

Asian Special

Udon

Vegetable	6.95
Chicken	7.49
Beef	7.49
Shrimp	7.49
Shrimp Tempura	7.95
Vegetable Dumpling	7.95
Shumai	7.95

Smoothie bar

	12 oz	16 oz	20 oz
	4.25	4.95	5.45

Red Banana, Strawberry, Blackberry, & Acai berry elixir

Blue Blueberry, Peach, Apple, & Acai berry elixir

Three of Our Fresh Ingredients with ice

Apple	Coconut	Papaya	Raspberry
Banana	Honey	Peach	Strawberry
Blackberry	Mango	Peanut Butter	Tomato
Blueberry	Orange	Pineapple	Yogurt

asked about Daily Fresh New Ingredients

Extra Ingredients 1.00 each

Soup Bar

Daily selection of 6	Small	Large
	2.99	3.99

Chicken Noodle	Potato Spinach	Tomato Basil
Garden Vegetable	Beef Barley	Chicken Chili
Clam Chowder	Lentil	Italian Wedding
Butternut Squash	Chicken Chili	Minestrone
Tuscan kale & White Beans	Cajun Gumbo	and More



Open 24 Hours 7 Days Open

Free Delivery Over \$10.00 Purchase

Telephone Number : 212-564-5547

461 7 Ave New York NY 10001

Breakfast Special

(Breakfast served Until 11:00 Am daily)

	on Roll	Platter
Two Eggs Any Style	.200	.3.00
Two Eggs Any Style W/ Bacon, Ham or sausage	.3.00	.4.00
Two Eggs Any Style W/ Canadian Bacon, Beef Sausage or Turkey sausage	.3.50	.4.50
Steak & Egg	.4.00	.5.00
Two Eggs Any Style W/ Corn Beef	.4.00	.5.00

*All Platter will be served with Home Fried And choice of Two Sliced Bread.

Omelettes

Cheese Omelettes(American, Swiss, Muenster or Mozzarella)	.2.50	.3.50
Western Omelettes(Ham, Peppers & Onion)	.3.50	.4.50
Greek Omelettes(Feta Cheese, Tomato & Spinach)	.3.50	.4.50
Mediterranean Omelettes(Black Olive, Tomato & Feta Cheese)	.3.50	.4.50
Southwestern Omelettes(Turkey & Pepper Jack Cheese)	.3.50	.4.50
Italian Omelettes(Zucchini, Mushroom & Mozzarella Cheese)	.3.50	.4.50
Mushroom & Swiss Omelettes	.3.50	.4.50
Broccoli & Cheddar Omelettes	.3.50	.4.50
Mushroom, Spinach & Tomato Omelettes	.3.50	.4.50
Mexican Omelettes(Avocado, Jalapeno, Tomato and Cheese)	.4.50	.5.50

Create Your own Omelettes

	4.00 on roll	5.00 on platter
with eggs and choose up to three of your favorite ingredients from		
Ham Turkey Mushroom Pepper Onion Broccoli		
Tomato Spinach American Cheese Swiss Cheese		
extra topping additional 0.50 each		

French Toast or Pancakes

w/ butter & syrup		.3.00
w/ bacon, ham or sausage		.4.00
additional charges for extra topping		
Egg or Cheese	.0.50	Fresh Mozzarella or Avocado .1.00
Egg whites	.1.00	Extra bacon, Ham Or Sausage .1.00
Canadian bacon, beef sausage or Turkey Sausage	.1.50	On a Croissant, Wrap or Focaccia .1.00

Create Your Own Salad

6.99 per pound

Step 1 Choose Your Salad

Romaine ,Mixed Greens ,Baby Spinach , Arugula

Step 2 Choose Your Toppings

Alfalfa Sprout	Artichoke	Asparagus	Avocado
Black Bean	Beet	Broccoli	Carrot
Celery	Corn	Cucumber	Egg
Garbanzo Bean	Stuffed Grape Leave	Kidney Bean	Mandarin Orange
Mushroom	Black Olive	Green Olive	Onion
Palm Heart	Green Pea	Bell Pepper	Roast Red Pepper
Tofu	Cherry Tomato	Diced Tomato	Grilled Chicken
Fried Chicken	Cajun Chicken	Balsamic Chicken	Turkey
Ham	Tuna Salad	Crabmeat	Raisin
Walnut	Almond	Sunflower Seed	Mixed Nut
Cranberry	Chinese Noodle	Bacon	Crouton
Blue Cheese	Shredded Cheddar	Feta	Grated Parmesan

Step 3 Choose Your Dressing

Caesar	Ranch	Sesame Ginger	Lemon Juice
French	Italian	Creamy Italian	Russian
Blue Cheese	Honey Dijon	Balsamic Vinaigrette	Balsamic Vinegar
Red Wine Vinegar	Olive Oil	Roast Garlic Vinaigrette	

Low Fat / Fat Free Dressing

Italian	Raspberry Vinaigrette	Lemon Herb	Honey Dijon
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Create Your Pasta

7.99 per pound

Select your pasta, sauce and topping

Pasta

Penne	Fettuccine	Linguine	Bow Tie
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Sauce

Marinara	Pesto	Alfredo	Tomato Basil
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Topping

Mushroom	Spinach	Artichoke Heart	Ham
Tomato	Pea	Grilled Chicken	Bacon
Sundried Tomato	Broccoli	Meatball	Parmesan Cheese

Grilled Panini

Italiano	Grilled Chicken, Roast Pepper, Fresh Mozzarella, Pesto Sauce
Toasted Montecristo	Ham, Turkey, Swiss, Cheddar, Lettuce, Tomato, Honey Mustard
Chicken Parmesan	Breaded Chicken, Fresh Mozzarella, Marinara Sauce Fresh Basil, Parmesan Cheese
Chicken Fajita	Grilled Chicken, Cheddar, Roast Peppers, Caramelized Onion, salsa
Veggie Mozzarella	Fresh Mozzarella, Tomato, Basil, Spinach, Sundried Tomato
Siciliano Prosciutto	Prosciutto, Fresh Mozzarella, Sundried Tomato, Basil, Mixed Green Balsamic Vinaigrette
Tex Mex	Breaded Chicken, Guacamole, Jalapeno, Pepper Jack, Lettuce

Hamburger Zone

		Regular	Deluxe
Beef Burger	Half Pound of Fresh Beef, Lettuce & Tomato	4.95	5.95
Cheese Burger	Half Pound of Fresh Beef, American Cheese, Lettuce & Tomato	5.49	5.95
Bacon Cheese Burger	Half Pound of Fresh Beef, Bacon, Lettuce & Tomato	5.95	6.95
Crab Cake	Half Pound of Crab Cake, Lettuce & Tomato	5.49	6.49
Turkey Burger	Half Pound of Turkey, Lettuce & Tomato	5.49	6.49
Veggie Burger	Half Pound of Veggie Burger, Lettuce & Tomato	5.49	6.49
Texas Burger	Half Pound of Fresh Beef, Bacon, Egg, Lettuce & Tomato	6.49	7.49
Mexican Burger	Half Pound of Fresh Beef, Avocado, Egg, Lettuce & Tomato	6.49	7.49
	Extra Cheese, Onion, Pickle		0.5
	Deluxe include choice of French Fried Or Onion Ring		

Appetizer

		Small	Large
French Fries		1.95	3.79
Onion Ring		1.95	3.79
Mozzarella Stick		4.49	6.99

Bagels

Plain / Sesame / Whole wheat / Everything / Pumpernickel / Cinnamon raisin			.90
Butter	.100	Scallion cream cheese	.200
Jelly	.100	Vegetable cream cheese	.200
Butter & Jelly	.150	Strawberry cream cheese	.200
Peanut butter	.175	Olive cream cheese	.200
low fat Cream cheese	.175	Lox spread	.275
sliced smoked Salmon & Cream Cheese			.650

Coffee station

	Small	Large
House blend coffee	1.38	2.30
Decaffeinated coffee	1.38	2.30
Flavored coffee	1.38	2.30
Hot chocolate	2.00	2.95
Espresso	1.95	n/a
Café latte	2.75	3.75
Cappuccino	2.75	3.75
Café mocha	2.95	3.95
Caramel latte	2.95	3.95
Vanilla latte	2.95	3.75
Cappuccino (cinnamon tea w/ steamed milk)	2.25	3.25
Tea / Green tea / Decaf tea	1.25	2.00
Herbal tea	1.25	2.00
Iced coffee	n/a	2.00
Iced flavored coffee	n/a	2.00
Iced tea	n/a	2.00
Iced mochaccino	n/a	3.95
Iced latte	n/a	3.95
Iced frappe	n/a	3.95
Iced mocha frappe	n/a	3.95
Iced caramel mochaccino	n/a	3.95

Soy Milk 0.75 extra

Lunch Special

Classic Hero Sandwiches

S1. American Combo	Roast Beef,Turkey,Ham,Americam Cheese,Lettuce,Tomato	6.49
S2. Beef Antipasto	Roast Beef,Provolone,Lettuce,Tomato,Onion,Green Pepper, Olives & Italian Dressing	6.49
S3. Big Daddy	Maple Honey Turkey,Melted Swiss,Bacon,Roasted Pepper	6.49
S4. Black Forest	Black Forest Ham, Brie, Mix Greens, Tomato, Honey Mustard	6.49
S5. California Club	Turkey,Ham,Muenster,Avocado & Alfalfa on Pita	6.49
S6. Cordon Blue	Breaded Chicken,Ham,Swiss & Honey Mustard	6.49
S7. Chicken Parmigianino	Breaded Chicken,Mozzarella, & Marinara Sauce	6.49
S8. Chicken Teriyaki	Grilled Chicken,Swiss,Mixed Peppers,& Teriyaki	6.49
S9. Chicken Club	Grilled Chicken,Bacon,American Cheese,Lettuce,Tomato & Mayo	6.49
S10. City Light	Fresh Mozzarella,Avocado, Tomato & Olive Oil & Vinegar	6.49
S11. Frisco Kid	Chicken Salad, Mixed Greens, Avocado & Wheat Bread	6.49
S12. God Bless You	Grilled Chicken,Mozzarella,Lettuce, Tomato & Honey Mustard	6.49
S13. Good Guy	Roasted Beef,Turkey,Swiss,Cole Slaw,Russian Dressing	6.49
S14. Grilled Chicken	Grilled Chicken,Fresh Mozzarella,Roasted Pepper,Lettuce & Mayo	6.49
S15. Grilled Ruben	Grilled Pastrami,Swiss,Lettuce, Tomato, Mayo & Mustard	6.49
S16. Italian Special	Salami,Cappy Ham,Pepperoni,Prociutto,Provolone,Lettuce Tomato,Oil & Vinegar	6.49
S17. New York Yankee	Peppermill Turkey,Provolone,Bacon & Roasted Pepper	6.49
S18. New York Met	Smoked Turkey, Brie & Honey Mustard	6.49
S19. Pepper Turkey	Pepper Turkey,Swiss,Roasted Pepper,Lettuce & Buffalo Sauce	6.49
S20. Philly Chicken	Grilled Chicken, Swiss,Onion	6.49
S21. Philly Steak	Roasted Beef,American Cheese,Onion	6.49
S22. Turkey Club	Turkey,Bacon,Lettuce, Tomato & Mayo	6.49
S23. Vermon Festival	Turkey,Swiss,Bacon,Russian Dressing	6.49
S24. Virginia Beach	Virginia Ham,Turkey,Swiss,Lettuce, Tomato, Mayo & Mustard	6.49
S25. Nothing But Veggie	Grilled Tofu,Cuccumber,Mixed Greens, Tomato, Oil & Vinegar	6.49
S26. Veggie Delight	Grilled Vegetables,Fresh Mozzarella,Mixed Greens	6.49

each extra Cheese & Vegetable topping 0.50
each extra Meat & Avocado 1.00

Classic Sandwiches

	on a Roll & Sliced Bread	on Hero
Bologna	3.95	4.95
BLT	3.95	4.95
Egg Salad	3.95	4.95
Chicken Salad	5.25	6.25
Tuna Salad	5.25	6.25
Black Forest Ham	5.25	6.25
Boiled Ham	5.25	6.25
Corned Beef	5.25	6.25
Cappy Ham	5.25	6.25
Honey Turkey	5.25	6.25
Pastrami	5.25	6.25
Smoked Turkey	5.25	6.25
Oven Gold Turkey	5.25	6.25
Pepper Turkey	5.25	6.25
Roast Beef	5.75	6.75
Grilled Chicken	5.75	6.75
Breaded Chicken	5.75	6.75
Variety of Cheese	3.50	4.50

Wrap Sandwiches

Chicken Caesar	Grilled Chicken,Romaine,Croton,Parmesan Cheese,Caesar Dressing	6.95
Veggie Wrap	Fresh Mozzarella,Lettuce,Avocado,Green Apple, Cucumber,Mix Green,Pesto Mayo	6.95
ClassicTuna	Tuna Salad,Carrot,Lettuce	6.95
Turkey BLT	Turkey,Bacon,Lettuce, Tomato, May	6.95
Wrap Montecristo	Ham,Turkey,Swiss,Lettuce, Tomato, Honey Mustard	6.95
California Club	Grilled Chicken,Avocado, Roast Pepper,Lettuce,Russian Dressing	6.95
Waldorf	Chicken Salad,Walnut,Romaine,Red Grape,Green Apple	6.95
Pepper Turkey	Pepper Turkey,Jalapeno,Sun Dried Tomato,Lettuce	6.95
Smoked Turkey	Smoked Turkey,Swiss,Alfafa,Apple,Lettuce,Honey Mustard	6.95
Buffalo Wrap	Buffalo Chicken,Pepper Jack,Lettuce, Tomato	6.95
Teriyaki Wrap	Teriyaki Chicken,Onion,Carrot,Lettuce	6.95
Spicy Thai Chicken	Grilled Chicken,Spicy Sauce,Cashews,Cilantro,Lettuce	6.95