

Build your Own Sandwich


STEP 1) CHOOSE YOUR PROTEIN. CHOICE OF ONE ITEM:
SMOKED TURKEY, FRESH MOZZARELLA, CALIFORNIA
AVOCADO, BLACK FOREST HAM, TUNA SALAD, ROAST BEEF.

STEP 2) CHOOSE YOUR VEGGIES. CHOICE OF THREE ITEMS:
CUCUMBERS, CARROTS, SPROUTS, LETTUCE, TOMATO, SUN-
DRIED TOMATO, ROASTED PEPPERS, MIXED GREENS

STEP 3) ADD THE SPREAD ONE ITEM: DIJON MUSTARD,
HONEY MUSTARD, RUSSIAN, PESTO, HORSE RADISH MAYO,
MAYONNAISE, HELLMAN'S MAYO.

STEP 4) ADD SOME CHEESE ONE ITEM: AMERICAN,
MUENSTER, SWISS CHEESE, PEPPER JACK.

CARBS: FRENCH BAGUETTE, 7 WHOLE GRAIN, BAGEL

BUILD YOUR OWN SANDWICH		9.80
EXTRA MEAT		3.45
EXTRA SLICE CHEESE		1.90

ADD EXTRA VEGGIE \$0.75, 1/4 AVOCADO \$0.90, 1/2 \$1.90

Gourmet Sandwiches

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| 1) FRESH MOZZARELLA, TOMATO & PESTO. | 8.70 |
| 2) AVOCADO, TOMATO, SWISS CHEESE, MAYO. | 9.80 |
| 3) SMOKED TURKEY, PEPPER JACK CHEESE, LETTUCE, TOMATO, HONEY MUSTARD. | 9.80 |
| 4) BLACK FOREST HAM, SWISS CHEESE, LETTUCE, TOMATO, MAYO. | 9.80 |
| 5) ROAST BEEF, MUENSTER CHEESE, ROASTED PEPPERS, LETTUCE, TOMATO, MAYO. | 9.80 |
| 6) SMOKED TURKEY, AVOCADO, SPROUTS, SUN DRIED TOMATO, MAYO. | 9.80 |
| 7) ROAST BEEF, AMERICAN CHEESE, LETTUCE, TOMATO, HORSE RADISH MAYO. | 9.80 |
| 8) TUNA SALAD & VEGETABLES, LETTUCE, TOMATO, CARROTS, CUCUMBER, SPROUTS. | 9.80 |
| 9) CALIFORNIA AVOCADO, LETTUCE, TOMATO, SPROUTS, CARROTS, CUCUMBERS, PEPPERS, BABY GREENS, MAYO. | 9.80 |
| 10) TUNA SALAD, AVOCADO, SWISS CHEESE, SPROUTS, MAYO. | 9.80 |
- BREADS: FRENCH BAGUETTE* 7 WHOLE GRAIN, BAGEL OR CROISSANT**

Salads & Soups

Choice of dressing: Blue cheese, creamy Italian, lite Italian, Russian, French, lite Italian, oil & balsamic vinegar

GREEN SALAD LETTUCE, TOMATO, CARROTS, SPROUTS, CUCUMBERS **7.10**

ORGANIC MESCULIN SALAD **7.10**

SALAD TOPPINGS

1/2 AVOCADO **1.95**

TUNA SALAD **2.50**



DAILY SOUP - 12 OZ. **4.90**

DAILY SOUP - 16 OZ. **5.90**

Bagels and Pastries

PLAIN, POPPY SEED, SESAME, ONION, RAISIN, EVERYTHING, WHOLE WHEAT` **1.75**

BAGELS WITH REAL BUTTER **2.25**

BAGELS WITH CREAM CHEESE **3.15**

BAGELS WITH TUNA SALAD **6.55**

BAGELS WITH FLAVOR CREAM CHEESE **3.80**

BAGELS WITH NOVA LOX AND CREAM CHEESE **8.80**

MUFFINS **2.80**

CROISSANT **2.30**

FLAVOR CROISSANT **2.70**

COOKIES **1.95**



Juice and Squeezed Bar

1-SUPER VEGGIE , BEETS, SPINACH, SPROUTS, CUCUMBER, KALE, CELERY, PARSLEY, CARROTS	7.60
2-VERY GREEN , SPINACH, KALE, CELERY, SPROUTS, CUCUMBER, PARSLEY, TOUCH OF LEMON	7.60
3-PICKER UPPER , APPLES, CARROTS, BEETS, SPINACH, TOUCH OF GINGER	7.60
4-RED EYE , CARROTS, BEETS, ORANGE	7.60
5-SUPER C-BUSTER , APPLES, CARROTS, ORANGE, GRAPEFRUIT	7.60
ORANGE OR GRAPEFRUIT	5.45/6.50
CARROTS OR APPLE	5.45/6.50
MIXED JUICES	7.60/8.70

*CARROTS *BEETS *APPLES *CELERY *KALE *ORANGE
*SPINACH *CUCUMBER *GINGER *LEMON *PARSLEY



Smoothies



1-TROPICAL BREEZE , Banana, Mango, Strawberries, Papaya, Low Fat Yogurt	8.60
2-VERY BERRY , Blueberries, Strawberries, Banana, Low Fat Yogurt	8.60
3-PEACH DREAM , peaches, Banana, Mango Low Fat Yogurt	8.60
4-POTASSIUM AND V-C Strawberries, Banana, Peaches, Low Fat Yogurt and Fresh Orange Juice	8.60
ADD SCOOP OF PROTEIN	2.15

ALL SMOOTHIES ARE BLEND WITH SKIM MILK OR FRESH OJ

Hot and Cold Beverages

HOUSE COFFEE	1.95/2.30
HOT TEA	1.95/2.30
HOT CHOCOLATE	2.85/3.80
ICED COFFEE OR TEA	3.60/4.15
PINK LEMONADE (SEASONAL)	3.60/4.15
BOTTLE WATER	1.50
CAN OF COKE OR DIET COKE	1.50
BOYLAN'S BOTTLE SODA	2.50
CUP OF ICED OR HOT WATER	1.00



Juice Bar

Lunch Box

Sandwich Shop

Mon. – Fri.
7:00 AM – 6:00 PM
Sat. and Sun.
7:30 AM – 5:00 PM

886 9th AVE.
NEW YORK, NY 10019

(212)969-9642
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