



PASTA BAR

\$5.00
Available Monday to Friday/11-3pm

CHOOSE A PASTA

Linguine • Penne • Tricolor • Bowtie

CHOOSE YOUR SAUCE

Marinara • Pesto • Volca Sauce • Alfredo

CHOOSE VEGETABLES..... +\$0.75

Mushroom • Tomatoes • Onions
Sundried Tomato • Broccoli • Bell pepper.

CHOOSE SAUCE..... +\$1.00/EA

Cheddar • Mozzarella • Parmesan
Cheese Crumbled • Blue Cheese • Feta Cheese.

SOUPS

PLEASE CALL FOR OUR DAILY DELICIOUS SOUPS
SM \$3.95 • LG \$4.95



SALADS

- Healthy Tuna Mix | Tuna over mixed greens, cucumber, tomatoes, carrots and broccoli \$6.99
- Tuscan Salad | Tuscan turkey, spinach, walnuts, celery, apple and boiled eggs..... \$7.99
- Greek Salad..... \$5.99
Romaine tomatoes, bell peppers, onions, kalamata olives, cucumbers, oregano, olive oil, white vinegar & feta cheese.
- Mexican Steak Salad..... \$7.99
Shirt Steak, mixed greens, avocado, corn, black beans, tomatoes & balsamic vinaigrette.
- Chicken Caesar Salad..... \$5.99
Grilled Chicken, romaine, tomatoes, crotons, Parmesan cheese & creamy caesar.
- Oriental Chicken Salad..... \$7.99
Grilled chicken, mandarin oranges, romaine, cucumber, mushrooms, cranberry, sesame ginger dressing.
- Grilled Chicken Cobb Salad..... \$8.99
Grilled chicken, bacon, romaine, cherry tomatoes, bell peppers, onion, cucumber, boiled egg, blue cheese crumbles, avocado, shredded cheddar cheese.

CREATE YOUR OWN SALAD

Your Choice Tossed or Chopped

Step 1: Choose Main Ingredient..... Small \$3.00 Large \$4.00
Baby Arugula, Baby Kale, Romain, Baby Spinach or Mixed Green.

Step 2: Choose Toss-Ins

Group A..... \$0.50

- | | | | |
|-----------------|--------------|--------------|-------------------|
| Basil | Bell Peppers | Beets | Roasted Peppers |
| Black Beans | Broccoli | Celery | Sundried Tomatoes |
| Cucumbers | Corns | Crotons | Plum Tomatoes |
| Cilantro | Chick Peas | Carrots | Alfalfa Sprouts |
| Green Peas | Green Olives | Kidney Beans | |
| Kalamata Olives | Mushrooms | Onions | |

Group B..... \$1.00

- | | | |
|------------------------------|------------------|------------------|
| Apple | Almonds | Avocados |
| Bacon | Boiled Eggs | Cranberry |
| Blue Cheese crumbles | Parmesan Cheese | Feta Crumbles |
| Grilled Portabella Mushrooms | Sunflower Seeds | Mandarin Oranges |
| Pineapple | Fresh Mozzarella | Walnuts |
| Shredded Cheddar | Artichokes | Goat Cheese |
| Pecan | Baby Corn | |

Group C..... \$2.00

- | | | |
|--------------------|--------------------|--------------------------------|
| Chicken Salad | Chicken Cutlet | Spicy Chicken Cutlet |
| Grilled Chicken | Ham | Turkey |
| Italian tuna Salad | Regular Tuna Salad | Skirt Steak (\$1 extra charge) |
| Roast Beef | | |

DESSERTS

- Chocolate Rockyroad Brownie..... \$3.49
- Blondie Brownie..... \$3.49
- New York Cheese Cake..... \$3.49
- Red Velvet Cake..... \$3.49
- Carrot Cake..... \$3.49
- Chocolate Mousse Cake..... \$3.49
- Crumb Cake..... \$3.49
- Chocolate Fudge Cake..... \$3.49
- Tiramisu Cake..... \$3.49
- Toasted Almond Cake..... \$3.49
- Oreo Cheese Cake..... \$3.49

