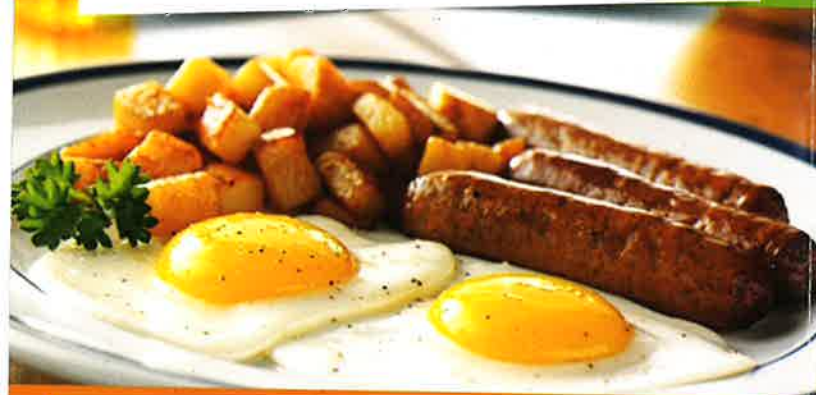


# Breakfast

Platter Includes Home Fries & Toast

	On Bread	Hero/Wrap	Platter
1 • Two Eggs.....	\$1.99	\$2.99	\$3.99
2 • Eggs.....	\$2.99	\$3.99	\$4.99
with Ham/Bacon/Sausage			
3 • Two Egg Whites.....	\$2.49	\$3.49	\$4.49
4 • Grilled Vegetables & Eggs	\$3.49	\$4.99	\$4.99
5 • Croissant.....	\$3.99		
w/Egg & Cheese			
6 • Bagel.....	\$6.95		
w/Smoked Salmon			
7 • Pancake or French Toast....	\$4.99		
• w/Egg..... \$5.99			
• w/Bacon & Egg..... \$7.99			
8 • B.I.T.....	\$4.95		
9 • Grilled Cheese.....	\$3.95		
10 • Bagel w/Cream Cheese....	\$2.00		



# FRESH SQUEEZED Juice Bar

	REGULAR	LARGE
1 • Carrot.....	\$3.95	\$4.95
2 • Apple or Orange Juice.....	\$3.95	\$4.95
3 • Body Cleanser.....	\$5.95	\$6.95
Spinach, Cucumber, Carrot, Parsley & Ginger		
4 • Blood Builder.....	\$5.95	\$6.95
Beets, Carrot, Kale, Celery & Apple		
5 • Green Power.....	\$5.95	\$6.95
Celery, Cucumber, Spinach & Kale		
6 • Stress Buster.....	\$5.95	\$6.95
Spinach, Carrot, Ginger & Kale		
7 • Cold Buster.....	\$5.95	\$6.95
Lemon, Ginger, Spinach, Cucumber & Carrot		
8 • The Iron.....	\$5.95	\$6.95
Spinach, Kale, Parsley, Beets & Cucumber		
9 • Super Morning.....	\$5.95	\$6.95
Carrot, Spinach, Cucumber, Beets & Orange		
10 • The Detox.....	\$5.95	\$6.95
Cucumber, Ginger, Lemon & Green Apple		
11 • The Garden.....	\$5.95	\$6.95
Spinach, Kale, Parsley, Cucumber, Celery, Lemon & Green Apple		
12 • Green Melon.....	\$5.95	\$6.95
Kale, Watermelon, Lemon & Green Apple		



# SUMMER Smoothies

REGULAR | \$5.95 • LARGE | \$6.45

1 • Summer Cool	Watermelon, Peach, Strawberry, Raw Agave & Organic Coconut Water.
2 • Peach	Peach, Strawberry, Raw Agave & Soy Milk.
3 • F.I.T Choice	Strawberry, Pineapple, Raw Agave, Banana, Grapes & Organic Coconut Water.
4 • Cool Melon	Watermelon, Honeydew & Red Apple.
5 • Ginger Melon	Watermelon, Pineapple, Green Apple & Ginger.
6 • Super Berry	Blueberry, Strawberry, Banana, & Almond Milk.
7 • Piña Colada	Pineapple, Coconut, Banana, Agave & Organic Coconut Water.
8 • Ohh Mango	Mango, Strawberry, Mango Juice & Raw Agave.
9 • Tropical Hit	Pineapple, Mango, Papaya, Kiwi, Agave & Mango.
10 • Rambo	Kiwi, Strawberry, Papaya & Orange.

# Expresso BAR

	HOT	ICED
	Small	Large
01 • 100% Colombian Coffee	\$1.25	\$1.95
02 • 100% Colombian Decaf	\$1.45	\$1.95
03 • Cappuccino	\$2.95	\$3.45
04 • Café Americano	\$1.95	\$2.45
05 • Café Mocha	\$3.45	\$3.95
06 • Caramel Macchiato	\$3.45	\$3.95
07 • Café Latte	\$2.95	\$3.45
08 • Cinnamon Dolce Latte	\$3.45	\$3.95
09 • Gourmet Hot Chocolate	\$2.45	\$2.95
10 • Gourmet Teas	\$1.25	\$1.95
11 • Brewed Coffee Flavor*	\$1.50	\$1.95
12 • Ice Coffee or Ice Tea		\$2.50
13 • Espresso - Single Shot:	\$2.00	• Double Shot: \$2.50

\* Caramel Crunch, French Vanilla, Chocolate Raspberry, Chocolate Hazelnut & Belgian Chocolate.  
Add Flavor Shot: \$0.50 | Vanilla, Caramel, Hazelnut, Strawberry, Amerato, Cinnamon, White Chocolate, Green Tea & Peppermint  
Dairy Choice: Whole/Skim Milk, Soy-Milk \$0.50 extra.

# BAKERY

Cake Slice \$4.00

Pumpkin, Strawberry, Chocolate Crunch, Boston Chocolate, NY Cheese Cake, Red Velvet, Chocolate Fudge, Chocolate Chip, Apple Crumb, Mississippi Mud Cake, Chocolate Mousse Cake.

Muffins \$2.00

Corn, Raisin Bran, Red Velvet, Blue Berry, Cramberry Orange, Marble, Cheese Cream Cake, Coffee, Pineapple Coconut.

Danish • Dounuts • Croissants



# Omelettes

Create Your Own

BASE:  
Eggs \$2.99  
3 Eggs White \$3.99

	Sandwich	Platter
1 • Mushroom & Swiss.....	\$4.99	\$6.49
2 • Western.....	\$4.99	\$6.49
Ham, Onions & Peppers		
3 • Pastrami & Cheese.....	\$4.99	\$6.49
4 • Greek.....	\$4.99	\$6.49
Feta, Onions & Tomatoes		
5 • Veggie.....	\$3.99	\$5.95
Onions, Peppers & Tomatoes		

Add Vegetable \$0.50 Per Topping  
Add Meat \$1.00 Per Topping  
Add Cheese \$0.75 Per Topping  
Add Home Fries & Hash Browns \$1.00



# Smoothies

	REGULAR	LARGE
1 • Cassa Plaza.....	\$4.95	\$5.50
Strawberry, Banana, Papaya & Apple		
2 • The Mark's Fame.....	\$4.95	\$5.50
Pineapple, Strawberry, Blueberry & Orange		
3 • The Hamptons Lovers.....	\$4.95	\$5.50
Banana, Mango, Pineapple & Orange		
4 • Sweet Madness.....	\$4.95	\$5.50
Mango, Banana, Papaya & Apple		
5 • Blueberry Madness.....	\$4.95	\$5.50
Strawberry, Blueberries, Banana & Apple		
6 • Super Protein.....	\$5.95	\$6.95
Peanut Butter, Raw Almonds, Granola, Banana & Soy Milk		
7 • Acai Fruit.....	\$5.95	\$6.95
Acai, Banana, Coconut, Raw Agave & Soy Milk		
8 • Acai Nutty.....	\$5.95	\$6.95
Acai, Banana, Raw Amond, Peanut Butter, Granola & Almond Milk		
9 • Acai Berry BOWL.....	\$7.95	
Acai, Blueberry, Strawberry, Granola & Soy Milk		
10 • Acai BOWL.....	\$7.95	
Acai, Banana, Pineapple, Granola & Almond Milk		

ADD PROTEIN (\$1.50 Per Scoop)



# CITY Gourmet

212.594.3393

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WE DELIVER

SING IN FOR



We Cater Small & Large Parties  
CORPORATE ACCOUNTS WELCOME



We accept all major credit cards & EBT





- Wraps \$7.95**
- 1 • **Arizona** Chicken Cutlet, Pepper Jack Cheese, Lettuce, Tomatoes & Herb Mayo.
  - 2 • **Veggie** Green & Yellow Zucchini, Red, Yellow & Green Peppers, Carrots, Onions & Hummus.
  - 3 • **American** Roast Beef, Turkey, American & Swiss Cheese, Lettuce & Tomatoes.
  - 4 • **Sicilian** Grilled Chicken, Peppers, Onions & Ranch Dressing.
  - 5 • **Caesar** Grilled Chicken & Caesar Salad.
  - 6 • **E.Z.Z** Grilled Chicken, Sun-Dried Tomatoes, Fresh Basil, Mozzarella & Honey Mustard.
  - 7 • **BBQ Chicken** Sliced BBQ Chicken Breast, Avocado, Romaine, Jack Cheese & Sun-Dried Tomatoes.
  - 8 • **Steak Wrap** Premium Roast Beef, Grilled with Sautéed Onions, Peppers & BBQ Sauce.
  - 9 • **South Western** Cajun Chicken, Avocado, Cheddar & Dressing.
  - 10 • **Willy Pick** Grilled Chicken, Grilled Vegetables, Avocado, Cilantro, Swiss Cheese & Ranch Dressing.

**Create Your Own Salad**  
 Reg. \$3.50 Large \$4.50

YOUR BASE IS A CHOICE OF:  
 1 • Crisp Lettuce 2 • Mixed Greens 3 • Baby Spinach

TOPPINGS:  
 Vegetables/Beans/Egg..... \$0.75 per topping  
 Cheese..... \$1.50 per topping

MEATS:  
 Chicken/Tuna or Choice of Red Meat..... \$2.00 per topping

- Salad** Regular Large
- 1 • **City Gourmet Special** Your Choice of 5 Toppings..... \$7.95 \$8.95
  - 2 • **City Gourmet Salad** Romaine Lettuce, Tomato, Carrots, Cucumber, Green Peppers & Olive..... \$6.95 \$7.95
  - 3 • **Caesar Salad** TOPPED WITH GRILL CHICKEN..... \$6.95 \$7.95
  - 4 • **Greek Salad** Crisp Lettuce, Feta Cheese, Stuffed Grape Leaves, Tomatoes, Olives & Onions..... \$6.95 \$7.95
  - 5 • **Classic Cobb Salad** Oven Roasted Turkey, Avocado, Crumbled Blue Cheese, Mushrooms, Carrots & Bacon Over Mixed Greens..... \$8.95
  - 6 • **Traditional Chef's Salad** Turkey, Ham, Swiss & American Cheese, Hard Boiled Egg & Cucumber Over Mixed Greens..... \$9.95
  - 7 • **Pasta Salad** Pasta, Cheddar, Broccoli, Tomatoes..... \$8.95 \$7.95
  - 8 • **Southern Chicken Salad** Cajun Chicken, Blue Cheese, Tomatoes, Mushrooms and Corn..... \$8.95 \$9.95
  - 9 • **Turkey Club Salad** Romaine, Swiss Cheese, Smoked Turkey, Bacon Bits, Grapes, Tomatoes, Croûton & Ranch Dressing..... \$8.95 \$9.95
  - 10 • **Healthy Tuna Salad** Romaine, Italian Tuna, Avocado, Chick Peas, Carrots & Vinaigrette..... \$8.95 \$9.95
  - 11 • **Pesto Chicken Salad** Mesclun Mix, Pesto Chicken, Avocado, Eggs White, Sliced Tomatoes, Toasted Almonds & Balsamic Vinaigrette..... \$8.95 \$9.95



**Daily Soups & Dinners**  
 Reg \$3.45 • Lg \$3.95

- CALL FOR OUR MAIN DISH OF THE DAY -  
 Selection of Soups made fresh daily

- Quesadilla**
- 1 • **Chicken**..... \$7.95
  - 2 • **Steak**..... \$7.95
  - 3 • **Veggie**..... \$7.95
  - 4 • **Cheese**..... \$7.95

**SANWICHES** (Roll or Bread)

- 1 • Egg Salad with Lettuce & Tomato
- 2 • Tuna Fish or Chicken Salad (\$0.75 Extra for Lettuce & Tomato)
- 3 • Bacon with Lettuce & Tomatoes
- 4 • Cheese with Lettuce & Tomatoes
- 5 • Hummus, Lettuce, Tomatoes & Pickles

**Sandwich**  
 Roll/Bread \$6.45 Hero/Wrap \$7.45  
 Includes: 1 Meat - 1 Cheese - 3 Vegetables

CREATE YOUR OWN



**GRILLED Sandwiches \$7.95**

- 1 • **Spicy Grilled Chicken** Served on a Roll, a Hero or a Panini with Chips & Pickles
- 2 • **Chef Picks** Grilled Chicken Breast with Avocado, Red Roasted Peppers, Mesclun & Ranch Dressing..... \$7.95
- 3 • **Chicken Culet Parmigiana** Chicken Culet, with Melted Mozzarella & Special Parmigiana Sauce..... \$7.95
- 4 • **Chicken Cheddar** Chicken Culet, Melted Cheddar Cheese, Crisp Bacon, Lettuce & Tomatoes..... \$7.95
- 5 • **Woods** Black Forest Ham, Alpine Lace Cheese, Sun-Dried Tomatoes, Spinach & Honey Mustard..... \$7.95
- 6 • **Santa Fe** Spicy Turkey, Mozzarella, Basil, Tomato & Balsamic Vinaigrette..... \$7.95
- 7 • **Smoked Turkey Breast** Brie Cheese, Local Lettuce, Plum Tomatoes & Honey Mustard..... \$7.95
- 8 • **Russian** Roast Beef, Muesler Cheese, Caramelized Onions, Lettuce, Plum Tomatoes & Russian Dressing..... \$7.95
- 9 • **Rouben** Corn Beef, Swiss Cheese, Sauerkraut, Russian Dressing, Rye Bread..... \$7.95



- CHARCOAL Burgers**
- 1 • **Hamburger**..... \$3.95 \$6.95
  - 2 • **Cheese Burger**..... \$4.45 \$7.45
  - 3 • **Bacon Cheese Burger**..... \$5.95 \$7.95
  - 4 • **Turkey Burger**..... \$6.45 \$7.95
  - 5 • **Veggie Burger**..... \$6.45 \$7.95



- PHILLY Steak \$7.95**
- 1 • **Original Philly** With Onions, Peppers & Mozzarella Cheese..... \$7.95
  - 2 • **Italian Steak** With Onions, Peppers, Marinara Sauce & Mozzarella Cheese..... \$7.95
  - 3 • **Mexican Steak** With Onions, Peppers, Jalapeño, Avocado & Monterey Jack Cheese..... \$7.95
  - 4 • **Texas Steak** With Onions, Peppers, Mozzarella & BBQ Sauce..... \$7.95

**Panini! \$7.95**

- Serve with Chips & Pickles
- 1 • **The Teriyaki** Grilled Chicken w/Grilled Vegetables Jarlsberg Cheese & Teriyaki Sauce..... \$7.95
  - 2 • **Chicken Parmigiana** Breaded Chicken Mozzarella, Marinara Sauce, Fresh Basil & Parmesan Cheese..... \$7.95
  - 3 • **Tuna Melt** Fresh Tuna Salad, Cheddar Cheese & Plum Tomatoes..... \$7.95
  - 4 • **Tuscan** Fresh Mozzarella, Plum Tomatoes, Basil, Spinach & Sun-Dried Tomato Spread..... \$7.95
  - 5 • **Chicken Fajitas** Grilled Chicken, Cheddar Cheese, Roasted Peppers, Caramelized Onions & Salsa..... \$7.95
  - 6 • **The Italiano** Grilled Chicken, Roasted Peppers, Mozzarella & Pesto Sauce..... \$7.95
  - 7 • **Combination** Corned Beef, Turkey, Swiss Cheese, Cole Slaw, Russian Dressing, Lettuce & Tomatoes..... \$7.95
  - 8 • **Delightful** Fresh Honey-Glazed Turkey, Jarlsberg Cheese, Cole Slaw & Honey Mustard..... \$7.95
  - 9 • **Toasted Monte Cristo** Layers of Ham & Smoke Turkey, Swiss & Cheddar Cheese, Lettuce, Tomatoes & Honey Mustard..... \$7.95
  - 10 • **Russian** Roast Beef, Muesler Cheese, Caramelized Onions, Lettuce, Plum Tomatoes & Russian Dressing..... \$7.95
  - 11 • **The Alpino** Black Forest Ham, Alpine Swiss Cheese Grilled Vegetables & Lemon Herb Dressing..... \$7.95
  - 12 • **Cuban** Roast Pork, Ham, Swiss Cheese, Pickles & Mustard..... \$7.95
  - 13 • **Siciliano** Proscuitto, Ham, Mozzarella, Sun-Dried Tomatoes, Arugula & Creamy Balsamic Vinaigrette..... \$7.95
  - 14 • **Capri** Smoked Turkey, Pepperoni, Provolone Cheese, Spinach, Cherry Pepper & Balsamic Vinaigrette..... \$7.95
  - 15 • **The Combo** Pastrami, Corned Beef, Provolone Cheese, Lettuce, Tomatoes, Mustard..... \$7.95
  - 16 • **Meatless** Fresh Mozzarella, Fresh Plum Tomatoes, Fresh Basil, Fresh Basil, Fresh Spinach & Sun-Dried Tomatoes Spread..... \$7.95

