

Order Any
Breakfast Wrap
& Small
Smoothie

\$10⁰⁰
+TAX

With this coupon.
Must mention coupon when
ordering, cannot be combined
with any other offer.

Order Any
Wrap or Panini
& Get 1 Small
Smoothie
**HALF
PRICE**

With this coupon.
Must mention coupon when
ordering, cannot be combined
with any other offer.

**SATURDAY
SPECIAL
Breakfast
over 20⁰⁰**

& Get a
**FREE
Small
Smoothie**

With this coupon.
Must mention coupon when
ordering, cannot be combined
with any other offer.

**Any Delivery
Over \$20⁰⁰**

& Get 1 Small
Smoothie
**HALF
PRICE
Half Smoothie**

With this coupon.
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with any other offer.



Salads 7.50

CREATE YOUR OWN SALAD
(3 VEGETABLES, 1 MEAT, 1 CHEESE, 1 ODD)

Choice of Romaine Lettuce, Mix Greens or Spinach

VEGETABLES .50¢ EACH EXTRA

- | | | |
|--------------------|----------------|----------------|
| Artichoke Hearts | Cucumbers | Green Olives |
| Sun-Dried Tomatoes | Carrots | Black Olives |
| Cherry Tomatoes | Red Onions | Kidney Beans |
| Plum Tomatoes | Fresh Broccoli | Chick Peas |
| Roasted Peppers | Fresh Corn | Sliced Beets |
| Bell Peppers | Mushrooms | Hearts of Palm |
| Jalapeño Peppers | Pico de Gallo | Croutons |

Avocado \$2.00 Extra

MEATS \$2.00 EACH EXTRA

- | | | |
|-----------------|------------|--------------|
| Grilled Chicken | Ham | Italian Tuna |
| Chicken Cutlet | Turkey | Egg Whites |
| Cajun Chicken | Bacon Bits | |

Grilled Shrimp \$4.00

CHEESES \$1.00 EACH EXTRA

- | | |
|---------------------|------------------|
| Crumble Blue Cheese | Parmesan Cheese |
| Feta Cheese | Fresh Mozzarella |
| Cheddar Cheese | |

ODDS .50¢ EACH EXTRA

- | | | |
|-------------------|---------|---------|
| Dried Raisins | Cashews | Walnuts |
| Dried Cranberries | Pecans | Almonds |

DRESSINGS

- | | | |
|----------------|----------------------|------------------|
| Creamy Italian | Sesame Ginger | Healthy Fresh |
| Creamy Ranch | Roasted Garlic | Vinaigrette |
| Creamy French | Honey Mustard | Balsamic Vinegar |
| Creamy Russian | Balsamic Vinaigrette | |
| Blue Cheese | Oil & Vinegar | |

LOW FAT DRESSINGS

- | | | | |
|--------|-----------|---------------|------------|
| Caesar | Raspberry | Light Italian | Lemon Herb |
|--------|-----------|---------------|------------|

Fruit Salad

SMALL 3.00 LARGE 6.00

Empanadas - Pastelillos \$2.00

- | | |
|-----------------|----------------------------------|
| Chicken - Pollo | Ham & Cheese - Jamon y Queso |
| Beef - Carne | Salami & Cheese - Salami y Queso |
| Cheese - Queso | |

Wheat Grass Shot \$3.00
Ginger & Lemon Shot \$3.00

Granola
Walnuts

ODDS .50¢ EXTRA EACH

Pecans
Oat Meal

EXTRA \$1.00

Yogurt, Peanut Butter, Chia Seeds, Proteins

Small \$5.50 • Medium \$6.50 • Large \$7.50

NEW! HEALTHY FRESH COMBINATIONS

- A1. **Mega Mix** - Strawberry, Pineapple & Papaya
- A2. **Berry Happy** - Strawberry, Blueberry & Blackberry
- A3. **Tropical Mix** - Mango, Banana & Pineapple
- A4. **Acapulco Tropical** - Mango, Peach & Pineapple with Orange Juice
- A5. **The Secret** - Strawberry, Mango & Blueberry
- A6. **Baby Bottle** - Strawberry, Banana & Blueberry
- A7. **Mango Tango** - Mango with Orange Juice
- A8. **Piña Colada** - Pineapple & Coconut Milk (1.00 Extra)

NEW! ENERGY SMOOTHIES TO START YOUR DAY

- B1. **Incredible Hulk** - Banana, Pineapple, Spinach, Apple & Cucumber
- B2. Mango, Strawberry, Raisins, Oatmeal & Soy Milk
- B3. Banana, Mango, Yogurt & Almond Milk
- B4. Mango, Pineapple, Strawberry, Yogurt & Almond Milk
- B5. Blueberry, Blackberry, Strawberry, Yogurt & Soy Milk
- B6. Papaya, Cantaloupe, Pecans & Soy Milk
- B7. Papaya, Apple, Spinach, Agave & Orange Juice
- B8. Mamey, Mango, Yogurt & Almond Milk

