

THE GREAT AMERICAN HEALTH BAR

A RESTAURANT FOR HEALTHY EATING

*Welcome to the Great American Health Bar...
Our menu is designed with you in mind. All foods are prepared in the
most calorie conscious manner and are of the freshest and highest
quality obtainable. Everything is available for Take-Out
Enjoy...*



Free Delivery

35 West 57th Street

Between 5th and 6th Avenue

(212) 355-5177

Corporate Packages & Discounts

Minimum \$7.00 Per Person

Cash Only



SALADS Served With Whole Wheat Bread



1. **The Tasty Avocado:** A Fresh Salad, including Romaine Lettuce, Mesclun Greens, Mixed Peppers, Red Cabbage, Cauliflower, Cucumbers, Sprouts and Mushrooms topped with Sliced Avocados & Beets.....10.95
2. **The Whitest Chunks of Tuna:** Chunks of White Tuna on a Bed of Spinach or Romaine Hearts with Sliced Tomatoes, Red Onions and Mushrooms.....10.95
3. **Fresh Fruit Salad:** Fresh Mixed Seasonal Fruits & Melons topped with a Creamy Mound of Cottage Cheese or Light Frozen Yogurt And Granola, Raisins & Honey.....8.95
4. **The Garden Chef:** Sliced Hard Boiled Eggs, Assorted Cheeses, Tomatoes, Mushrooms and Sprouts on a Bed of Fresh Seasonal Vegetables and Greens.....9.95
5. **The Sweetest Carrot Salad:** With Chunks of Crisp Apples, Raisins & Romaine Hearts topped with a Creamy Mound of Cottage Cheese or Frozen Yogurt 9.95
6. **The Greek Salad:** Feta Cheese, Olives, Red Onion, Hard Boiled Eggs, Stuffed Grape Leaves & Sliced Tomatoes on a Bed of Fresh Seasonal Vegetables and Greens..... 11.95
7. **Lo-Cal Salad:** Individual Scoops of Tuna or Egg-White Salad, and Cottage Cheese, on a Bed of Sweet Carrot Salad, Raisins, Chunks of Apples and Honey.....11.95
8. **Caesar Salad:** Crisp Fresh Romaine Hearts Lettuce, Chunks of Tuna, Herb Croutons and Parmesan Cheese, With Our Special Caesar Dressing.....9.95
9. **Taco salad:** A jumbo Taco Shell, filled with Iceberg Lettuce, Brown Rice, Israeli Salad, Kidney Beans, Scoop Of Avocado, Sour Cream & Shredded Cheddar Cheese.....10.95
- 9a. **Cheese Tortellini & Spinach:** Fresh Spinach Leaves, Cheese Tortellini, Feta Cheese, Hard Boiled Eggs, Herb Croutons, Red Onions, Sliced Tomatoes And Shredded Cheeses.....10.95
- 9b. **Fresh Mozzarella & Portobello Mushroom:** Marinated in a Special Blend of Olive Oil and Herbs on a Bed of Mixed Greens and Veggies.....11.95
- 9c. **Baked Salmon & Roasted Pepper:** Fresh filet of Salmon, Seasoned and Baked, Served on a bed of mixed greens , and your favorite Dressing.....12.95

Dressings Choices: Low-Fat House Vinaigrette, Creamy Garlic, French, Russian, Italian, Honey Mustard, Caesar, Vinegar & Olive Oil

Additions

\$1.50 Extra Each	\$1.00 Extra Each	75¢ Extra Each	
Portobello Mushrooms	Shredded Cheeses	Black Beans	Tomatoes
Feta Cheese	Roasted Veggies	Red Kidney Beans	Cherry Tomato
Chunks of Tuna	Sun-Dried Tomatoes	Chick Peas	Mushrooms
Fresh Mozzarella	Tortellini	Snap Peas	Broccoli
Stuffed Grape Leaves	Hearts of Palm	Corn	Mixed Pepper
Artichoke Hearts	Tri Color Pasta	Green Olives	Beets
Avocado	Hard Boild Eggs	Black Olives	Sprouts

