BREAKFAST BURRITOS SUBSTITUTE EGG WHITES FOR \$1.00 **COMES WITH A SIDE OF FRUIT.**

Scrambled Egg Burrito \$3.99 + add from list below

Ham Bacon Turkey bacon Sausage

Turkey sausage

Each \$1.00

Each \$0.50 **Tomatoes** Green peppers Grilled onion Cheese

Each \$1.00 Spinach Mushrooms

BREAKFAST COMBOS #1

browns, your choice of bacon, ham, sausage or turkey sausage and toast..... \$6.29

Two eggs (any style), hash Two eggs (any style), your choice of bacon, ham, sausage or turkey sausage and two pancakes.... \$7.29

#3

Two eggs (any style), your choice of bacon, ham, sausage or turkey sausage and two pieces of french toast\$7.49

FRESH BAGELS

PLAIN, CHOCOLATE CHIP, EVERYTHING, ASIAGO CHEESE, SESAME, POPPY, CINNAMON RAISIN, BLUEBERRY, ONION, BIALY, SALT, HONEY-WHEAT, MULTIGRAIN AND PUMPERNICKEL.

Bagel	\$1.10
1/2 Dozen Bagel	\$5.99
Manhattan's Dozen	\$10.99
13 Bagels	Ψ±0.55
Manhattan's Bunch	Ć4 F 00
18 Bagels	\$15.99
Manhattan's Pack	
13 Bagels and two containers of plain	\$18.99
cream cheese	
Bagel with cream cheese	\$2.49
Bagel with butter	\$1.75
Bagel with Nutella	\$2.99
Bagel with lox spread	\$3.50
Bagel with white fish salad	\$4.25
Bagel with Nova	\$7.99

Breakfast Menu

FROM THE GRIDDLE

The Empire Pancakes Three golden buttermilk pancakes served with butter and syrup • Add Chocolate Chip	\$4.99 \$0.50
Add Strawberry & Banana	\$0.75
New York Challah French Toast Two delicious slices made with hand rolled challah bread and served with butter and syrup	\$5.25
The Rockefeller French Toast Manhattan's challah French toast covered with strawberry topping, whipped cream and candied walnuts	\$6.49
Scrambled Egg Sandwich Scrambled eggs on your choice of bagel, Kaiser roll, toast or croissant	\$3.99
 Add your choice of bacon, ham, sausage, or turkey sausage 	\$1.75
Add cheese or veggies eachSubstitute egg whites	\$0.50 \$1.00

VALUE MEALS INCLUDES a 10oz JUICE or COFFEE.

1.	Egg and cheese on your choice of bagel	\$5.49
2.	Egg and cheese on a bagel with your choice of bacon, sausage, turkey	\$6.29
	sausage, or ham	
3.	Any omelette with your choice of bagel and hash browns or fruit.	\$10.99
4.	Breakfast burrito with your choice of one veggie and one meat and a side of fruit	\$7.49
	Any add. veggie, each	\$0.50
	 Add cheese 	\$0.50
5.	Scrambled egg bowl with your choice of one meat ham, bacon, sausage or turkey sausage, cheese and 2 veggies	\$7.49
6.	Pastrami, egg, and cheese on a bagel	\$7.99

Egg, cheese and a hash brown patty on a

bagel with your choice of bacon, ham,

sausage or turkey sausage

OMELETTE

OMELETTES ARE MADE WITH THREE FARM-FRESH EGGS AND SERVED WITH GRITS, HASH BROWNS OR FRUIT AND YOUR CHOICE OF BAGEL OR TOAST WITH BUTTER OR CREAM CHEESE.

The Carnegie The finest center-cut smoked salmon combined with onions.	\$9.49	
The Yankees Grilled chicken, spinach, grilled onions and feta cheese	\$8.79	
The Western Ham, red & green peppers, onions American cheese	\$8.79	
Manhattan's Finest Grilled pastrami and corned beef with onions and Swiss cheese	\$8.99	
The Madison Square Garden Tomatoes, mushrooms, onions, peppers, spinach & cheddar cheese	\$8.49	
The Home Run Sausage, bacon, and ham with cheddar cheese	\$9.79	
BYO OMELETTE		

3 EGG OMELETTE SERVED WITH HASH BROWNS OR FRUIT AND CHOICE OF BAGEL OR TOAST \$5.49 + add from list below

Each \$1.00	Each \$0.50	\$3.50
Ham	Tomatoes	Smoked
Bacon	Green peppers	Salmon
Turkey bacon	Grilled onion	
Sausage	Cheese	
Turkey sausage	Feta	
Grilled chicken	Spinach	
	Mushrooms	

SIDES (all day)

	JIDL
Hash Browns	\$1.99
Grits	\$2.25
Bacon	\$2.25
Turkey Bacon	\$3.25
Toast	\$1.00
Chips	\$1.25
Home Fries	\$2.75
Basket of Fries	\$2.75
Onion Rings	\$2.75
Yogurt Parfait	\$4.49
Large Fruit	\$3.99

