

APPETIZERS & SHARING

DISCO FRIES - mozzarella and brown gravy	6.95
CHILI-CHEESE FRIES - spicy house-made chili and melted cheddar	8.45
MOZZARELLA STICKS (5) - marinara sauce	7.95
BUFFALO WINGS (8) - bleu cheese sauce	8.75
CHICKEN FINGERS (4) - honey mustard dijon	8.75
CHEESE QUESADILLA - salsa, sour cream and guacamole on the side	8.75
CHICKEN QUESADILLA	11.75
PHILLY STEAK QUESADILLA	11.75

CHICKEN FINGERS DELUXE - served with french fries	11.25
BUFFALO WINGS DELUXE - served with french fries	11.25

CHICKEN NACHOS - crisp tortilla chips topped with melted jack and cheddar cheese and chopped chicken, with guacamole, salsa and sour cream on the side	9.95
NACHOS GRANDE - crisp tortilla chips topped with melted jack and cheddar cheese and spicy house-made chili, with guacamole, salsa and sour cream on the side	10.45

SIMPLE FRESH PASTA

PASTA with TOMATO SAUCE - choice of penne or linguini, with our homemade sauce	8.45
with HOMEMADE MEATBALLS	10.95
PENNE VODKA - with our light vodka sauce	10.95
PENNE ALFREDO	10.95
PENNE PESTO - with our creamy pesto sauce	10.95
PASTA POMODORO - with extra virgin olive oil, tomato, fresh basil, fresh garlic and grated parmigiana	10.95
PENNE CHICKEN with BROCCOLI - with extra virgin olive oil, fresh garlic and grated parmigiana	12.95

chicken + 4.00 / shrimp + 6.00

SPECIALTIES

TOMMY'S FAMOUS MEATLOAF - served with gravy, homemade mashed potato and vegetable	12.95
CHOPPED STEAK - chopped sirloin steak topped with sautéed onions, gravy, mashed potato and vegetable	12.95
FISH & CHIPS - fried "beer battered" cod and french fries	11.95
CHICKEN PARMIGIANA - breaded chicken parmigiana with pasta of the day	13.95
CHICKEN KEBAB over RICE - marinated chicken with red and green peppers, onions and mushrooms	12.95
CHICKEN TERIYAKI - sautéed chicken with colorful vegetables and rice	13.95
GREEK GYRO PLATTER - with greek salad, french fries and grilled pita	13.95
FRIED SHRIMP - served with french fries and tartar sauce	12.95
BROILED SALMON - fresh daily with rice and vegetable	16.95
RIB-EYE STEAK - served with potato and vegetable	19.95

GRILLED CHICKEN PLATTERS - our signature grilled chicken	
REGULAR or CAJUN	
over RICE	*ANY PLATTER 11.95
with GRILLED VEGETABLES	
with POTATO & VEGETABLE	

SIDES

HAM, BACON or SAUSAGE	3.75
TURKEY BACON or BEEF SAUSAGE	4.95
HOME FRIES or FRENCH FRIES	3.75
SEASONED WAFFLE FRIES or SWEET POTATO FRIES	4.95
ONION RINGS	4.95
BOWL OF CREAMY GRITS	3.50
CORNED BEEF HASH	4.95
COLE SLAW	3.50
AVOCADO	3.75
VEGETABLE OF THE DAY	3.75



SWEETS

STRAWBERRY CHEESECAKE	4.25
PIE OF THE DAY	3.50
with SCOOP OF ICE CREAM	5.50
BIG CHOCOLATE CHIP COOKIE	2.00
CHOCOLATE PUDDING	3.00
RICE PUDDING	3.50
JELLO	3.00
ICE CREAM	one scoop 2.50 / two scoops 3.50

MILKSHAKES

HAND-CRAFTED AND MADE TO ORDER!	
VANILLA, CHOCOLATE, STRAWBERRY, BLACK & WHITE, BANANA or MINT CHOCOLATE CHIP	5.50

SMOOTHIES

FRESH FRUIT BLENDED WITH ICE AND HONEY	
BANANA, STRAWBERRY or PINEAPPLE	5.50

COFFEE BAR

COFFEE TIME IS THE BEST TIME!	
COFFEE or HOT TEA	small 1.50 / medium 1.75 / large 2.00
HERBAL TEAS	small 1.75 / medium 2.00 / large 2.25
HOT CHOCOLATE	small 1.75 / medium 2.00 / large 2.25
ESPRESSO	single 2.00 / double 3.50
CAPPUCCINO	3.50
CAFE LATTE	3.50
ICED CAPPUCCINO	4.00
ICED COFFEE	small 2.25 / large 2.75
UNSWEETENED ICED TEA	small 2.25 / large 2.75