NEW! FEEL BETTER WITH HEALTHY, FRESH JUICES

- C1. **Vampiro** - Carrot, Beet & Orange Juice
- C2. **Detox Juice / Green Juice** - Spinach, Kale, Apple, Cucumber, Celery & Pineapple
- C3. **Diabetes** - Carrot, Celery, Parsley & Garlic
- C4. **Arthritis** - Cucumber, Celery & Parsley
- C5. **Anemia** - Beet, Apples & Spinach
- C6. **Acne** - Papaya, Carrots, Cucumbers & Radish
- C7. **Cellulitis** - Carrots, Pears, Apples & Ginger
- C8. **Sore Throat** - Pineapple, Apples & Ginger
- C9. **Headache** - Broccoli, Carrots & Apples
- C10. **Anti-Cholesterol** - Carrot, Apples, Ginger & Parsley
- C11. **Hang Over** - Carrot, Apples & Ginger
- C12. **Stress** - Lettuce, Cabbage, Apples & Broccoli
- C13. **Anti-Cancer** - Banana, Strawberry, Lemon & Soy Milk
- C14. **High Pressure** - Banana & Cantaloupe
- C15. **Energizer** - Apples, Grapes, Watermelon, Cantaloupe, Lemon & Ginger
- C16. **Cold** - Orange, Grapefruit Juice & Ginger
- C17. **Clean Your Liver** - Beets, Carrots, Celery, Apples & Garlic
- C18. **Clean Your Colon** - Aloe Vera, Pineapple, Apple, Cucumber, Orange & Lemon
- C19. **Viagra** - Broccoli, Celery, Banana & Garlic
- C20. **#2** - Avocado & Banana

THESE JUICES
HAVE NOT BEEN EVALUATED
BY THE FOOD DRUG
ADMINISTRATION

LOOSE WEIGHT WITH HEALTHY JUICES

- D1. Aloe Vera, Pineapple, Apple & Cucumber
- D2. Pineapple, Cucumber & Flax Seeds
- D3. Green Apple, Kale, Pineapple, Cucumber & Lemon

PROTEIN SMOOTHIES

Small \$6.50 Medium \$7.50 Large \$8.50

- E1. Banana, Peanut Butter & Chocolate Protein
- E2. Pineapple, Banana, Spinach, Oat Meal & Protein
- E3. Strawberry, Blueberry, Almonds, Oatmeal & Protein
- E4. Banana, Blueberry, Peanut Butter & Protein
- E5. Papaya, Banana, Pecans, Almonds & Protein
- E6. Banana, Cantaloupe, Pecans, Walnuts & Protein
- E7. Blueberry, Banana, Oat Meal, Pecans & Protein
- E8. Mango, Banana, Peach, Peanut Butter & Protein
- E9. Mango, Apples, Kale, Peanut Butter & Protein
- E10. Beets, Blueberry, Kale, Peanut Butter & Protein

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PRSRST STD
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*****ECRWSS****
Local Postal Customer



Eat, Healthy... Live Longer
3432 E TREMONT, Bronx, NY 10465

TEL: 718-576-6973

718-576-6974

TEL: 718-576-6975

Free Delivery

MINIMUM FOR DELIVERY \$10

**WE DO
CATERING
FOR ANY
OCCASION**

**BREAKFAST
PANINI
WRAPS
SALAD BAR
SMOOTHIES
FRESH SQUEEZED JUICES
HOT & COLD SANDWICHES**

ASK ABOUT OUR
DAILY SOUP
SPECIAL



\$10 MINIMUM

PRINTED BY: GRAPHIC MAKERS & PRINTERS 1.877.749.9279

Breakfast From 6 am - 11 am

Sm. Med. Lg.

| | | | | | |
|---|------|------|------|--|-----------|
| Coffee | 1.00 | 1.50 | 2.00 | Flavor Cream Cheese | 3.50 |
| Flavor Tea | 1.50 | 2.00 | 2.50 | Blue Berry - Strawberry - Scallion - Vegetable | |
| Yogurt Muffins | 2.50 | | | Lox Spread | 4.50 |
| Blue Berry - Corn - Cranberry - Banana - Bran - Blue Berry Crumb - Etc. | | | | Jelly | 50¢ Extra |
| Toasted | 3.00 | | | Yogurt Parfait | 4.00 |
| Croissant | 1.50 | | | Berrys Non Fat Yogurt & Granola | |
| Bagels with Butter | 1.50 | | | Hot Oat Meal | 3.00 |
| Bagels with Cream Cheese | 2.00 | | | Toppings | 50¢ |
| Whole Wheat - Sesame - Plain - Raisin - Bialy | | | | Raisin - Banana - Almonds - Walnuts - Pecans - Cranberry | |