JUICE BAR

	Reg	Large
Carrot.....	\$3.95	\$4.95
Apple an Orange Juice.....	\$3.95	\$4.95
Body Cleaner Spinach, cucumber, carrot, parsley & ginger.....	\$5.95	\$6.95
Blood Builder Beets, carrot, Kale, Celery and apple.....	\$5.95	\$6.95
Green Power Celery, cucumber, Spinach & Kale.....	\$5.95	\$6.95
Stress Buster Spinach, carrot, ginger & kale.....	\$5.95	\$6.95
Cold Buster Lemon, ginger, Spinach, cucumber & carrot.....	\$5.95	\$6.95
The Iron Spinach, Kale, Parsley, Beets & Cucumber.....	\$5.95	\$6.95
Super Morning Wheat grass, carrot, Spinach, Cucumber & Beets.....	\$6.95	\$7.95
The Detox Cucumber Ginger, Lemon & Green apple.....	\$5.95	\$6.95
The Garden Spinach, Kale, Parsley, cucumber, Celery Lemon & Green Apple.....	\$5.95	\$6.95
Wheat-grass.....	Single \$2.50.....	Double \$3.99

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 choices | trawberry, 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. Pina 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.

SMOOTHIES

Add protein...\$1.50 Per Scoop

	Reg	Large
1. Fulton Plaza Strawberry, Banana, papaya & Apple.....	\$4.95	\$5.50
2. Pace Fame Banana, Mango, blueberry & orange.....	\$4.95	\$5.50
3. Seaport Lovers Banana, Mango, pineapple & Orange.....	\$4.95	\$5.50
4. Sweet madness Mango, Banana, papaya & Apple.....	\$4.95	\$5.50
5. Blueberry Madness Strawberry, blueberries, Banana & Apple.....	\$4.95	\$5.50
6. Super Protein Peanut Butter, Raw Almonds, Granola, Banana, & Soy Milk..	\$5.95	\$6.95
7. Acai Fruit Acai, Banana, Coconut, Raw Agave & Soy Milk.....	\$5.95	\$6.95
8. Acai Nutty.....	\$5.95	\$6.95
Acai, Banana, Raw almond, peanut butter, granola & Almond milk		
9. Acai Berry BOWL Acai, blueberry, strawberry, granola & soy milk.....	\$7.95	
10. Acai BOWL Acai, banana, pineapple, granola & Almond milk.....	\$7.95	

EXPRESSO BAR

Doble Shot...\$2.50

	S	L	ICED
1. 100% Colombian Coffee.....	\$1.50	\$1.99	\$2.50
2. 100% Colombian decaf.....	\$1.50	\$1.99	\$2.50
3. Cappuccino.....	\$2.95	\$3.45	\$3.95
4. Café Americano.....	\$1.95	\$2.45	\$2.95
5. Café Mocha.....	\$3.45	\$3.95	\$3.95
6. Caramel Macchiato.....	\$3.45	\$3.95	\$3.95
7. Cafe Latte.....	\$2.95	\$3.45	\$3.95
8. Gourmet Tea.....	\$1.25	\$1.95	\$2.50
9. Cinnamon Dolce Latte.....		\$3.45	\$3.95
10. Gourmet Hot chocolate.....		\$2.45	\$2.95
11. Brewed Coffe Flavor.....		\$1.50	\$1.95
12. Espresso - Single Shot.....			\$1.75



• CATERING AVAILABLE •

WE CARRY WINE & BEER

Cakes • Cookies • Danish
All Foods & Salads are Home Made Daily
Fresh Juices & Smoothies • Tossed Salads • Pastas
Hot & Cold Sandwiches • Hot food • Dairy Products
Fresh Muffins • Danish & Donuts • Grocery
Cigarettes • Cigars • Cold Beers • Candy • Ice Cream



PHONE: 212-858-9331 | 212-858-9332
64 FULTON ST, NEW YORK, NY 10038

FREE DELIVERY
WITH ANY ORDER \$10.00 OR MORE



CATERING
AVAILABLE

212-858-9331
64 FULTON ST, NEW YORK
Prices Subject to Change Without Notice



BREAKFAST

Platter includes home fries & toast

	On bread	Hero/wrap	Plater
1. Two eggs.....	\$1.99	\$2.99	\$3.99
2. Eggs with ham/ bacon/ sausage.....	\$2.99	\$3.99	\$4.99
3. Eggs w. Turkey Bacon beef-sausage.....	\$3.49	\$4.49	\$5.99
4. Two eggs white.....	\$2.49	\$3.49	\$4.99
5. Grilled vegetables & Eggs.....	\$3.49	\$4.99	\$4.99
6. Croissant w/egg and cheese.....			\$3.99
7. Bagel w/smoked salmon cream cheese.....			\$6.99
8. Pan cake or French Toast.....			\$4.99
• w/egg.....			\$5.99
• w/bacon & Egg.....			\$7.99
9. B.L.T.....			\$4.99
10. Grilled cheese.....			\$3.99
11. Bagel with cream cheese.....			\$2.00
12. Bagel w/peanut butter.....			\$1.99

Breakfast after 11:00am \$1 extra

BREAKFAST OMELETS

All platter are served with your choice of toast (White • Wheat • Rye • English muffin • bagel) And any choice of home-fries, hash browns, or salad.

	Wrap	Omelet	Platter
Greek Omelet..... An omelet served with scramble eggs, kolomata olive, feta & cherry tomatoes.	\$5.45	\$4.49	\$6.49
Healthy request Omelet..... An omelet served with eggs whites, grilled tomatoes & turkey.	\$5.99	\$4.49	\$6.99
California Omelet..... An omelet served with scramble eggs, mushroom, bell peppers broccoli, tomato & cheddar.	\$5.49	\$4.49	\$7.49
Western Omelet..... An omelet served with scramble eggs, Boar's head ham, multicolor bell-pepper & onions.	\$5.49	\$4.49	\$6.49
Cheddar and Broccoli..... An omelet served with scramble eggs, cheddar cheese & broccoli spears.	\$4.99	\$3.99	\$5.99
Mardi Gras Omelet..... An omelet served with scramble eggs, chopped ham, bacon, tomatoes & cheddar cheese.	\$6.95	\$5.99	\$7.99
Monterey Omelet..... An omelet served with scramble eggs, bacon, avocado & jack pepper, served with soko.	\$5.95	\$4.99	\$6.99
Florentini Omelet..... An omelet served with scramble eggs, feta cheese & spinach.	\$4.99	\$3.99	\$5.99
Santa fe Breakfast Omelet.....	\$4.99	\$3.99	\$5.99

SANDWICHES

(Roll or Bread) \$4.95

1. Egg Salad with lettuce & Tomato
2. Tuna Fish or Chicken Salad (Lettuce & Tomato)
3. Bacon with Lettuce & Tomatoes
4. Cheese with Lettuce & Tomatoes
5. Hummus, Lettuce, Tomatoes & Pickles

CREATE YOUR OWN SANDWICH

Roll/Bread \$5.45 - Hero/Wrap \$6.45

Includes: 1 Meat • 1 Cheese • 3 Vegetables

BURGER

	Regular	Deluxe
1. Hamburger.....	\$3.95	\$5.95
2. Cheese burger.....	\$4.45	\$6.45
3. Bacon Cheese Burger.....	\$5.95	\$7.95
4. Turkey Burger.....	\$4.95	\$6.95
5. Veggie Burger.....	\$4.95	\$6.95
6. Pizza burger..... Beef burger, marinara sauce & Melted mozzarella chees	\$4.95	\$6.95
7. Taxan Burger..... Beef burger, BBQ sauce, bacon and melted Monterey jack cheese	\$5.95	\$7.95

STEAK

\$7.95

1. Original Philly
With onions, Peppers & Mozzarella Cheese
2. Italian Steak
With Onions, Peppers, Marinara sauce & Mozzarella Cheese
3. Mexican Steak
With Onions, Peppers, Jalapeno, Avocado & Monterey Jack Cheese.
4. Texas Steak
With Onions, Peppers, Mozzarella & BBQ Sauce.



PANINIS

Served on pressed European flat bread w/Cheese & Pickles.

- Soprano..... \$6.99
Boar's head ham, Genoa Salami, Provolone, Roasted peppers & Balsamic Vinegar.
- Oven Gold..... \$6.99
Boar's Head Oven gold turkey, Swiss, Tomatoes, Aragulo, pepper house Gourmaise dressing.
- Monte Cristo | Black-forest ham, turkey breast, muenster cheese & Russian dressing \$6.99
- Italian | Lemon grilled chicken, pesto sauce, roasted peppers & fresh mozzarella..... \$6.99
- Chicken Parmesan..... \$6.99
Chicken Cutlet, marinara sauce, basil, Parmesan & fresh mozzarella cheese.
- Chicken Fajita | Grill chicken, salsa, roasted peppers and cheddar cheese..... \$6.99
- New Yorker..... \$6.99
Oven gold turkey, pepperoni, provolone cheese, roasted pepper, jalapeños & balsamic vinaigrette.
- Ranchero | Chipotle chicken, bacon, American cheese and ranch dressing..... \$6.99
- Overlook | Oven gold turkey, spinach, American cheese, chipotle gourmaise..... \$6.99
- Fresh Mozzarella | Fresh Mozzarella, spinach, basil, sundried tomatoes..... \$6.99

QUESADILLAS

\$7.95

All include Chips, Sour Cream & Salsa on the side.

- Chicken Quesadilla
- Steak Quesadilla
- Chicken & steak Combo quesadilla
- Vegetable Quesadilla
Mushroom, Olive & Spanish Quesadilla with cheddar & Jack Cheese, Onions & pepper.
- 4 Cheese Quesadilla
Cheddar, Mozzarella, Swiss Pepper Jack with Peppers & Onions



GOURMET WRAPS

Your choice of spinach or whole wheat wrap

- Seaport Wrap..... \$6.99
Grilled chicken, roasted peppers, melted fresh Mozzarella and balsamic vinaigrette.
- Low Sodium Wrap..... \$6.99
Low sodium Turkey, white American cheese, lettuce, Tomato & Italian dressing.
- Low Fat Tuna Wrap..... \$6.99
Italian style tuna salad (made w/souteed vegetables & low fat Italian dressing) tomatoes & cucumbres.
- Twin Wrap..... \$7.99
Black forest ham, Virginia ham, sweet peppers, Swiss cheese, lettuce, tomato & mayo.
- Double Glazed Wrap..... \$8.49
Glazed turkey, glazed ham, cheddar cheese, lettuce, tomatoes and honey mustard.
- Red and Green..... \$7.99
Tuna salad with fire roasted red peppers & avocado.
- All Star Wrap..... \$6.99
Ever Roast chicken, Swiss cheese, lettuce, tomatoes, sweet peppers & savory remoulade dressing.
- Storm Wrap..... \$6.99
Chicken salad, Monterey jack cheese, lettuce & tomatoes.
- Enforcer Wrap..... \$6.99
Smoked turkey, Munster cheese, lettuce, tomatoes and Russian dressing.
- Tuscan Wrap..... \$6.99
Grilled boar's Head Tuscan turkey, melted smoked Gouda cheese, spinach & pesto sauce.
- Ranchero Wrap..... \$7.49
Grilled chicken breast, cheddar cheese, jalapeños, pico de gallo and ranch dressing.
- Santa Fe Chicken Wrap..... \$8.99
Grilled chicken breast, bacon, Swiss, guacamole, lettuce, tomato & salsa.
- Caesar Chicken Wrap..... \$7.99
Grilled chicken breast, romaine, croutons, Parmesan cheese and Caesar dressing.
- Buffalo Chicken Wrap..... \$7.99
Grilled buffalo chicken, bacon, swiss, lettuce, tomatos & blue cheese dressing.
- Carbonara Chicken Wrap..... \$8.99
Grilled chicken, bacon, mushrooms, provolone, Parmesan & maço.
- Mexican Steak Wrap..... \$8.99
Grilled skirt steak with avocado, minced chipotle peppers, cilantro, grilled multi-colored bell peppers, onions and unique blend of spices.
- Caribbean Wrap..... \$7.99
Grilled jerk turkey, 3 pepper Colby jack cheese, bacon & savory remoulade dressing.

COLD CUTS & SALADS

1. Roast Beef • Pastrami • Corned Beef • Prosciutto..... \$6.49 1/2lb
2. Turkey's • Ham's • Salami's • Chicken Breast..... \$5.49 1/2lb
3. Swiss • Provolone • Muenster • Cheddar Cheese..... \$3.99 1/2lb
4. Tuna Fish • Chicken Salad..... \$3.99 1/2lb
5. Egg Salad..... \$2.99 1/2lb
6. Teriyaki/Cajun Chicken..... \$4.99 1/2lb
7. Seafood Salad..... \$5.99 1/2lb