BEVERAGES

MILK	2.25
CHOCOLATE MILK	2.75
BOTTLED SODA - coke, diet coke, sprite, ginger ale, seltzer, orange, pepsi, diet pepsi	2.25
STEWART'S ROOT BEER	2.00
SNAPPLE	2.25
POLAND SPRING	1.25
TROPICANA	2.75

KIDS FAVORITES

*FOR KIDS UNDER 10 — NOT AVAILABLE FOR TAKEOUT	
includes small soft drink, apple juice or milk	
ONE BUTTERMILK PANCAKE & ONE EGG	4.65
ONE EGG with HOME FRIES & TOAST	4.25
PENNE with TOMATO SAUCE	6.45
CHICKEN FINGERS (2) with FRENCH FRIES	6.45
GRILLED CHEESE with FRENCH FRIES	6.45
MAC n' CHEESE	5.45

Call Us For
Your Next Gathering!

CATERING

FULL SERVICE CORPORATE CATERING

With Personal Assistance In Menu Planning For All Occasions Including . . .

BREAKFAST MEETINGS / BUSINESS LUNCHEONS / EARLY EVENING AFFAIRS

IF YOU DON'T SEE SOMETHING ON OUR MENU, JUST ASK. CHANCES ARE WE CAN MAKE IT!
WE HAVE BEEN IN THE BUSINESS SINCE 1969

18% gratuity included for parties of six or more. no substitutions. prices subject to change without notice.
not responsible for personal property. outside food and beverages are not permitted.
management reserves the right to make all seating arrangements and to refuse service to disorderly patrons

PHOTOS ARE FOR SUGGESTION ONLY • ACTUAL PLATTERS MAY APPEAR DIFFERENT

MENUS BY LOU BOW: 646.436.5192 2019

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BREAKFAST ALL DAY LONG



FRUIT & JUICE

FRESH FRUIT SALAD	3.95
FRESH ORANGE JUICE	sm. 2.75 / lg. 3.95

EGGS & SPECIALTIES

served with toast and choice of potatoes or grits

TWO EGGS - any style	5.45
with TAYLOR HAM or BACON or HAM or SAUSAGE	7.95
with TURKEY BACON or BEEF SAUSAGE	8.95
with CORNED BEEF HASH	9.25
RIB-EYE STEAK & EGGS - black angus steak and two eggs	17.95

BREAKFAST DELUXE - pancakes or french toast with two bacon, two sausage and eggs 10.95

OMELETTES

THREE EGG PLAIN	5.95
CHEESE	7.45
COUNTRY - pork sausage, potatoes and cheddar cheese	9.25
WESTERN - ham, green peppers and onions	7.95
HAM & CHEDDAR	8.95
FLORENTINE - fresh spinach and feta cheese	8.95
GREEK - fresh tomatoes, feta cheese and spinach	8.95
GOAT CHEESE & SPINACH	8.95
LOX & ONION - smoked nova lox and onions	10.45
PROTEIN - egg white broccoli omelette with a side of grilled chicken breast	9.95
VEGETARIAN - zucchini, roasted red peppers and mushrooms	8.45
MEXICALI - avocado, tomato, jalapeño, onion and cheddar cheese	9.95
BROOKLYN - new york style pastrami and swiss cheese	9.45
ITALIAN - sausage, mozzarella cheese and tomato sauce	8.95

cheese + 1.25 / egg whites + 1.00 / bagel + .75 / extra egg + 1.00

EGG SANDWICHES

ON A ROLL, WRAP or WHITE, RYE or WHOLE WHEAT BREAD

TWO EGG SANDWICH	3.50
BACON & EGG SANDWICH	5.00
PORK ROLL - taylor ham on a roll	5.25
BODY BUILDER WRAP - egg whites, turkey, tomato, mushroom and spinach in a whole wheat wrap, served with home fries	9.75
WESTERN OMELETTE SANDWICH	5.45
GREEK OMELETTE SANDWICH	5.45

BREAKFAST QUESADILLA - scrambled eggs, diced tomato, avocado and cheddar in a grilled tortilla with a side of salsa 8.95

GRIDDLE SPECIALTIES

served with butter and syrup

ham, bacon or sausage + 2.50 / eggs + 1.25
chocolate chips or banana + 1.25 / strawberries or blueberries + 2.00

BUTTERMILK PANCAKES

FRESH STRAWBERRY PANCAKES	6.45
HERSHEY'S CHOCOLATE CHIP PANCAKES	8.45
NUTELLA & BANANA PANCAKES	7.65
FUNKY MONKEY PANCAKES - with banana and chocolate chips	8.95
FRESH BLUEBERRY PANCAKES	8.95
NEWARK SINGLE PANCAKE - with eggs and your choice of ham or bacon or sausage	8.45
	7.95

FRENCH TOAST

NUTELLA FRENCH TOAST - nutella chocolate and fresh bananas	6.45
NUTELLA & BACON FRENCH TOAST - a delicious sweet and salty combo	8.95
	9.95

BELGIUM WAFFLES

RED WHITE & BLUE WAFFLE - strawberries, blueberries and banana	6.45
CHICKEN & WAFFLE - two chicken tenders and honey dijon sauce	9.95
BIG BREAKFAST WAFFLE - with two eggs and ham or bacon or sausage	9.95

BAKERY

DONUTS	1.75
MUFFINS, CROISSANTS or PASTRIES	2.50
TOAST or HARD ROLL	1.75
BAGEL	1.75
with CREAM CHEESE	2.75 / with LOX & CREAM CHEESE 11.95

OATMEAL 3.25 / with RAISINS & CINNAMON 4.00
walnuts or banana or berries + 1.00



SOUP & CHILI

SOUP OF THE DAY	sm. 3.50 / lg. 4.50
FRENCH ONION SOUP - topped with melted mozzarella and garlic bread	5.25
HOUSE-MADE CHILI - topped with chopped onions and cheddar	sm. 4.50 / lg. 5.50

MAC n' CHEESE sm. 3.95 / lg. 4.95

SALADS

HOUSE SALAD - romaine, cucumber, tomato and onions	6.95
ORGANIC MIXED GREENS SALAD - field greens, cucumber and tomato	6.95
COBB SALAD - romaine, chicken, bacon, avocado, tomato, bleu cheese and sliced egg	12.95
GREEK SALAD - romaine, cucumber, tomato, olives, feta, onions, grape leaves and anchovies with greek dressing	10.95
SHRIMP & AVOCADO CAESAR - jumbo shrimp, avocado, romaine, croutons and grated parmesan	13.95
GOAT CHEESE SALAD - mixed greens, caramelized walnuts and vinaigrette dressing	10.95
CHEF'S SALAD - turkey, ham, salami, swiss and american over house salad	10.95

ALL SALADS CAN BE SERVED WITH ...

scoop of tuna salad or chicken salad	+ 4.00
grilled chicken breast	+ 4.00
rib-eye steak	+ 9.00
broiled salmon or shrimp	+ 7.00

LIGHT SALADS

SMALL HOUSE SALAD	5.45
SMALL GREEK SALAD	7.95
SMALL ORGANIC MIXED GREENS SALAD	5.45
CAESAR SALAD	7.95

CLASSIC SANDWICHES

DELUXE ANY SANDWICH - with french fries + 2.50

sweet potato fries or waffle fries + 3.50
onion rings or salad + 3.50

CLASSIC NYC DELI SANDWICH - roast turkey or pastrami or corned beef or roast beef or ham	7.95
TUNA or CHICKEN SALAD SANDWICH	6.95
EGG SALAD SANDWICH	5.95
GRILLED CHICKEN SANDWICH	7.45
GRILLED CHEESE with TOMATO	4.75
with BACON & TOMATO	5.25
	7.25

B.L.T. - bacon, lettuce, tomato and mayo 5.95
with AVOCADO 7.95

GRILLED CHICKEN SANDWICH DELUXE - our signature char-grilled chicken with lettuce, tomato, mayo and french fries 10.95
with BACON 12.95

WRAPS YOUR CHOICE 8.95

choice of white or whole wheat

DELUXE ANY WRAP - with french fries + 2.50

sweet potato fries or waffle fries + 3.50
onion rings or salad + 3.50

GRILLED CHICKEN WRAP - roasted red peppers and fresh mozzarella
CAESAR CHICKEN WRAP - romaine, parmesan and caesar sauce
BUFFALO CHICKEN WRAP - romaine, cheddar, hot sauce and bleu cheese sauce
PHILLY CHEESE STEAK WRAP - sliced steak, provolone and grilled onions
CHIPOTLE CHICKEN WRAP - chipotle, american, chopped red onion, roasted red peppers and romaine
"THE GREEK" WRAP - grilled chicken, romaine, tomato, feta and greek dressing
MEXICAN WRAP - grilled chicken, jalapeño, cheddar, lettuce and salsa
VEGETARIAN WRAP - grilled zucchini, red roasted peppers, mushrooms and fresh mozzarella
CALIFORNIA CHICKEN WRAP - avocado, bacon, tomato, salsa and jack cheese
AMERICAN WRAP - turkey, lettuce, tomato, bacon and russian dressing