\$8.29

Sausage (2pc.)	\$2.75
Turkey Sausage (2pc.)	\$2.75
Egg (any style), any add. +1.00	\$1.49
Whitefish Salad	\$4.49
Egg Salad	\$2.49
Tuna Salad	\$3.29
Chicken Salad	\$3.49
Cucumber Salad	\$2.99
Field Green	\$2.99
Pasta Salad	\$2.99
Potato Salad	\$2.99

A Taste of New York



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SPECIALTY SANDWICHES

SANDWICHES ARE SERVED WITH A CHOICE OF SIDE ITEM AND A KOSHER-STYLE PICKLE SPEAR. SIDE ITEMS: CHIPS, CUCUMBER SALAD, FRUIT, PASTA SALAD, BAKED POTATO SALAD, CAESAR SALAD, FIELD GREEN SALAD. SUBSTITUTE FRENCH FRIES OR ONION RINGS FOR +.99¢

The Manhattan Meat choice: Corned beef. Pastrami or Turkey Pastrami, steamed New York-style then piled high with melted Swiss cheese and deli mustard

The White Russian \$9.49 Choice of Turkey OR regular pastrami, steamed New York-style, piled w/ melted Swiss cheese, coleslaw & Russian dressing

Chicken Cordon Bleu \$8.49 Hot chicken cutlet. grilled ham, melted Swiss cheese, and honey mustard on a kaiser roll

The Nova Platter \$10.99 Center-sliced smoked salmon served on the side of your favorite bagel with whipped cream cheese, lettuce, tomato, red onions and capers

The Godfather \$9.99 Hot chicken cutlet, melted mozzarella cheese, roasted pepper, oil and balsamic vinaigrette on a hoagie roll

CRISPY CHICKEN

Fresh, crispy chicken tenders served with ranch or honey mustard dressing for dipping. Includes choice of French fries or onion rings

\$9.49 Turkey Club \$9.99

Smoked turkey breast piled high and topped with lettuce, provolone cheese, bacon, and honey mustard.

The SOHO \$9.99 Oven gold roasted turkey, guacamole, provolone cheese, lettuce, cucumber, and ranch dressing

Italian Submarine \$10.49 Capicola, salami, pepperoni, provolone cheese, lettuce, tomato, onion, jalapeño, oregano, oil and balsamic vinaigrette on a hoagie roll

The Midtown \$9.49 Premium roast beef, horseradish sauce, lettuce, tomato, and provolone cheese

The Whitefish Salad \$8.99 **Platter**

A hefty scoop of whitefish salad served on the side of your favorite bagel with lettuce, tomato and onion

OUR POPULAR PANINIS

\$8.99 **Smoky Mountain** Smoked turkey, bacon and Swiss cheese with honey mustard dressing on ciabatta bread

Tuscany \$8.99 Grilled chicken, mozzarella cheese, roasted peppers, basil, and pesto dressing on flat bread

Lunch Menu

GRILLED SANDWICHES

SANDWICHES ARE SERVED WITH A CHOICE OF SIDE ITEM AND A KOSHER-STYLE PICKLE SPEAR. SIDE ITEMS: CHIPS, CUCUMBER SALAD, FRUIT, PASTA SALAD, BAKED POTATO SALAD, CAESAR SALAD, FIELD GREEN SALAD. SUBSTITUTE FRENCH FRIES OR ONION RINGS FOR +.99¢

Our Famous Grilled \$9.29 Reuben Corned beef and pastrami or oven gold roasted turkey breast steamed and piled high with sauerkraut, Swiss cheese and Russian dressing The Legendary BLT \$8.99

A hefty portion of hickory smoked bacon, thick tomato slices and fresh, crispy lettuce. Served with mayo on a toasted bread of your choice \$9.29

Gr. Chicken Club Grilled chicken breast, bacon, American cheese, onions, lettuce, and tomato with honey mustard dressing on a Kaiser roll

\$5.99 **Hot Dog** Our classic kosher-style hot dog served with your choice of sauerkraut, grilled onions, or relish on a toasted bun. (Add cheese .50¢)

The Philly Cheese \$8.99 Premium rib-eve beef grilled with onions & mushrooms, green peppers, covered with melted American cheese. Substitute Pepperjack, add

chipotle sauce +\$1.00 The French Dip Premium roast beef with melted provolone cheese and grilled onions. Served with au jus sauce



The Triborough Grilled Cheese \$8.49 A wonderful blend of

American, muenster and provolone cheese and bacon on a grilled bread of your choice with tomato.

The Chicken Philly \$8.99 Marinated chicken breast with lightly grilled onions and mushrooms, green peppers, covered with melted provolone cheese

The Tuna- or \$8.99 Chicken-Melt

Albacore white meat tuna salad OR chicken salad served open-faced with melted muenster cheese and tomato

Atlantic Salmon \$10.99 Fresh maple-crusted and grilled Atlantic salmon served with lettuce. tomato and onions on a kaiser roll.

CLASSIC NEW YORK DELI \$9.49

BYO SANDWICH A CHOICE OF MEAT AND CHEESE. LETTUCE, TOMATO, ONIONS, MAYO, **MUSTARD**

MEAT CHEESE Ham Muenster Roast Beef **Swiss** Pastrami Provolone Tuna American Turkey Pepperjack Cajun Turkey Cheddar Hon. Glazed Turkey Chicken Salad Egg Salad

MANHATTAN'S FRESH GREENS Add Chicken +\$2.99 / Salmon +\$3.99

Crispy Chicken Salad \$8.99 Atlantic Salmon \$10.99 Crisp romaine, tomatoes,

cucumbers, shredded carrots, parmesan & crispy chicken tenders \$9.79 cheese crumbs. **Buffalo Chicken** Waldorf Chicken \$10.49 Crispy chicken fingers Mixed greens, tomatoes, tossed in our wing sauce, craisins, candied walnuts, served over a bowl of fresh lettuce, carrots, tomatoes, cucumber and blue cheese \$9.79 Southwestern Chef Salad Thinly sliced turkey and ham over fresh lettuce with tomatoes, cucumber, hard-boiled eggs, and parmesan cheese **Caesar Salad** \$5.95 with chipotle ranch Crisp romaine, fresh

dressing & guacamole parmesan cheese, and seasoned croutons. Tossed with Manhattan's finest candied walnuts, Caesar dressing. Add chicken for + \$2.00 \$9.99 Half & Half Combo \$10.99

Two Scoop Salad Choose two: Tuna, chicken or egg salad served on our field green salad. Choose whitefish salad for +\$1.50

Field Green Salad Crisp greens, tomatoes, cucumbers & carrots

Maple-crusted salmon, grilled & served over a bed of greens, tomatoes, cucumbers, carrots & blue

& sliced apples. Topped w/ a scoop of chicken salad \$10.49 Romaine lettuce, grilled chicken, corn kernels, black beans, sautéed onions & peppers, cheddar, salsa & fried tomato basil tortilla Nutty Cranberry \$10.49 Mixed greens, craisins, tomatoes, grilled chicken, and blue cheese crumbs Choose a combination of two: Half sandwich, soup or salad

\$10.99 **Cobb Salad**

\$5.25 Crisp lettuce, chicken breast, crumbled blue cheese, tomatoes, bacon & hard-boiled egg

GOURMET WRAPS

SERVED ON A GRILLED TORTILLA - CHOOSE FROM FLOUR, WHEAT, TOMATO BASIL, OR SPINACH. SUBSTITUTE A SIDE ITEM WITH FRENCH FRIES OR ONION RINGS FOR .99¢ EXTRA.

\$9.49

Choice of tuna, egg or chicken salad, lettuce, tomato, bacon

Crispy chicken tenders, crisp lettuce, tomatoes & honey mustard **Buffalo Chicken** Crispy chicken tenders tossed in Manhattan's spicy wing sauce and served with lettuce, tomatoes & blue cheese dressing

Veggie Wrap Hummus, carrots, lettuce, tomatoes, onions, cucumbers, peppers & feta

Club Wrap

Crispy Honey Chicken \$9.49 Caribbean Jerk \$9.49 Jerk chicken, lettuce, tomato, chipotle pepper sauce & asiago cheese \$9.49 Southwestern Wrap \$9.49 Grilled chicken breast. lettuce, tomato, muenster cheese & chipotle sauce Chicken Caesar \$8.99 Grilled chicken breast, crisp \$7.99 romaine lettuce, fresh parmesan cheese, and Manhattan's finest Caesar dressing

Cookie

MANHATTAN'S BURGERS \$9.99 A veggie or 8oz. Angus beef burger on a grilled

kaiser roll with a pickle and a choice of French fries or onion rings TOPPINGS: Cheddar, Swiss, Provolone, American, Pepperjack, Grilled Onions, Raw Onions, Grilled Mushrooms and Bacon (+0.50¢)

DELICIOUS SOUPS

\$4.99 Matzoh Ball Soup Soup of the Day *Price varies by soup

COLD DRINKS

\$2.49

\$2.25

Freshly Brewed

Southern Iced Tea

Sweetened or Unsweetened **Fountain Drink** \$2.29 Medium \$2.79 Large Juice \$1.89 Small \$2.29 Large

HOT DRINKS

\$2.39 Gourmet Coffee (Seattle's Best) **Hot Tea** \$1.89

100% FRUIT SMOOTHIES

Strawberry Banana Mango \$3.99 Four Berry

SWEET ENDINGS

\$2.99 **Black and White Cookie Chocolate Fudge Cake** \$6.49 \$2.25 **Cheese Danish** \$6.49 Cheesecake Oreo Cheesecake \$7.99 **NY Crumb Cake** \$2.95 **Pound Cake** \$2.95 Fresh Gourmet Muffins \$2.79 \$2.99 **Fudge Brownie** \$2.99 **Oreo Brownie** \$3.29 **Lemon Bar** \$7.99 Italian Cookies p. LB