

Sliced Bread, Roll, Club, Wrap, Ciabatta, Focaccia, Brioche 9.49/ Hero 10.99

NEW

All-Time Favorites



Lenwich Δ (550~830 Cal)
Hot Pastrami, Corned Beef, Melted Swiss, Coleslaw, Russian



Italian ◯ Δ (587~880 Cal)
Genoa Salami, Cappicola, Provolone Cheese, Lettuce, Tomato, Onion, Hot Peppers, Oil & Vinegar



American Δ (494~756 Cal)
Virginia Ham, Black Forest Ham, American Cheese, Lettuce, Tomato, Mayo



Jimmy T Δ (777~1115 Cal)
Breaded Chicken Cutlet, Melted Mozzarella, Grilled Onion, Sweet Peppers, Honey Mustard



Emma's (485~745 Cal)
Smoked Ham, Smoked Turkey, Swiss, Coleslaw, Russian



Joe's (433~675 Cal)
Turkey, Roast Beef, Swiss Cheese, Lettuce, Tomato, Onion, Horseradish



Mikey's (606~905 Cal)
Grilled Steak, Melted American Cheese, Lettuce, Tomato, Grilled Onion, Horseradish Mayo



Novie (429~651 Cal)
Smoked Nova, Cream Cheese, Tomato & Onion



TC (389~598 Cal)
Turkey, Corned Beef, Coleslaw, Russian



Vegetarian (257~423 Cal)
Avocado, Green Leaf Lettuce, Tomato, Carrot, Cucumber, Alfalfa Sprouts, Shredded Red Cabbage, Sweet Peppers, Honey Mustard

Grilled Chicken

- Chickavo (553~817 Cal)**
Avocado, Roasted Red Peppers, Mesclun & Ranch Dressing
- Classic (551~815 Cal)**
Melted Fresh Mozzarella, Grilled Onion, Green Leaf Lettuce & Roasted Red Peppers
- Spicy Chicken ◯ (559~825 Cal)**
Melted Fresh Mozzarella, Grilled Onion, Green Leaf Lettuce, Hot Peppers & Tabasco Sauce
- Honey BBQ (595~873 Cal)**
Melted Fresh Mozzarella, Grilled Onion, Green Leaf Lettuce, Tomato & Honey BBQ Sauce
- Grilled Chicken Caesar Wrap (829~1223 Cal)**
Parmesan Cheese, Romaine Lettuce & Crouton



Chickavo



Spicy Chicken



Honey BBQ



Chicken Cheddar



Buffalo Chicken



Smoked Chicken DLX



Bello Melt



Farmhouse Chicken Salad



Meatball Parm

Breaded Chicken

- Chicken Cheddar Δ (701~1032 Cal)**
Melted Cheddar, Crispy Bacon, Lettuce & Tomato
- Buffalo Chicken ◯ Δ (534~791 Cal)**
Melted Crumbled Bleu Cheese, Spicy Buffalo Sauce & Green Leaf Lettuce
- Chicken Cutlet Parmigiana Δ (588~863 Cal)**
Melted Fresh Mozzarella & Special Parmigiana Sauce
- Smoked Chicken Deluxe Δ (489~742 Cal)**
With Grilled Pastrami, Melted Smoked Gouda, Pickles, Lettuce & Tomato

Chef's Selection

- Bello Melt (570~839 Cal)**
Portobello Mushroom, Crispy Onion, Fresh Mozzarella, Basil, Roasted Peppers, Arugula & Honey Balsamic Dressing
- Caprese (561~827 Cal)**
Fresh Mozzarella, Roasted Red Peppers, Tomato, Basil, Capers & Sundried Tomato Pesto
- Farmhouse Chicken Salad Δ (622~908 Cal)**
Chicken Salad, Dried Cranberry, Cucumber, Shredded Red Cabbage, Green Leaf Lettuce & Tomato
- Chicken Salad Club Δ (659~957 Cal)**
Chicken Salad, Crispy Bacon, Green Leaf Lettuce & Tom
- Meatball Parm Δ (699~1010 Cal)**
Beef Meatballs, Fresh Mozzarella, Basil & Toasted Garlic Marinara Sauce

Gourmet Soup

Sm 8 Oz 3.50 / Lg 12 Oz 4.50
Please ask for daily selection

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

Fish

- Fish'wich (783~976 Cal)**
Crispy Cod Filet, Cole Slaw, Kettle Chips, Pickle, Lettuce, Tomato & Tartar Sauce
Recommended with Brioche Bun
- Tuna Dijon (511~760 Cal)**
Tuna Salad, Carrot, Cucumber, Alfalfa Sprouts, Tomato & Dijon Mustard
- Spicy Tuna ◯ (564~830 Cal)**
Spicy Tuna Salad, Avocado, Cucumber, Pickled Jalapeno, Carrots, Onion, Tomato & Green Leaf