BURGERS

ALL OUR 1/2 lb. BURGERS ARE 100% USDA PRIME GROUND BEEF DELIVERED FRESH DAILY

served with lettuce, tomato, pickle and cole slaw on brioche bun

DELUXE ANY BURGER - with french fries + 2.50

sweet potato fries or waffle fries + 3.50
onion rings or salad + 3.50

BURGER	6.50
CHEESEBURGER	7.50
DOWNTOWN BURGER - jalapeño peppers and melted pepper jack	7.50
PATTY MELT - on grilled rye, melted swiss and fried onions	7.50
BBQ BURGER - bacon, melted cheddar and bbq sauce	8.75
CALIFORNIA BURGER - avocado and melted pepper jack	8.75
ITALIAN BURGER - melted mozzarella and tomato sauce	7.95
REUBEN BURGER - sauerkraut, swiss cheese and russian dressing	7.95
MUSHROOM SWISS BURGER	8.50
TURKEY BURGER - fresh ground turkey	6.50
ORGANIC VEGGIE BURGER	7.75

CHEESE CHOICES:

AMERICAN / SWISS / CHEDDAR / PROVOLONE / MOZZARELLA / PEPPER JACK

bacon + 2.00 / avocado + 2.00 / cheese + 1.00

HOT OPEN ROAST BEEF or HOT OPEN TURKEY - served with homemade mashed potatoes and vegetable 12.95

SIGNATURE SANDWICHES

DELUXE ANY SANDWICH - with french fries + 2.50

sweet potato fries or waffle fries + 3.50
onion rings or salad + 3.50

N.Y. REUBEN - pastrami or corned beef with swiss and sauerkraut on grilled rye	9.25
TUNA MELT - fresh tuna salad, tomato and melted american cheese	8.95
PHILLY CHEESE STEAK - sliced steak, provolone and grilled onions	8.95
CHICKEN PARMIGIANA SANDWICH - breaded chicken, melted mozzarella and tomato sauce	9.25
MEATBALL HERO SANDWICH - house-made meatballs and tomato sauce on a hero	8.95
MONTE CRISTO - french toast sandwich of sliced turkey, grilled ham and melted swiss	9.25
FRIED FISH FILET SANDWICH - fried filet of sole on a kaiser roll with lettuce and tomato	8.95
CHICKEN RANCH SANDWICH - crispy chicken, lettuce, tomato and ranch sauce	8.95
BUFFALO STACK SANDWICH - crispy chicken, buffalo sauce, bacon and cheddar cheese	9.25
GREEK GYRO SANDWICH - gyro, shredded lettuce, tomato, onion and tzatziki sauce on pita	8.95
CHICKEN GYRO SANDWICH - chicken, shredded lettuce, tomato, onion and tzatziki sauce on pita	8.95
RIB-EYE STEAK SANDWICH - with lettuce, tomato and two onion rings	14.95

PANINIS YOUR CHOICE 9.25

served with pickle and cole slaw

DELUXE ANY PANINI - with french fries + 2.50

sweet potato fries or waffle fries + 3.50
onion rings or salad + 3.50

CHICKEN PANINI - grilled chicken, fresh mozzarella, red roasted peppers and balsamic
PESTO TURKEY PANINI - sliced turkey breast, tomato, avocado, melted mozzarella and pesto
CHICKEN SIZZLER PANINI - grilled chicken, grilled ham, melted mozzarella and honey dijon
VEGETARIAN PANINI - fresh mozzarella, grilled zucchini, red roasted peppers and pesto
HAM & SWISS PANINI - ham, swiss, tomato and honey mustard sauce
CUBANO PANINI - roast pork, ham, swiss, mustard and pickles
CHICKEN CHIPOTLE PANINI - grilled chicken, avocado, pepper jack and chipotle sauce

TRIPLE DECKERS

already served DELUXE with french fries

TURKEY CLUB - roast turkey, bacon, lettuce, tomato and mayo	11.95
ROAST BEEF & SWISS CLUB - roast beef, swiss, lettuce, tomato and mayo	12.95
CHICKEN & AVOCADO CLUB - grilled chicken, swiss, avocado, bacon, lettuce, tomato and mayo	12.95