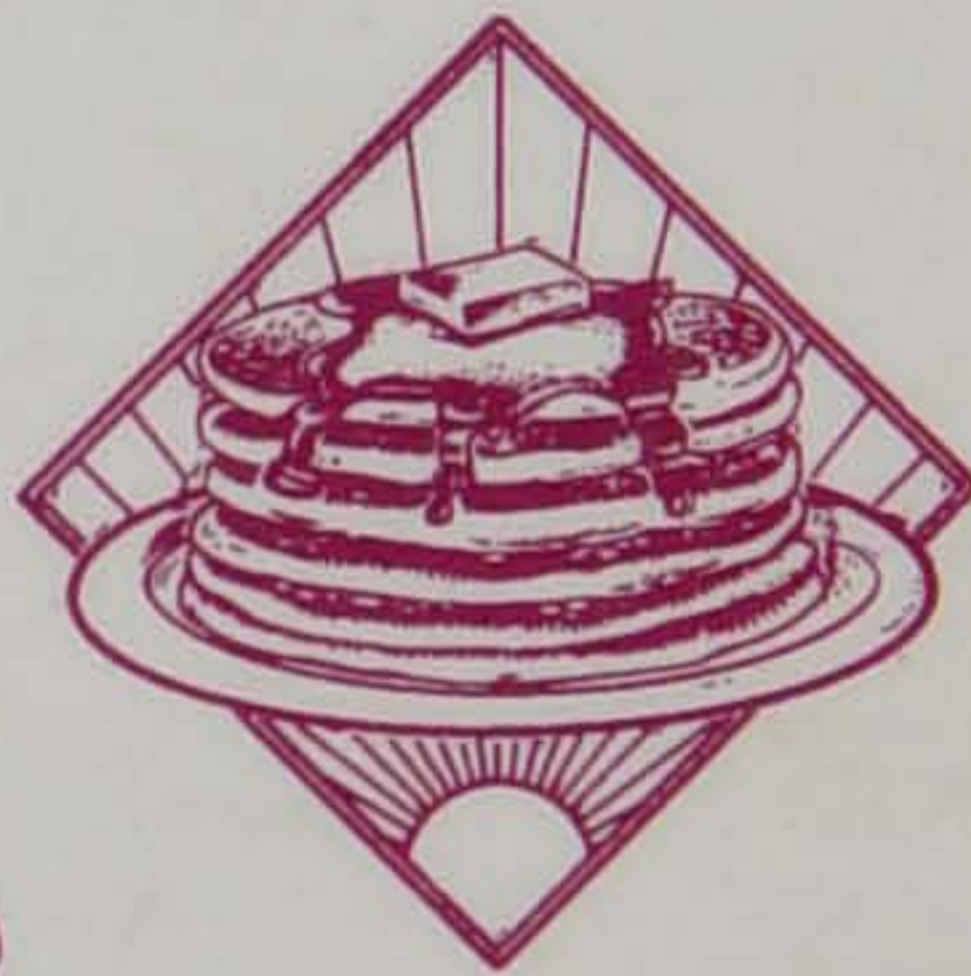


# Great American Health Bar



## Breakfast Menu

We Are Devoted to Making  
Fast & Courteous Delivery

**35 WEST 57TH STREET**

Between 5th and 6th Avenue

**(212) 355-5177**

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*Strictly Kosher*

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## Slim Shakes

(A full meal by itself in a glass)

To give you that healthy boost to get you through the day

All Shakes 2.50

- THE GREAT WHITE WAY:** Banana, Skim Milk, Yogurt  
**THE POWER HOUSE:** Yogurt, Brewers Yeast, Milk, Egg  
**THE ROSE GARDEN:** Strawberries, Skim Milk, Yogurt  
**THE HEALTH BAR SPECIAL:** Fresh Fruit, Skim Milk, Yogurt  
**THE SPRING TIME:** Avocado, Skim Milk, Yogurt, Honey  
**THE HAPPY SHAKE:** Milk, Chocolate Yogurt  
**YOGOCCINIO:** Espresso, Milk, Yogurt  
**TROPICAL SHAKE:** Choice of Carrot or Orange Juice, Yogurt . 2.95