Breakfast From 6 am - 11 am

Any Platter Served with Potatoes & Toast
Coffee or Tea

| | |
|---------------------------------------|------------|
| 2 Eggs Sandwich Roll or Bagel | 2.50 |
| Bacon, Ham or Sausage | 1.00 Extra |
| Cheese | 50¢ Extra |
| Turkey, Bacon or Turkey Sausage | 1.50 Extra |

HEALTHY, FRESH WRAPS FOR

NEW! Breakfast 6.00

- #1 Egg Whites / Turkey Sausage / Avocado
- #2 Egg Whites / Muenster / Cheese / Avocado Hummus
- #3 Egg Whites / Bacon / Swiss / Avocado
- #4 Egg Whites / Spinach / Broccoli / Avocado
- #5 Egg Whites / Ham / Onions / Peppers / Cheese

Omelette

Any Platter Served with Potatoes & Toast
Coffee or Tea

| | Roll | Platter |
|--|------|---------|
| 1. Western Omelette Onions, Peppers & Ham | 4.00 | 8.00 |
| 2. Spanish Omelette Onions, Peppers & Tomatoes | 4.00 | 8.00 |
| 3. Greek Omelette | 4.00 | 8.00 |
| 4. Mexican Omelette Onion, Peppers, Tomato & Jalapeños ... | 4.00 | 8.00 |
| 5. Spinach Omelette | 4.00 | 8.00 |
| 6. Broccoli Omelette | 4.00 | 8.00 |
| 7. Mushroom Omelette | 4.00 | 8.00 |

\$1.00 Extra for: Egg Whites

\$1.50 Extra for: Turkey Bacon & Turkey Sausage

Pancakes

| | |
|---|------------|
| Plain Pancakes | 5.00 |
| With Eggs | 6.50 |
| With Eggs & Bacon, Ham or Sausage | 8.00 |
| With Banana, Strawberry or Blue Berry | 1.00 Extra |
| French Toast Plain | 5.00 |
| French Toast Combo | 8.00 |
| With Eggs, Ham, Bacon or Sausage | |

Extra Meat \$1.00 Cheese .50¢



Wraps 8.50

Served with Chips & Can of Soda or Water
Substitute with House Salad \$1.00 Extra

| | |
|--|--|
| American Wrap Turkey, Ham, Roast Beef, American Cheese, Lettuce, Tomato & Mayo | Smoked Turkey Wrap Smoked Turkey, Brie Cheese, Fresh Spinach, Honey Mustard & Whole Wheat Wrap |
| Arizona Wrap Chicken Cutlet, Jalapeño Peppers, Monterrey Jack Cheese, Mayo, Lettuce & Tomato | Caesar Wrap Grilled Chicken, Parmesan Cheese, Lettuce, Croutons & Caesar Dressing |
| Italian Wrap Grilled Chicken, Onions, Peppers & Italian Dressing | California Wrap Grilled Chicken, Fresh Mozzarella, Avocado, Lettuce, Tomatoes & Ranch Dressing |
| Mexican Wrap Salsito Turkey, Pepper Jack Cheese, Lettuce, Tomato, Mayo & Jalapeño Peppers | Vegetable Delight Wrap Portobello Mushroom, Fresh Mozzarella, Roasted, Peppers, Spinach & House Dressing |
| Tuscan Wrap Fresh Mozzarella, Sun-Dried Tomato, Fresh Spinach & Pesto Sauce | Healthy Fresh Wrap Zucchini, Squash, Portobello, Sun-Dried Tomatoes, Grilled Peppers & Onions with Lemon Herbs |

CHOICE OF WRAP

Sun-Dried Tomatoes, Spinach, Whole Wheat & Plain

Panini 8.50

Served with Chips & Can of Soda or Water
Substitute with House Salad \$1.00 Extra



| | |
|---|--|
| American Ham, Roast Beef, Turkey, American Cheese, Lettuce, Tomatoes & Mayo | Tuscan Fresh Mozzarella, Sun-Dried Tomato, Pesto Sauce & Spinach |
| Russian Roast Beef, Muenster Cheese, Lettuce, Tomato, Onions & Russian Dressing | Monte Cristo Turkey, Ham, Swiss Cheese, Cheddar Cheese, Lettuce, Tomato & Honey Mustard |
| Delightful Honey Turkey, Swiss Cheese, Coleslaw & Honey Mustard | Chicken Fajita Grilled Chicken, Onions, Jalapeños Peppers, Salsa & Cheddar Cheese |
| Teriyaki Panini Grilled Chicken Teriyaki Sauce, Grilled Vegetable & Mozzarella Cheese | Chicken Parmigiana Chicken Cutlet, Parmigiana Cheese, Marinara Sauce, Basil & Fresh Mozzarella |
| Tuna Melt Italian Tuna, Mayo, Cheddar Cheese, Lettuce & Tomato | Chicken Pesto Grilled Chicken, Parmigiana Cheese, Pesto Sauce & Fresh Mozzarella |
| Turkey Club Turkey, Bacon, Lettuce, Tomato & Mayo | Healthy Fresh Panini Grilled Zucchini, Yellow Squash, Portobello Mushrooms, Sun-Dried Tomatoes, Grilled Onions & Peppers with Lemon Herb Dressings |
| Chicken Club Roast Chicken, Bacon, Brie Cheese, Tomato & Mayo | |
| Eggplant Panini Grilled Eggplant, Fresh Mozzarella, Roasted Peppers & Honey Mustard | |

Quesadillas 8.50

Served with Potatoes Chips, Sour Cream & Salsa
Substitute with House Salad \$1.00 Extra

| | |
|--|---|
| Beef Quesadilla Beef Steak, Onions, Peppers, Pepper Jack Cheese & Cheddar Cheese | Chicken Steak Quesadilla Roast Chicken, Onions, Peppers & Mozzarella Cheese |
| Chicken Fajita Grilled Chicken, Onions, Jalapeños, Salsa & Cheddar Cheese | Vegetable Quesadilla Grilled Vegetables & Mozzarella Cheese |
| | Teriyaki Quesadilla Teriyaki Chicken with Grilled Vegetables & Pepper Jack Cheese |

Burgers

Served with Lettuce, Tomatoes, French Fries & Soda

TURKEY OR VEGETABLE
BURGER ADD \$1.00
MORE

| | |
|---|------|
| 1. Cheeseburger Deluxe | 7.50 |
| 2. Bacon Cheeseburger Deluxe | 8.50 |
| 3. Burger with Swiss Cheese, Grilled Onions, Mushrooms & BBQ Sauce | 8.50 |
| 4. Burger with Muenster Cheese & Avocado | 8.50 |
| 5. Burger with Mozzarella, Grilled Onions, Mushrooms & Marinara Sauce | 8.50 |

Hot Heroes 8.50

Served with Chips & a Can of Soda or Water
Substitute with House Salad \$1.00 Extra

| | |
|---|---|
| 1. Grilled Chicken Muenster Cheese, Avocado, Lettuce, Tomatoes & Ranch Dressing | 3. Hot Roast Beef Muenster Cheese, Avocado, Lettuce, Tomatoes & Russian Dressing |
| 2. Cajun Chicken Onions, Peppers, Pepper Jack Cheese, Avocado, Lettuce, Tomatoes, Cajun & Mayo | 4. Pepperoni Cappicola Ham, Genova Salami, Provolone Cheese, Lettuce, Tomatoes & Mustard |
| | 5. Cuban Hero Roast Pork, Ham, Swiss Cheese, Pickles & Dijon Mustard |

Beef or Chicken

Steak Heroes 8.50

Served with Chips & a Can of Soda or Water
Substitute with House Salad \$1.00 Extra

| | |
|---|---|
| 1. Original Onion, Peppers & Cheese | 3. Italian Onions Peppers, Mozzarella & Marinara Sauce |
| 2. Mexican Onions, Peppers, Jalapeños & Pepper Jack Cheese | 4. California Onions, Peppers, Mushrooms & Mozzarella |
| | 5. Texas Onions, Peppers, Bacon & American Cheese |

Cold Sandwiches

ROLL \$5.00 - HERO \$6.00

With Cheese, Lettuce & Tomatoes
Meat & Cheese by the Pound Available

| | | |
|----------------------|-----------------|-----------------------|
| Oven Gold Turkey | Boar's Head Ham | Swiss Cheese |
| Honey Maple Turkey | Cappicola Ham | Muenster Cheese |
| Smoked Pepper Turkey | Genova Salami | Provolone Cheese |
| Salsalito Turkey | Beef Salami | Monterrey Jack Cheese |
| Smoked Turkey | Pastrami | Cheese |
| Cajun Turkey | Corn Beef | Mozzarella Cheese |
| Roast Chicken | Roast Beef | Fresh Mozzarella |
| Chipotle Chicken | Bologna | Chipotle Cheese |
| Buffalo Chicken | Prosciutto | Coby Gouda Cheese |
| | American Cheese | |

Side Orders

| | | | |
|--------------------------|------|--------------------|------|
| Sweet Potato Fries | 4.00 | French Fries | 3.00 |
|--------------------------|------|--------------------|------|

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