# Breakfast

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg Sandwich</td>
<td>2.75 (373 Cal)</td>
<td></td>
</tr>
<tr>
<td>Egg White Sandwich</td>
<td>2.75 (264 Cal)</td>
<td>Add Ham, Sausage, Bacon or Turkey Bacon (+$2.25 1/2/2/2)</td>
</tr>
<tr>
<td>Egg Sandwich w/ Tomato</td>
<td>8.99 (453 Cal)</td>
<td></td>
</tr>
<tr>
<td>Breakfast Platter</td>
<td>7.00 (638-741 Cal)</td>
<td>Two Eggs &amp; Any Style W/ Choice Of Ham, Sausage or Home Fries + Choice Of Toast</td>
</tr>
<tr>
<td>Side Order</td>
<td>4.50 (187/577/918/392 Cal)</td>
<td>Ham, Sausage, Bacon or Turkey Bacon 4.50</td>
</tr>
</tbody>
</table>

**Order of Home Fries**
- 3.25 (419 Cal)

**Extra Per Item**
- Salsa: 0.50 (15 Cal)
- Cheese: 0.50~1.00 (90~146 Cal)

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# Coffee & Tea

<table>
<thead>
<tr>
<th>Item</th>
<th>Small</th>
<th>Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>House Blend Coffee</td>
<td>2.00 (3/4)</td>
<td>2.50 (5/9)</td>
</tr>
<tr>
<td>Hazelnut Coffee</td>
<td>2.00 (2)</td>
<td>2.50 (4)</td>
</tr>
<tr>
<td>Cafe Au Lait*</td>
<td>2.75 (102)</td>
<td>3.25 (142)</td>
</tr>
<tr>
<td>Cafe Americano</td>
<td>3.25 (5)</td>
<td>Double Shot</td>
</tr>
<tr>
<td>Cafe Latte*</td>
<td>3.50 (147)</td>
<td>4.25 (183)</td>
</tr>
<tr>
<td>Cappuccino*</td>
<td>3.50 (126)</td>
<td>4.25 (155)</td>
</tr>
<tr>
<td>Mocca Frappe*</td>
<td>4.00 (232)</td>
<td>4.75 (332)</td>
</tr>
<tr>
<td>Espresso</td>
<td>2.25 (6)</td>
<td>2.75 (5)</td>
</tr>
<tr>
<td>Lipton Tea</td>
<td>1.75 (0)</td>
<td>2.25 (0)</td>
</tr>
<tr>
<td>Mighty Leaf</td>
<td>2.25 (0)</td>
<td></td>
</tr>
<tr>
<td>Hot Chocolate</td>
<td>3.00 (248)</td>
<td>3.75 (422)</td>
</tr>
<tr>
<td>Steamed Milk</td>
<td>2.50 (176)</td>
<td>3.50 (290)</td>
</tr>
</tbody>
</table>

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# Omelette

**Served with Home Fries & Butter Toast**
- Western: 7.50 (648 Cal)
- Spanish: 7.50 (850 Cal)
- Ham & Cheese: 7.50 (741-761 Cal)
- Build Your Own: 4.75 (429 Cal)

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# Bagels & Muffin & Pastry Items Available

**Bagels**
- 1.50 (180-390 Cal)
- Low Fat / Veg / Scallion Cream Cheese: 2.00 (171 Cal)
- Lox Spread: 2.50 (291 Cal)
- Butter or Jelly: 0.25 (59 Cal)
- Peanut Butter: 2.00 (500 Cal)

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# Healthy Breakfast

**Oatmeal**
- 2.75 S/ 3.5 L (226/339 Cal)

**Additional Oatmeal Toppings**
- 0.50 (70 Cal)

**Fresh Fruit Salad**
- 3.99 (38 Cal)

**Fresh Squeezed OJ**
- 3.50 (101 Cal)

**Banana**
- 0.75 (106 Cal)

**Apple**
- 1.00 (84-94 Cal)

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

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# Specialty Salad

**Juassic**
- 9.49 (614 Cal)

**Kale Joy**
- 9.49 (358 Cal)

**Mexicool**
- 9.49 (356 Cal)

**The Sunshine**
- 9.99 (628 Cal)

**Cobb Salad**
- 10.49 (637 Cal)

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# Gourmet Grill

**Gourmet**
- Dressing included. Additional dressing $0.79 extra

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# UpTown

**Upper W 48th St/Columbus Ave**
- (212) 787-3958

**Upper W 49th St**
- (212) 580-8330

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# Midtown

**Theater District @55th**
- 940 80th Ave
- (212) 596-1090

**Midtown East @49th**
- 1024 2nd Ave
- (212) 550-7700

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# Downtown

**Flat Iron @23rd**
- 16 23rd St
- (212) 462-4433

**Greenwich Village @9th**
- 418th St
- (212) 753-0500

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# Made to Order Since 1989

$2.75 Administrative Surcharge On Delivery Orders

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# Order Online

Order Online

# Make Fresh to Order

Since 1989

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# Specialties

- House Vinaigrette (54)
- Apple Vinaigrette (56)
- Italian (60)
- Chipotle Ranch (261)
- Chipotle Lime (212)
- Chipotle Tangy (32)
- Chipotle Mango (36)
- Chipotle BBQ (26)
- Chipotle Alabama (30)
- Chipotle Peri Peri (28)
- Chipotle Green (27)
- Chipotle Pepper (24)
- Chipotle Habanero (21)
- Chipotle Honey Mustard (20)
- Chipotle Mayo (18)
- Chipotle Sencha (17)
- Chipotle Salsa Verde (15)
- Chipotle Salsa (14)
- Chipotle Roasted Red Pepper (13)
- Chipotle Napa (11)
- Chipotle Honey Mustard (10)
- Chipotle Lime (9)
- Chipotle Mayo (8)
- Chipotle Salsa Verde (7)
- Chipotle Salsa (6)
- Chipotle Honey Mustard (5)
- Chipotle Mayo (4)
- Chipotle Salsa Verde (3)
- Chipotle Salsa (2)
- Chipotle Honey Mustard (1)