## Frozen Yogurt

Low Fat and Delicious and Enjoyable  
 Small 1.95 Regular 2.95

## American Glacé

12 Calories per ounce, no fat, no cholesterol  
 Small 2.00 Regular 3.20

### Topping

Raisins, Granola, Wheat Germ, Sprinkles,  
 Honey, Coconut, Bananas .40 each  
 Walnuts, Fresh Mixed Fruit, Carob Chips .75 each  
 Fresh Strawberries 1.25

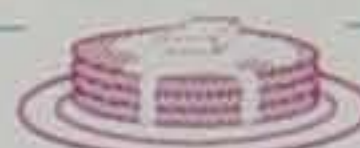
## New York's Very Best Coffee

- |  | Med. | Lg.  |
|--|------|------|
| 1. <b>ESPRESSO</b> A one-ounce shot of our unique, deep-flavored coffee blend. . . . .   | 1.50 | 2.25 |
| 2. <b>CAFFE AMERICANO</b> Espresso combined with piping hot water. . . . .   | 1.50 | 2.25 |
| 3. <b>CAFFE LATTA OUR SPECIALTY:</b> Rich espresso combined with creamy steamed milk. . . . .  | 1.75 | 2.50 |
| 4. <b>CAPPUCCINO</b> The classic Italian favorite, made with equal parts of espresso, steamed milk, and velvety foamed milk. . . . .     | 1.75 | 2.50 |
| 5. <b>CAFFE MOCHA</b> The refined flavors of espresso and bittersweet chocolate added to steamed milk. . . . .                           | 1.75 | 2.50 |
| 6. <b>FLAVORED BLENDS</b> We feature a selection of specialty flavors each day. . . . .  | .90  | 1.25 |
| 7. <b>ALMONDCICINO</b> Made with almond flavoring topped with steamed milk and cinnamon. . . . .   | 1.75 | 2.50 |
| 8. <b>FRENCH VANILLA CAPPUCCINO</b> Cappuccino with vanilla flavoring topped with steamed milk and nutmeg. . . . .                       | 1.75 | 2.50 |
| 9. <b>BLACK FOREST CAPPUCCINO</b> Cappuccino made with chocolate and cherry flavoring topped with steamed milk and cocoa powder. . . . . | 1.75 | 2.50 |
| 10. <b>MOCHA MINT CAPPUCCINO</b> Made with creme de menthe and chocolate flavoring topped with steamed milk and cocoa powder. . . . .    | 1.75 | 2.50 |
| 11. <b>CAFE' AU LAIT</b> 2/3 steamed milk and 1/3 freshly brewed coffee. . . . .   | 1.25 | 1.95 |
| 12. <b>OLD FASHIONED HOT CHOCOLATE</b> Made with steamed milk . . . . .  | 1.25 | 1.50 |
- All may be decaffeinated —



## Breakfast Specials

- \* **TWO EGGS** The way you like it. Served with 4 oz Juice, Toast with Butter and Jam, Coffee or Tea and our Delicious Home Fries . . . . . 3.25
- \* **TWO EGGS** Scrambled with Broccoli, Spinach, Mushroom, Tomato, Onion or Cheddar Cheese and 4 oz Juice and Bread and Butter and our Delicious Home Fries . . . . . 3.75
- \* **TWO EGGS OMELETTE** With Broccoli, Spinach, Mushroom, Tomato, Onion or Cheddar Cheese and 4 oz Juice and Bread and Butter and our Delicious Home Fries . . . . . 3.75  
 Each Additional Item . . . . . .50 extra



### SPECIALS 3.25

- |  |  |   |
|--|--|---|
| <b>PANCAKES</b><br>Homemade served with Butter, Maple Syrup and Coffee | <b>FRENCH TOAST</b><br>Homemade Served with Butter, Maple Syrup and Coffee | <b>BELGIUM WAFFLE</b><br>Platter Served with Butter, Maple Syrup and Coffee |
|--|--|---|