Gourmet Turkey

- Thanksgiving Δ (488~907 Cal)**
Fresh Oven Roasted Turkey With Stuffing, Cranberry Sauce & Homemade Gravy
- Turkey Brie Δ (485~725 Cal)**
Smoked Turkey, Brie, Dried Cranberry, Green Apple, Mixed Greens & Low Fat Honey Mustard
- Crack Jack Turkey ◯ (593~886 Cal)**
Cracked Pepper Turkey & Pastrami Seasoned Turkey Breast With Pepper Jack Cheese, Lettuce, Tomato, Onion, Capers & Chipotle Sauce



Grilled Steak

- Steak'wich (842~1236 Cal)**
Melted Provolone Cheese, Sautéed Peppers & Onions
- The Big Daddy ◯ (770~1176 Cal)**
Avocado, Melted Fresh Mozzarella, Crispy Onion, Roasted Red Peppers & Sriracha
- B.B.Q. Goudness ◯ (881~1324 C)**
Melted Smoked Gouda, Green Leaf, Sautéed Mushrooms, Grilled Onions, Chipotle Sauce & BBQ Sauce



Seasonal Hot Food

Changes daily, may not be available at all locations

One Meat w/2 Sides 10.95~12.95 (487~1005 Cal)
Breaded Chicken Cutlet (480), Grilled Chicken Breast (500), Fresh Oven Roasted Turkey (318) or Meatball (480)

Daily Side Dishes.....	(S)	(M)	(L)
Carrots (57~136), Corn (155~372), Fried Rice (169~405), Roasted Potatoes (158~379), String Beans (56~134), Steamed Broccoli (56~134), Sweet Yams (197~472) or Turkey Stuffing (168~403)	3.25	4.25	7.25

Cranberry Sauce add 0.75 (158 Cal)

Sandwich

Build Your Own Sandwich
Free Shredded Lettuce, Tomato & Onion

Protein

Non-Meat	Avocado	5.50	(68~90 Cal)
	Egg Salad	4.99	(511~680 Cal)
	Hummus	4.50	(201~267 Cal)
	Peanut Butter & Jelly	3.00	(569~756 Cal)
	Peanut Butter & Banana	4.50	(396~526 Cal)
	Portobello Mushroom	5.99	(25~32 Cal)
Beef	Corned Beef	6.99	(160~213 Cal)
	Grilled Steak	7.99	(225~299 Cal)
	Pastrami (Hot)	6.99	(209~277 Cal)
	Roast Beef	6.99	(180~239 Cal)
Chicken	Chicken Cutlet (Breaded)	7.99	(312~415 Cal)
	Chicken Salad	6.99	(370~493 Cal)
	Grilled Chicken Breast	7.99	(281~373 Cal)
Pork	B.L.T. Δ	5.99	(325~433 Cal)
	Capicola	6.99	(120~160 Cal)
	Genoa Salami Δ	6.99	(380~505 Cal)
	Ham	6.99	(125~166 Cal)
	Prosciutto Δ	7.99	(240~319 Cal)
	Smoked Black Forest Ham	6.99	(120~160 Cal)
	Virginia Ham	6.99	(120~160 Cal)
Turkey	Cracked Pepper Turkey	6.99	(120~160 Cal)
	Fresh Oven Roasted Turkey	7.99	(268~356 Cal)
	Honey Turkey Breast	6.99	(140~186 Cal)
	Smoked Turkey	6.99	(120~160 Cal)
	Turkey	6.99	(120~160 Cal)
	Turkey Club	8.99	(197~261 Cal)
	Turkey Pastrami	6.99	(120~160 Cal)
Fish	Smoked Nova	8.49	(88~116 Cal)
	Tuna Salad	6.99	(301~401 Cal)
	Fried Cod Fish	7.99	()

Add 1.99 for Extra Meat

Cheese As Main Protein

American (330~439), Cheddar (330~439), Swiss (330~439) 4.50 (Cal)
Jalapeño Monterey Jack (300~399), Mozzarella (270~359), Muenster (300~399) or Provolone (300~399)
Alpine Cheddar (273~363) or Alpine Swiss (273~363) 5.00 (Cal)
Brie (284~378), Fresh Mozzarella (270~359) 5.50 (Cal)
or Smoked Gouda Cheese (270~359)

Bread (cal) Additional Charge: Hero 1.50

7-Grain W. Wheat (170)	Focaccia (200)	Sourdough (140)
Bagel (180~390)	Hero* (280)	White (150)
Brioche (290)	Kaiser Roll (180)	Wrap (320)
Ciabatta (330)	Marble Rye (145)	Spinach Wrap (310)
Club (240)	Pumpernickel (150)	Sun Dried Tomato Wrap (310)
Croissant (360)	Rye (140)	Whole Wheat Wrap (310)
		Whole Wheat Roll (170)
		Whole Wheat Hero* (270)

Cheese (cal)

Alpine Cheddar (91~121), Alpine Swiss (91~121), American (110~146) 0.50
Cheddar (110~146), Swiss (110~146), Jalapeño Monterey Jack (100~133), Mozzarella (90~119), Muenster (100~133) or Provolone (100~133)
Brie (95~126), Crumbled Bleu Cheese (150~195), Fresh Mozzarella (90~120) 1.00
or Smoked Gouda Cheese (90~120)

Extra (cal)

Red Onion (6~8), Shredded Lettuce (4~5) or Tomato (18~23) Free
Alfalfa Sprouts (3~4), Apple (32~43), Basil (3~4), Kalamata Olives (53~70) 0.50
Capers (7~9), Carrot (12~15), Coleslaw (54~72), Cucumber (9~11), Grilled Onion (6~8), Grilled Tomato (18~23), Horseradish (26~35), Hot Peppers (17~23), Roasted Red Peppers (16~21), Green Leaf Lettuce (3~4), Romaine Lettuce (5~6), Sauerkraut (12~16), Shredded Red Cabbage (7~9), Sliced Pickles (5~7), or Sweet Peppers (11~15)
Mushroom (7~10), Grilled Mushroom (7~10), Hummus (50~67) 1.00
or Sundried Tomato (112~149)
Sliced Avocado (85~113) or Portobello Mushroom (22~29) 1.75
Bacon, (230~305), Turkey Bacon (98~130) 1.99

Select menu items may not be available at all locations. Price and item subject to change without notice.

Warning: Δ indicates that the sodium (salt) content of this item is higher than the total daily recommended limit (2,300 mg). High sodium intake can increase blood pressure and risk of heart disease and stroke.

Breakfast

Available only in the morning



Egg Sandwich	2.50 (373 Cal)
Egg White Sandwich	2.50 (264 Cal)
<i>Add Ham, Sausage, Bacon or Turkey Bacon +1.99 (31/135/122/52 Cal)</i>	
Egg Sandwich w/ Nova & Tomato	8.99 (436 Cal)
Breakfast Platter	6.25 (638~741 Cal)
<i>Two Eggs Any Style W/ Choice Of Ham, Bacon or Sausage & Home Fries + Choice Of Toast</i>	
Side Order	4.00 (187/577/918/392 Cal)
<i>Ham, Sausage, Bacon or Turkey Bacon 4.50</i>	
Order of Home Fries	2.99 (419 Cal)

Extra Per Item	
Lettuce, Tomato or Onion	0.25 (5/7/5 Cal)
Grilled Tomato or Grilled Onion	0.50 (7/5 Cal)
Cheese	0.50~1.00 (90~146 Cal)
Ham, Sausage, Bacon or Deli Meat	1.99 (31/135/122/30~95 Cal)
Turkey Bacon	1.99 (52 Cal)
Substitute Roll With Bagel, Ciabatta, Wrap or Hero	0.50 (320~390 / 330 / 310~320 / 280 Cal)
Substitute Roll With Croissant	1.25 (360 Cal)

Bagels

Muffin & Pastry Items Available

Bagels	1.50 (180~390 Cal)
<i>Plain, Sesame, Poppy, Cinnamon Raisin, Whole Wheat, Pumpkinnickel, Onion or Everything</i>	
Plain Cream Cheese	1.25 (291 Cal)
Low Fat / Veg / Scallion Cream Cheese	1.75 (171 Cal)
Lox Spread	2.25 (291 Cal)
Butter or Jelly	0.20 (150/78 Cal)
Peanut Butter	2.00 (500 Cal)

Omelette

Served With Home Fries & Butter Toast

Western	6.50 (648 Cal)
<i>Black Forest Ham, Onion & Bell Pepper</i>	
Spanish	6.50 (850 Cal)
<i>Bacon, Cheddar, Bell Pepper & Onion</i>	
Ham & Cheese	6.50 (741~761 Cal)
<i>Black Forest Ham & Choice of American, Cheddar, Alpine Cheddar, Smoked Gouda, Jalapeño Monterey Jack, Mozzarella, Muenster, Provolone, Swiss or Alpine Swiss</i>	
<i>* Add 1.00 for Feta, Brie, Fresh Mozzarella or Smoked Gouda Cheese (74/94/90/90 Cal)</i>	
Atkin's Special	6.50 (559 Cal)
<i>Egg Whites, Turkey, Onion, Tomato & Roasted Red Pepper</i>	
Build Your Own	4.50 (429 Cal)
<i>2 Eggs, Home Fries & Toast</i>	
<i>Extra items additional cost</i>	

Healthy Breakfast

Oatmeal	2.50 S/ 3.50 L (226/339 Cal)
Additional Oatmeal Toppings	0.50 (7~50 Cal)
Fresh Fruit Salad	3.99 (88 Cal)
Low Fat Yogurt Parfait	3.99 (461~471 Cal)
<i>Vanilla, Strawberry or Strawberry Vanilla</i>	
Fresh Squeezed OJ	3.50 (101 Cal)
Banana	0.75 (106 Cal)
Apple	1.00 (84~94 Cal)

Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness.

Coffee & Tea

	Small (Cal)	Large (Cal)
House Blend Coffee (Regular / Decaf)	1.80 (3/6)	2.25 (5/9)
Hazelnut Coffee	1.80 (2)	2.25 (4)
Café Au Lait*	2.50 (102)	3.00 (142)
Café Americano	3.00 (5) <i>Double Shot</i>	
Café Latté*	3.25 (147)	3.99 (183)
Cappuccino*	3.25 (126)	3.99 (155)
Mochaccino*	3.75 (232)	4.50 (333)
Espresso	1.99 (2) <i>(1 Shot)</i>	2.99 (5) <i>(2 Shots)</i>
Lipton Tea	1.50 (0)	2.00 (0)
Mighty Leaf		2.00 (0)
Hot Chocolate	2.50 (248)	3.25 (422)
Steamed Milk	2.00 (178)	3.00 (290)

	Small (Cal)	Large (Cal)
Iced Coffee	2.49 (3/6)	2.99 (5/9)
Iced Hazelnut	2.49 (2)	2.99 (4)
Iced Americano	3.50 (5)	4.50 (7)
Iced Latté*	3.75 (147)	4.50 (183)
Iced Cappuccino*	3.75 (126)	4.50 (155)
Iced Mochaccino*	4.25 (232)	4.99 (333)
Iced Tea	1.99 (0)	2.49 (0)

* Add 0.50 for Half & Half (40 Cal) or Soy Milk (11 Cal) / Add 1.00 for Extra Shot of Espresso (2 Cal) Please Ask for Herbal Tea Flavor Selection



Breakfast Wrap

Turkey B.E.L.T.	5.75 (446~501 Cal)
<i>Egg Whites or Eggs, Turkey Bacon, Lettuce & Sliced Tomato</i>	
Athens Wrap	5.75 (557~612 Cal)
<i>Egg Whites or Eggs, Spinach, Feta, Tomato & Grilled Turkey</i>	
Wild Western	5.75 (430~484 Cal)
<i>Egg Whites or Eggs, Jalapeño, Onion, Grilled Ham, Salsa & Sriracha</i>	
Portobello Brie	5.75 (550~604 Cal)
<i>Egg Whites or Eggs, Portobello, Brie, Arugula & Sliced Tomato</i>	
Pastrami "Hash"	5.75 (553~607 Cal)
<i>Egg Whites or Eggs, Grilled Pastrami, Home Fries & Ketchup</i>	
Egg White Delight	5.75 (539 Cal)
<i>Egg Whites, Avocado, Cucumber, Kale & Muenster</i>	

Caesar

Classic Salad

Includes One Dressing Of Your Choice

Caesar Salad	6.49 (269 Cal)
<i>Romaine Lettuce, Crouton & Parmesan Cheese</i>	
Garden Salad	6.49 (245 Cal)
<i>Romaine Lettuce, Kalamata Olives, Carrot, Cucumber, Mixed Peppers, Red Cabbage & Tomato</i>	
Greek Salad	7.49 (395 Cal)
<i>Romaine Lettuce, Kalamata Olives, Carrot, Cucumber, Mixed Peppers, Red Cabbage, Tomato & Feta Cheese</i>	
Add Chicken or Tuna	+1.99
<i>Grilled Chicken (164 Cal), Breaded Chicken Cutlet (156 Cal), Chicken Salad (151 Cal) or Tuna Salad (167 Cal)</i>	



Specialty Salad

Jurassic	9.49 (614 Cal)
<i>Field Greens, Grilled Chicken, Dried Cranberries, Chopped Apple, Walnuts & Sunflower Seeds</i>	
<i>• Recommended with Lemon Squeeze & Olive Oil (246 Cal)</i>	

Kale Joy	9.49 (358 Cal)
<i>Shredded Kale, Grilled Chicken, Almond, Alfalfa Sprouts & Red Cabbage</i>	
<i>• Recommended with House Balsamic (74 Cal)</i>	

Mexicoool	9.49 (356 Cal)
<i>Field Greens & Romaine, Grilled Chicken, Grape Tomatoes, Red Onion, Avocado & Tortilla Chips</i>	
<i>• Recommended with Cilantro Lime Pesto (215 Cal)</i>	

The Sunshine	9.99 (628 Cal)
<i>Kale, Quinoa, Smoked Turkey, Beets, Walnuts, Blue Cheese, Corn & Apple</i>	
<i>• Recommended with Honey Balsamic (333 Cal)</i>	

Kale Caesar	8.99 (448 Cal)
<i>Kale, Grilled Chicken, Grape Tomatoes, Parmesan Cheese, Croutons</i>	
<i>• Recommended with Caesar Dressing (243 Cal)</i>	

Cobb Salad	10.49 (637 Cal)
<i>Grilled Chicken, Avocado, Bacon Bits, Crumbled Bleu Cheese, Cucumber, Hard Boiled Egg, Romaine Lettuce & Grape Tomato</i>	

Salad

Build Your Own Salad

Romaine/ Spinach	4.99 (21/21 Cal)
Kale/ Mesclun	4.99 (60/15 Cal)
Arugula	5.74 (20 Cal)

Ask for free Red Cabbage (7 Cal), and Red Onion (12 Cal)

0.79 Each (Cal)

Alfalfa Sprouts	0.79 (3)
Black Beans	0.79 (74)
Broccoli	0.79 (14)
Carrots	0.79 (12)
Chick Peas	0.79 (51)
Chinese Noodles	0.79 (145)
Corn	0.79 (45)
Croutons	0.79 (132)
Cucumber	0.79 (9)
Edamame	0.79 (51)
Egg Whites	0.79 (22)
Grape Tomatoes	0.79 (17)
Hard Boiled Egg	0.79 (80)
Kalamata Olives	0.79 (168)
Mushrooms	0.79 (4)
Mixed Peppers	0.79 (13)
Red Cabbage	Free (7)
Red Beets	0.79 (37)
Red Onion	Free (12)
Sliced Apple	0.79 (19)
Sunflower Seeds	0.79 (165)

Shredded Cheddar	0.79 (165)
Shredded Parmesan	0.79 (118)

0.99 Each (Cal)

Artichoke Hearts	0.99 (38)
Candied Walnuts	0.99 (200)
Dried Cranberries	0.99 (129)
Sliced Almonds	0.99 (161)
Quinoa	0.99 (60)
Crumbled Bleu Cheese	0.99 (150)
Feta Cheese	0.99 (150)
Fresh Mozzarella	0.99 (180)

1.49 Each (Cal)

Asparagus	1.49 (12)
Avocado	1.49 (68)
Bacon Bits	1.49 (230)
Brussels Sprout	1.49 (6)
Grilled Mixed Peppers	1.49 (15)
Grilled Squash & Zucchini	1.49 (16)

Breaded Chicken	1.99 (156)
Buffalo Chicken	1.99 (126)
Dry Tuna	1.99 (75)
Grilled Chicken	1.99 (140)
Pesto Chicken	1.99 (152)
Portobello Mushroom	1.99 (12)

Dressing 1 Dressing included. Additional dressing 0.79 extra

Gourmet (Cal)

House Vinaigrette (148)
Greek (162)
Honey Balsamic (333)

Classic (Cal)

Asian Sesame Ginger (234)
Balsamic Vinaigrette (292)
Balsamic Vinegar (40)
Caesar (242)
Chipotle Ranch (261)
Creamy Ranch (320)
Honey Mustard (148)
Italian (150)
Oil & Vinegar (248)
Olive Oil (240)
Red Wine Vinegar (12)

Easy (Cal)

Low Fat Caesar (80)
Low Fat Honey Mustard (94)
F. F. Italian (34)
F. F. Raspberry Vinaigrette (61)



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\$12 Min. per delivery order • Select menu items may not be available at all locations
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\$1.75 Administrative Surcharge On Delivery Orders