Our Delicious Soups Made Daily, With Finest Ingredients



- Today's Soup:** Served with Our Health Bread and Butter From 4.95
 Served with Brown Rice 7.75
 Served with Mixed Green Salad, Health Bread and Butter 10.95
 Served with Baked Potato, House Salad & Choice of Cheese Sauce or Sour Cream 11.95
 Served with Slim Shake of Your Choice 8.75



Healthy Sandwiches

Served With House Salad



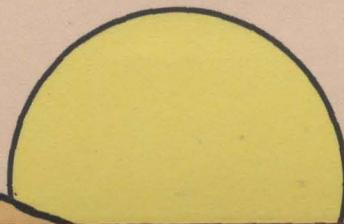
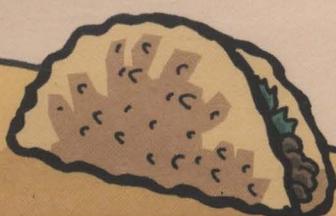
10. **The Tuna Melt:** The Whitest Tuna Fish Salad on Toasted 7 Grain Bread, English Muffin, Whole Wheat Health Bread, Pita or Rye with American Cheese and Tomato.....10.95
11. **Eggplant Sandwich Melt:** Lightly Sautéed Jumbo Eggplants with Fresh Sliced Tomato and Cheese Served in Pita or on Baguette.....9.95
12. **Falafel:** Ground Chick Peas, Herbs and Spices Lightly Fried, Served in Pita with Israeli Salad & Tahini.....8.95
13. **Nova Lox & Cream Cheese:** On Whole Wheat Health Bread or Bagel, with Sliced Tomatoes and Red Sweet Onion.....13.95
14. **The Great American Sandwich:** Feta Cheese, Sprouts, Hummus, Baba-Gunoush, Tabullie, Israeli Salad & Tahini in Pita.....10.95
15. **Curried Egg Whites Salad:** A Classic Favorite With Lettuce and Tomato on Whole Wheat Health Bread or in Pita..... 9.95
16. **Salmon or White Fish Salad:** Our Delicious Salmon or White Fish Salad Served on Whole Wheat Health Bread, Rye or Pita.....10.95
17. **The Tuna Burger:** Mixture Of Tuna Chunks, Mashed Potatoes, Veggies & Beans With Herbs & Spices Topped With Tomato And Cheese on a Soft Bunn or Pita.....10.95
18. **Veggie Burger:** Our Unique Burger; Made with Chopped Vegetables and Beans, Topped with Our Muenster Cheese and Tomato, Served on a Soft Bunn Or Pita.....9.95
19. **Swiss Cheese Melt:** Our Tasty, Light & Low-Fat Swiss Cheese Grilled to Perfection on Your Choice of Bagel or Whole Wheat Health Bread Or Pita.....8.95
20. **Roasted Veggies & Muenster Melt:** With Arugula, Sliced Tomatoes and Herb Mayo on 7 Grain Bread.....9.95
21. **Spinach Burger:** Our Light Burger made with Chopped Spinach, Served with Tomato & Muenster Cheese on a Soft Bunn Or Pita9.95
22. **Avocado Sandwich:** Fresh Slices of Avocados, Plum Tomatoes and Muenster Cheese in Pita Bread.....10.95
23. **Grilled Portobello Mushroom & Swiss Cheese Melt:** With Arugula, Red Sweet Onion, Sliced Tomato and Herb Mayo on Ciabatta..... 10.95
24. **Fresh Mozzarella & Sun-Dried Tomato:** With Roasted Eggplant, Arugula & Basil Pesto on 7 Grain Bread.....10.95

Wraps

Served With House Salad



- Spinach Burger Wrap:** With Hummus, Roasted Zucchini, Lettuce, Tomatoes, Sprouts, Muenster Cheese & Herb Mayo..... 9.95
- Tuna & Roasted Veggie Wrap:** With Lettuce, Tomatoes, Sprouts, Shredded Carrots & Honey Mustard.....10.95
- Portobello Mushroom & Swiss Cheese Wrap:**
with Arugula, Tomato, Sweet Red Onion, Lettuce and Pesto.....10.95
- Garden Wrap:** Avocado, Tomatoes, Tuna, Sprouts, Lettuce & Shredded Carrot.....10.95
- Avocado Wrap:** With Hummus, BaBa-Ganush, Chilli, Lettuce, Tomatoes, Shredded Cheese.....10.95
- Eggplant & Feta Wrap:** With Hummus, BaBa-Ganush, Sprouts, Lettuce & Tomatoes.....10.95



Pasta

Served With House Salad

- A. Penne' Primavera:** Penne' Pasta, Broccoli, Pepper, Zucchini, Garlic With Chunky Tomato Basil11.95
- B. Cheese Ravioli:** Topped with Sautéed Spinach, Mushroom and Plum Tomato with a Touch of Cream and Parmesan12.95
- C. Tortellini & Shitakie Mushrooms:** With Roasted Garlic, Fresh Basil in a Light Cream and Parmesan Cheese13.95
- D. Baked Ziti:** Ziti Pasta with Low-Fat Ricotta and Mozzarella, Baked With a Zesty Marinara11.95
- E. Baked Vegetarian Lasagna:** With Layers of Low-Fat Ricotta, Mozzarella, Chefs Choice of Vegetable and Marinara Sauce11.95
- F. Rigatoni and Roasted Veggies:** Assorted Roasted Veggies with your Choice of Light Cream Sauce or Fresh Plum Tomato and Basil12.95
- G. Fresh Mozzarella and Penne':** With Sautéed Spinach, Sun-Dried Tomato, Mushrooms, Garlic & Basil with Plum Tomato12.95
- H. Stuffed Jumbo Shells:** With Low-Fat Ricotta, Mozzarella and Spinach Topped with Marinara12.95
- I. Rigatoni Salmon:** Roasted Pepper and Spinach with Our Pesto & a Touch of Cream15.95
- J. Three Mushrooms & Gemill:** Shitakie, Portobello and Wild Mushrooms With Arugula, Fresh Basil, Virgin Olive Oil and a Touch of Cream13.95
- K. Fettuccini Alfredo & Sun-Dried Tomato:** Fettuccini Pasta, Mushrooms, Broccoli and Pepper, with a Touch of Cream & Parmesan Cheese13.95
- L. Penne' Tomato Basil:** Penne' Pasta Served with Our Delicious Plum Tomato Basil Sauce and Parmesan Cheese11.95
- M. Tortellini:** Our Cheese Tortellini Gently Topped with a Delicious Plum Tomato Basil Sauce and Parmesan Cheese12.95

Thin Crust Personal Pizza

Served With House Salad



- Spinach & Ricotta:** With Fresh Plum Tomatoes & Mozzarella Cheese10.95
- Roasted Veggie:** (No Cheese) Eggplant, Zucchini & Pepper with Fresh Plum Tomato, Garlic and Oregano9.95
- Fresh Mozzarella & Plum Tomato:** Fresh Basil, Marinara Sauce & Cheese9.95
- Super Veggie:** Peppers, Mushrooms, Onions & Black Olives, Plum Tomato Garlic and of Low-fat Mozzarella Cheese11.95
- Portobello Mushroom & Eggplants:** Seasoned in a Basil Pesto, With Plum Tomato, Garlic, Marinara, and Cheese11.95



Platter & Entree's

Served with House salad

- P1. Eggplant Parmesan:** Lightly Sautéed Jumbo Eggplants, Low-Fat Muenster Mozzarella and Parmesan Cheese with Our Own Tangy Marinara Sauce12.95
- P2. Steamed Mixed Vegetables:** Steamed Fresh Mixed Vegetables; Served with Brown Rice & Delicious Cheese Sauce or Our House Dressing9.95
- P3. Vegetable Casserole:** Crisp Garden Vegetables in a Delightful Italian Tomato Sauce on a Bed of Rice, Topped with Cheese12.95
- P4. Tuna Casserole:** Mixture of Elbow Macaroni, Chunks of Tuna & Parsley, Topped with Light American Cheese12.95
- P5. Veggie Chili:** Mixture of Garden Vegetables and Beans Delightfully Done, Gently Placed on a Bed of Brown Rice, Topped with Cheese11.95
- P6. Quiche & Salad:** Your choice of Spinach Cheddar, or Broccoli Muenster Cheese or Asparagus and Mozzarella in an individual Pie Crust9.95
- P7. Guacamole Platter:** Avocados, Chilli, Brown Rice of the Day, Israeli Salad & Sour Cream, Served with 2 Pitas11.95
- P8. Combo Platter:** An Assortment of Hummus, BaBa-Ganoush, Tabullie, 3 Falafel Balls; Served with Israeli Salad, Olives and 2 Pitas11.95
- P9. Super Combo:** Combo Platter Plus Stuffed Grape Leaves & Feta Cheese13.95
- P10. Stir Fried Fish Filet & Vegetables:** Breaded Fish Filet And An Assortment Of Fresh Vegetables in a Delicious Asian Sauce, Served With Brown Rice13.95
- P11. Salmon Filet:** Fresh Oven Baked, Topped With Your Choice Of Mushroom Cream, Or Tomato Basil Sauce, Served With Steamed Veggies, And Brown Rice Or Baked Potato16.95

Create Your Omelets

Made with 3 Eggs and Served With House Salad

Choose One Ingredient: Mushrooms, Spinach, Mixed Peppers, Onions, Broccoli, Tomatoes
Black Olives, American Cheese, Muenster Cheese, Swiss Cheese, Or Feta Cheese8.95

Each additional Ingredients .75¢ Extra With Eggwhites Only 1.00 Extra

Quesadillas Served With House Salad

A Tortilla Filled with An Array Of Vegetables & Cheeses & Grilled

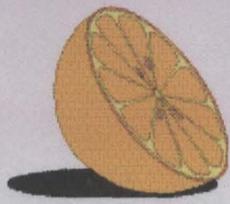
- Q1:** Sautéed Spinach & Ricotta10.95
- Q2:** Roasted Vegetables, Marinara & Cheese11.95
- Q3:** Grilled Portobello, Eggplants and Swiss Cheese11.95
- Q4:** Veggie Chili, Brown Rice, Tomatoes and Cheddar Cheese10.95
- Q5:** Eggplants & Feta With Marinara & Cheese11.95



Stuffed Baked Potatoes Served With House Salad

- with THE WHITEST TUNA SALAD10.95
- with CURRIED EGGWHITE SALAD9.95
- with A SCOOP OF COTTAGE CHEESE9.95
- with STEAMED FRESH MIXED VEGETABLES9.95
- with VEGGIE CHILI AND CHEESE10.95





Fresh Juices

Small 2.50 Regular 3.50

Juices Lovingly Squeezed from the Freshest Whole Fruits and Vegetables
Carrot, Tomato, Celery, Apple, Grapefruit, Orange Juice



Drinks

Snapple, Perrier, Evian, Coke, Diet Coke, Sprite or Orange Soda	1.75
Freshly Brewed Decaf Or Reg. Coffee & Herbal Teas	1.75
Iced Tea Or Iced Coffee	1.75
Hot Chocolate Made with fresh Milk	2.95 / 3.75

HEALTHY Smoothies \$3.95

To Give That Healthful Boost To Get Through The Day.