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For free Red Cabbage (3 Cal), and Red Onion (3 Cal)

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Since 1989
**All-Time Favorites**

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

**Fish**

- **Fishwich** (783~976 Cal)
  - Crispy Cod Filet, Cole Slaw, Kettle Chips, Pickle, Lettuce, Tomato & Tartar Sauce
  - Topped with Dijon-Brie Slaw

- **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** (488~907 Cal)
  - Fresh Oven Roasted Turkey With Stuffing, Cranberry Sauce & Homemade Gravy

- **Turkey Brie** (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

**Gourmet Steak**

- **Steakwich** (842~1236 Cal)
  - Fresh Oven Roasted Turkey With Stuffing, Crispy Onion, Roasted Red Peppers & Sauces

- **The Big Daddy** (770~1176 Cal)
  - Avocado, Melting Fresh Mozzarella, Crispy Onion, Roasted Red Peppers & Sauces

**Cheese As Main Protein**

- **American** (330~439 Cal)
  - Cheddar (330~439), Swiss (330~439), 5.0 Cal)
  - Jalapeno Monterey Jack (320~399), Mozzarella (270~318), Muenster (300~399) or Provolone (300~399)

- **Turkey** (284~378 Cal)
  - Fresh Mozzarella (270~359), 6.0 Cal)
  - Smoked Gouda Cheese (270~359)

**Sandwich**

- **Build Your Own Sandwich**
  - Free Shredded Lettuce, Tomato & Onion

**Protein**

- **Non-Meat**
  - Avocado .......................... 6.00  (68~90 Cal)
  - Egg Salad ......................... 5.25  (101~135 Cal)
  - Hummus .......................... 5.00  (201~267 Cal)
  - Peanut Butter & Jelly .......... 5.00  (269~395 Cal)
  - Peanut Butter & Banana ...... 4.90  (396~526 Cal)
  - Portobello Mushroom .......... 6.25  (35~52 Cal)

- **Beef**
  - Corned Beef ...................... 7.95  (160~233 Cal)
  - Grilled Steak .................... 8.95  (225~299 Cal)
  - Pastrami (Hot) ................. 7.95  (259~377 Cal)
  - Roast Beef ....................... 8.95  (280~375 Cal)
  - Chicken Chicken Cutlet (Breaded) .... 8.95  (312~415 Cal)

- **Pork**
  - B.L.T. .............................. 6.25  (325~435 Cal)

- **Turkey**
  - Cracked Pepper Turkey ........ 7.95  (120~160 Cal)
  - Fresh Oven Roasted Turkey .... 8.95  (268~338 Cal)
  - Smoked Turkey .................. 7.95  (120~160 Cal)
  - Turkey ......................... 7.95  (120~160 Cal)

**Bread**

- **Cheese** (call) Additional Charge: Hero 1.65
  - Baguette (380~500) Focaccia (200~245)
  - Kaiser Roll (180) Wrap (320)
  - Whole Wheat Wrap (320)

- **Crustless** (call)
  - Brie (284~378) Fresh Mozzarella (270~359)
  - Smoked Gouda Cheese (270~359)

**Seasonal Hot Food**

**Seasonal Changes may not be available at all locations**

**One Meat w/2 Sides**

- **Breaded Chicken Cutlet (480)**
  - Grilled Chicken Breast (500), Fresh Oven Roasted Turkey (318) or Meatball (480)

**Gourmet Soup**

- **Tossed Green Salad**
  - Egg Salad ......................... 5.25  (101~135 Cal)
  - Hummus .......................... 5.00  (201~267 Cal)
  - Peanut Butter & Jelly .......... 5.00  (269~395 Cal)
  - Peanut Butter & Banana ...... 4.90  (396~526 Cal)
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**Extra**

- **Red Onion**
  - Fresh Shredded Lettuce (4~6) or Tomato (18~23) .......................... 5.00  (30~40 Cal)
  - Free Alfalfa Sprouts (2~3), Apple (20~25), Basil (5~6), Kalamata Olives (5~10)
  - Caper (7~9), Carrot (12~15), Cabbage (84~125), Cucumber (9~11), Grilled Onion (6~8),
  - Grilled Tomato (22), Horseradish (26~33), Hot Pepper (15~22), Red Peppers (14~21),
  - Green Leaf Lettuce (4~8), Romano Lettuce (6~8), Sunflower (5~21)
  - Shredded Red Cabbage (5~8), Shredded Pickles (7~15), or Sweet Peppers (10~15)
  - Hummus (3~10), 1.00  (50~60 Cal)

- **Sandwich**
  - B.L.T. (12~14), 1.00  (50~60 Cal)

- **Additional Charge: Croissant (320) Rye (140) Whole Wheat Wrap (310)
  - Brioche (130) Kaiser Roll (180) Wrap (320)
  - Whole Wheat Wrap (320)

**Price and item subject to change without notice.**