Above Served with Frozen Yogurt 1.00 Extra

- \* **ASSORTED COLD CEREAL** or Toasted Granola Served with Milk, and Coffee . . . . . 3.25  
 With Banana . . . . . 3.60 With Fresh Fruit . . . . . 3.75
- \* **OATMEAL CEREAL** Homemade and Hot Served with Milk and Coffee . . . . . 3.25  
 With Banana . . . . . 3.60
- \* **MIXED FRESH FRUIT** All Fresh, Including all the Seasonable Available Fruit . . . . . 2.95
- \* **SCOOP OF COTTAGE CHEESE** . . . . . 1.85  
 With Banan, Strawberries or Mixed Fruit . . . . . .75 Extra

## Combination Platters

(Served with Coffee)

- TWO EGGS** (Your Way), Pancakes & Home Fries . . . . . 3.75
- TWO EGGS** (Your Way), French Toast & Home Fries . . . . . 3.75
- TWO EGGS** (Your Way), Belgium Waffle & Home Fries . . . . . 3.95

### Super Combo

- TWO EGGS** (Your Way), Pancake, French Toast or a Waffle & Home Fries . . . . . 4.50

All Above with Frozen Yogurt 1.00 Extra

All Above with Strawberries or Bananas .75 Extra

## Bagels, Roll & Things

- with Nova Lox Spread . . . . . 2.50
- ROLL OR BAGEL** with Scoop of White Fish or Salmon Fish Salad with Lettuce & Tomato . . . . . 3.25
- ROLL OR BAGEL** with Scoop of Tuna Fish, Lettuce & Tomato . . . . . 3.25
- ROLL OR BAGEL** with Scoop of Curried Egg Salad, Lettuce & Tomato . . . . . 2.75
- w/Butter & Jam . . . . . .70 w/Cream Cheese . . . . . 1.45
- w/Cream Cheese & Nova . . . . . 3.95 w/Scrambled Egg . . . . . 1.45

### WHOLE WHEAT ENGLISH MUFFIN TOASTED

- w/Butter & Jam . . . . . .70 w/Cream Cheese . . . . . 1.45
- with Scrambled Egg . . . . . 1.45

## Homemade Delicious Muffins

- NON-FAT** Oat Bran Dark Bran Corn . . . . . 1.25
- ONLY 1 GRAM OF FAT** Fruit Muffins . . . . . 1.55
- Blueberry Banana Nut Mixed Berry Oat Banana Peach & More
- YOGURT MUFFINS** (Ask About Different Flavors) . . . . . 1.25

## Juices

*We suggest a glass of fresh juice everyday!*

Small 1.35 Large 1.85

Our juices are lovingly squeezed from the freshest whole fruits and vegetables

- CARROT
- SPINACH
- APPLE

- CELERY
- PARSLEY
- GRAPEFRUIT

*(We will be happy to mix combination for you)*

**ORANGE JUICE** Sm. 1.55 Lg. 2.50



## Beverages

COKE, DIET COKE, SPRITE, SELTZER, GINGERALE & ORANGE SODA	.95
FRESHLY BREWED COFFEE OR TEA	.65
HERBAL TEA	.80
HOT CHOCOLATE made with Milk	1.25
ICED TEA	.95
ICED COFFEE	.95
MILK	Sm. .65 Lg. .95
PERRIER, EVIAN AND ALL NATURAL SODAS	

## Catering

*Having an Affair?*

*Here are some Catering Suggestions*

### Bagel Platter

Assorted Bagels Cut Neatly in Half, Arranged and Decorated with Fresh Fruits on a Platter

with Butter and Jelly 1.50 pp

with Cream cheese and Jam 2.50 pp

### Hearty Muffins

Assorted Muffins Freshly Baked and Beautifully

Arranged on a Platter, Butter and Jelly 1.75 pp

### Fresh Fruit Platter

Fresh Seasonable Fruits and Melons Neatly Cut and

Beautifully Arranged on a Platter 2.25 pp

### Cheese and Crackers

Assorted Cheeses and Crispy Crackers Individually Arranged on Two Separate Platters 2.75 pp

### