

## Wholesome Breakfast

### Super Nutty Granola / 4.95

*With berries & fat-free yogurt*

### Oatmeal / 4.95

*Choice of milk with walnut, raisin and cinamon*

### Healthy Wrap / 6.95

*smoked salmon, cream cheese & tomato*

### Vegan Super Breakfast / 6.49

*vegan bacon tofu cream cheese, avocado, lettuce, tomato, carrots*

### Fresh Bagel 0.85

*With Butter - 1.25/ Jelly 1.25/ Peanut Butter 2.25*

*Cream Cheese- 2.00 / Tofu Cream Cheese 2.50*

### Salmon & Cream Cheese 6.49

## Breakfast Sandwiches

**2 eggs and cheese (choice of bread) 2.95**

**2 eggs cheese and choice of meat (ham, bacon sausage, turkey, pastrami, turkey bacon) 4.49**

## Tasty Wrap

**2 eggs bacon and cheese / 4.49**

## Breakfast Platters

**Cheese Varieties Choose One + 1.10**

*American Cheese Cheddar Cheese*

*Pepper Jack Cheese Feta Cheese*

*Gorgonzola Cheese Swiss Cheese*

*Mozzarella Cheese Muenster Cheese Gouda cheese*

*Goat Cheese Mozzarella Cheese*

**with 2 eggs, home fries & toast 4.49**

**2 egg cheese, choice of meat 5.49**

*Omelettes serve with small mix green salad and a toast*

**Meat - Choose One - Add 1.95**

*Bacon, Tuna, Salmon, Chicken - Grilled/Bread-ed,*

*Pastrami, Roast Beef, Corned Beef, Pepperoni,*

*Roasted Turkey, Prosciutto, Buffalo Chicken,*

**House Omelette 5.95**

*baby spinach, mushroom, & onion*

**Delancy Omelette 5.95**

*Green, Red pepper/ onion, bacon tomato and swiss cheese*

**Lox Omelette salmon, spinach, tomato and capers 5.95**

**Goat Cheese Omelette 5.95**

*sundried tomatoe, olive spinach*

**Green Omelette 5.49**

*spinach, onion, feta, olive, tomato*

**Western Omelette:**

*Ham, pepper, onion*

**Great Green Omelette**

*broccoli, green pepper,*

*spinach, avocado, and fresh mozzarella 5.95*

## Classic Sandwiches

**Served on a Roll 5.95**

**Hero, Multigraine, olive bread 6.95**

*Choice Meat Ham, tuna, smoked turkey cheese choice american cheddar, Jack, Swiss,*

## Hot Off the Grill

**Grilled Cheese / 3.50**

*(choice of cheese)*

**Original Philly with onion and pepper 6.95**

*(choice of cheese)*

**England Philly with bacon and cheddar 6.95**

**Mexican Philly with jalapeno and mozzarella**

## Mexican Hero

**chicken, saute onion, jalapeno, jack cheese,**

**chipotle mayo 6.95**

**Chicken Parmesan**

*chicken cutlet, marinara, mozzarella*

## Pastrami or corned beef melt

**with sourkraut, swiff and mix tavid 6.95**

**Hamburger w Fries 5.50**

**Cheeseburger w fries 5.95**

**bacon cheeseburger w fries 6.95**

## Deli Sides

**Soup du jour 16.oz 4.00**

*tossed salad, onion, tomato, cucumber, olive and carrot (choice of dressing) 3.95*

**Fruit Salad Sm 3.50 Lg 4.95**

**French Fries 2.50**

**Onion Rings 2.50**

## Combination

### Paninis and Wraps 6.95

**Prosuto Di Parma**

*with fresh mozzanella, tomato, baby spinach and olive oil*

**Turkey BLT**

*lettuce tomato, bacon, turkey, mayo*

**Grilled Chicken Pesto:**

*fresh mozzmella roasted peppers, sundried tomato, lettuce and pesto*

**London Chicken:**

*avocado, lettuce, swiss, and mix greens*

**Honey Moon Club:**

*honey turkey, brie, lettuce, tomato*

*and honey mustard*

**European:**

*chicken, shredded swiss, capers, lettuce tomato and*

*garlic mayo*

**Grilled Chicken Club:**

*bacon lettuce, tomato cheese and mayo*

**BBQ Chicken:**

*lettuce tomato, carrots*

**Cubano:**

*chicken, avocado, swiss roasted red pepper*

**Spicy Grill Chicken**

*marinated on garlic, sun-dried tomato, roasted red pepper and mix green*

## Grilled Chicken Ceasar:

*romaine tomato, parmesan cheese, caesar dressing*

## Smoked Salmon Avocado

*lettuce, tomato, capers and carrot*

*Honey Moon Club: brie cheese, honey turkey, mix green, tomato, honey mustard*

## Honey Chicken:

*lettuce, tomato, cheddar cheese and honey mustard*

## Turkey Apple

*Mix Greens brie and Tomato*

## Italiano

*Ham, Salami, pepperoni, provolone, lettuce, tomato, rosted pepper and italian dressing*