THE GREAT WHITE WAY: Banana, Skim Milk and Frozen Yogurt

THE ROSE GARDEN: Strawberries, Skim Milk and Frozen Yogurt

THE SPRING TIME: Avocado, Frozen Yogurt, Skim Milk & Honey

THE POWER HOUSE: Frozen Yogurt, Brewers Yeast, Skim Milk & Egg

THE SUPER POWER HOUSE: Frozen Yogurt, Protein, Skim Milk & Egg

THE HEALTH BAR SPECIAL: Fresh Fruit, Skim Milk & Frozen Yogurt

THE HAPPY SHAKE: Skim Milk & Chocolate Frozen Yogurt

THE YOGOCHINO: Shot of Espresso, Skim Milk and Frozen Yogurt

THE BIG APPLE: Fresh Apples, Honey, Skim Milk and Frozen Yogurt

THE TROPICAL: Your Choice of Carrot or Orange Juice & Frozen Yogurt

THE HAWAIIAN: Yogurt, Skim Milk, Banana, Strawberry & Mixed Fruit 4.50



Side Orders

Hummus & Pita.....	3.95	Tabullie.....	3.95
BaBa-Ganouch & Pita.....	3.95	Israeli Salad & Tahini.....	3.95
3 Falafel Balls & Tahini	3.95	Bermuda Onion Rings.....	3.95
Light French Fries.....	3.95	Great American Tossed Salad.....	5.95
(4) Stuffed Grape Leaves.....	3.95	Pasta Salad.....	4.50
Brown Rice of the Day.....	3.50	Plain Baked Potato	3.50
Scoop Of Tuna Salad.....	5.50	Scoop Of Egg-White Salad.....	4.50

FROZEN YOGURT

a Nice Treat

American Glacé

Small 3.50 Regular 4.75

12 Calories Per Ounce, No Fat, No Cholesterol

Low-Fat Frozen Yogurt

Small 3.50 Regular 4.75

Toppings:

With Raisins, Wheat Germ, Coconut,

Rainbow Sprinkles, Bananas, Or Chocolate Sprinkles. Each .75 Extra

With Walnuts, Granola, Honey, Carob Chips, Or M&Ms. Each 1.00 Extra

With Fresh Mixed Fruit, Strawberries or Blueberries (in season). Each 1.25 Extra



COFFEE BAR

	SMALL/	LARGE
1. ESPRESSO: A ONE-OUNCE SHOT OF OUR UNIQUE, DEEP-FLAVORED COFFEE BLEND	2.00	2.50
2. Café CARAMEL: ESPRESSO COMBINED WITH CREAMY STEAMED MILK AND CARAMEL FLAVORING.	2.95	3.75
3. Café LATTE: (OUR SPECIALTY) RICH ESPRESSO COMBINED WITH CREAMY STEAMED MILK.	2.95	3.75
4. CAPPUCCINO: THE CLASSIC ITALIAN FAVORITE, MADE WITH EQUAL PARTS OF ESPRESSO, STEAMED MILK, AND VELVETY FOAMED MILK.	2.95	3.75
5. Café MOCHA: THE REFINED FLAVORS OF ESPRESSO AND BITTERSWEET CHOCOLATE ADDED TO STEAMED MILK.	2.95	3.75
6. ALMONDCHINO: MADE WITH ESPRESSO AND ALMOND FLAVORING TOPPED WITH STEAMED MILK AND CINNAMON.	2.95	3.75
7. FRENCH VANILLA: CAPPUCCINO WITH VANILLA FLAVORING TOPPED WITH STEAMED MILK AND NUTMEG.	2.95	3.75
8. BLACK FOREST CAPPUCCINO: CAPPUCCINO MADE WITH CHOCOLATE AND CHERRY FLAVORING TOPPED WITH STEAMED MILK AND COCOA POWDER	2.95	3.75
9. MOCHA MINT CAPPUCCINO: MADE WITH CREME DE MENTHE & CHOCOLATE TOPPED WITH STEAMED MILK & COCOA POWDER.	2.95	3.75
10. Café AU LAIT: 2/3 STEAMED MILK AND 1/3 FRESHLY BREWED COFFEE.	2.95	3.75
11. OLD FASHIONED HOT CHOCOLATE: MADE WITH STEAMED MILK.	2.95	3.75

ICED DRINKS



Topped With FROZEN YOGURT 1.75 EXTRA

Iced Cappuccino	Iced Café LATTE	Iced Café MOCHA
Iced Café CARAMEL	Iced FRENCH VANILLA	Iced HAZELNUT
FRESHLY BREWED ICED COFFEE OR ICED TEA		1.75



DELICIOUS DESSERTS 3.50

TOP YOUR DESSERT WITH FROZEN YOGURT 1.75 EXTRA

CARROT CAKE, MISSISSIPPI MUD CAKE
 HONEY APPLE PIE, CHERRY CHEESE CAKE
 PLAIN NEW YORK CHEESE CAKE, APPLE CRUMB
 COOKIES.....FROM 1.00¢ BISCOTTI.....FROM \$1.25 MUFFINS.....FROM \$2.75



DISTINCTIVE CATERING FOR ALL OCCASIONS

BREAKFAST, LUNCH, DINNER & WEEKEND HOUSE PARTIES

PLEASE CALL 212-355-5177

FEATURING

SANDWICHES & WRAPS	SALADS	COLD PASTA SALADS	COLD FISH PLATTERS
HOT PASTAS & CASSEROLES	MID-EASTERN SPECIALTIES	MINI PIZZAS	MINI QUICHES
CHEESE PLATTERS	RAW VEGETABLES & DIPS	CAKES & COOKIE PLATTERS	FRUIT PLATTERS
	MUFFINS	BAGELS	DANISHES
CORPORATE CHARGE ACCOUNTS, BREAKFAST, LUNCH & DINNER PACKAGES			



BREAKFAST-BRUNCH



Fresh Juices

Small 2.50 Regular 3.50

Juices Lovingly Squeezed from the Freshest Whole Fruits and Vegetables
 CARROT TOMATO CELERY Apple GRAPEFRUIT ORANGE



FRESH BREWED COFFEE

REGULAR OR DECAF. \$1.75
 ESPRESSO \$1.75/ \$2.25
 CAPPUCCINO \$2.75/ \$3.75

ICED DRINKS

ICED COFFEE OR TEA \$1.75
 ICED CAPPUCCINO \$2.75
 ICED MOCCOCHINO \$2.95

EGGS

SERVED WITH HOME FRIES & WHEAT TOAST

1. THREE EGGS SCRAMBLED OR YOUR WAY: 6.25

Add Your Favorite Toppings

AMERICAN CHEESE, TOMATOES, MUSHROOMS,
 SPINACH, ONIONS, PEPPERS OR BROCCOLI .50 EXTRA EACH

Make Your Own OMELET

MADE WITH 3 EGGS Served with Home Fries & Wheat Toast

3 Eggs Plain OMELET 6.50

ADD TO YOUR OMELET

Additional Toppings .50 Extra Each

SPINACH, TOMATOES, MUSHROOMS
 BROCCOLI, ONIONS, AMERICAN CHEESE
 MIXED PEPPERS, BLACK OLIVES,

Additional Toppings .75 Extra Each

MUENSTER CHEESE, FETA CHEESE,
 SWISS CHEESE, CHEDDAR CHEESE
 MARINARA SAUCE

With Eggwhites Only 1.00 Extra

From the Griddle

4. PANCAKES: Two Fluffy PANCAKES SERVED with Maple Syrup & BUTTER 6.50

5. FRENCH TOAST: THREE Thick Slices of Our WHEAT BREAD Dipped in Special BATTER,
 SERVED with Maple Syrup & BUTTER 6.50

6. BELGIUM Waffle: SERVED with Maple Syrup & BUTTER 6.50

with Two Eggs Scrambled EXTRA 1.75

with FROZEN YOGURT, STRAWBERRIES 1.25 EXTRA EACH

BANANAS OR MIXED FRUITS .75¢ EXTRA EACH

MUFFINS & BAGELS

RAISIN BRAN, OAT BRAN, CORN, BLUEBERRY, CHOCOLATE CHIPS,
 Almond Poppy, Cappuccino 2.75

BAGEL TOASTED With BUTTER & Jelly 2.75

BAGEL TOASTED With CREAM CHEESE & Jelly 3.95

BAGEL With CREAM CHEESE, NOVA LOX, LETTUCE & TOMATO 10.95

HOT OAT MEAL: With HONEY 4.95

COLD GRANOLA: SERVED with Milk 4.95

MIXED FRUIT SALAD: 3.50 With COTTAGE CHEESE & HONEY 6.50

