$6.99 • 20oz - \$7.99

- HAWAIIAN pineapple, grapefruits, orange & mint.
- GO GREEN spinach, kale, cucumber, parsley, celeru, lemon, green apple.
- VEGGIE carrot, parsley, beets, celeru & ginger.
- HEALTHY ENERGY carrot, cucumber, apple, lemon, orange & ginger.
- FRESH FLORIDA carrot, orange, beet.
- SUNNY SKYLINE orange, apple, pear, pineapple.