## American Combo

*roasted beef, turkey, cheese lettuce tomato and mayo-naise*

## Spice Me Up

*pepper turkey habanero ham jack cheese lettuce, tomato and chipotle mayonaise*

## Vegan and Vegetarian

### Paninis & Wraps 6.95

**The Hummus**

*Fresh greens, tomato, roasted peppers, carrot, olive*

**The French:**

*brie cheese, mix green, tomato, carrots, capers and honey mustard*

**Fresh Mozzarella:**

*capers, tomato, mix green and pesto*

**Vegan Mississippi Chicken**

*vegan chicken, marinated in sun-dried tomato sauce with mixed greens*

**Vegan Ginger Chicken Sandwich**

*avocado, lettuce, tomato & carrots*

*Vegan Chicken with Artichokes*

*sun-dried tomato, roasted peppers, onion, artichokes*

**Vegan Avocado Sandwich**

*avocado, lettuce, tomato, carrots, & roasted peppers*

**Vegan Mediterranean Sandwich**

*mushroom, roasted peppers, onion, olive, lettuce, tomato*

**Vegan BLT with Avocado**

## Salads

We carry most of your Grocery Needs. All salads available w/a full selection of regular & fat-free dressing

### Caesar Salad / 5.95

romaine, parmesan cheese, croutons, caesar dressing+ grilled chicken / 1.65

### Goat Cheese Salad / 6.95

warm goat cheese, tomato, cucumber, mixed

### Smoked Salmon Salad / 6.95

smoked salmon, black olives, capers, tomato, avocado, carrot, and sprouts over mixed greens

### Tuna Salad / 6.95

tuna chunks, avocado, heart of palm + mixed greens.

### Spicy Grilled Chicken Salad / 6.95

vegan or regular grilled chicken, red onions sun-dried tomatoes & black olives over mixed greens

### Greek Salad / 6.95

feta cheese, red onion, tomato, cucumber, olives, peppers, and baby spinach

### Rafaella Salad / 6.95

fresh romaine, heart of palm, tomato, avocado, carrot

### Caprese Salad / 6.59

fresh tomatoes, basil & capers, mozzarella, mixed greens

### Vegan Unchicken / Tofu Salad / 6.95

mixed greens, roasted red pepper, tomato, onion, carrots

### Garden Salad / 5.49

greens, tomato, cucumbers, peppers & carrots

## Make Your Own Salad -

### Greens Choices Choose One

Romaine Lettuce Baby Spinach Mesci

### Cheese Varieties Choose One + 1.10

American Cheese Cheddar Cheese

Pepper Jack Cheese Feta Cheese

Gorgonzola Cheese Swiss Cheese

Mozzarella Cheese Muenster Cheese

Gouda cheese Goat Cheese

Mozzarella Cheese

### A) Toppings - Choose As Many - Each Add 0.55

Onions Sprouts Roasted Corn

Jalapeno Tomatoes Chickpeas

Carrots Cucumber Croutons

### B) Toppings - Choose As Many - Each Add 0.85

Red or Green Peppers Cherry Tomato Olives

Boiled Egg Mushrooms Roasted Peppers

### Meat - Choose One - Add 1.95

Bacon, Tuna, Salmon, Chicken - Grilled/Breaded,

Pastrami, Roast Beef, Corned Beef, Pepperoni,

Roasted Turkey, Prosciutto, Buffalo Chicken,

### Salad Dressings - Choose One

Italian/ Fat Free Ranch/Fat Free

Balsamic Vinaigrette Caesar Blue Cheese

Russian Honey Mustard

## Hot Food Buffet Table Serving

### Breakfast and Lunch

Italian, American and Asian Cuisine

## Hot or Cold Coffee Bar

Choice of Milk - Half & Half, Whole, Low Fat, Fat Free, Rice, Almond, Soy

Choice of Sweetener - White Sugar, Raw Sugar,

	Hot Drinks		Iced Drinks	
	sm/sgl	lg/dbl	sm/sgl	lg/dbl
Coffee	1.65	2.20	2.20	3.30
Vanilla or Hazlenut	1.65	2.20	2.20	3.30
Café Au Lait	2.20	2.75	2.75	3.30
Espresso	2.20	3.30		
Macchia-	2.20	3.30		
Americano	2.75	3.85	2.75	3.85
Latte	2.75	3.85	2.75	3.85
Cappuccino	2.75	3.85	3.85	4.40
Mocha	3.30	4.15	4.15	4.65
Extra Shot Espresso	1.65			
Flavor Shot	free			
Hot Cocoa	2.20	2.75		
Chai	2.50	3.50	3.85	4.40
Tea (many assorted)	1.65	2.20	2.75	3.85
Iced Black Tea			2.20	2.75
Iced Decaf Tea			2.20	2.75
Apple Cider	1.65	2.20	2.20	2.75
Lemonade (not sweet)			2.20	2.75
Arnold Palmer			2.50	3.30

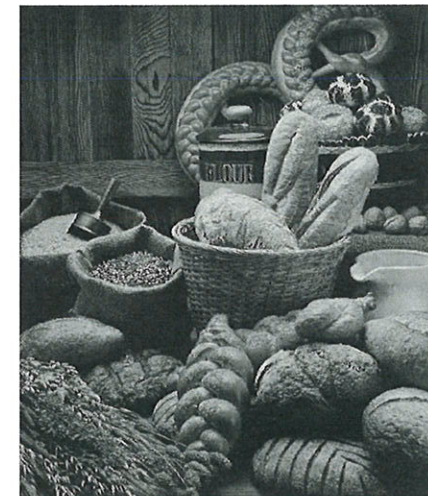
We Carry Most of your Grocery Needs

## GREEN STAR FOODS

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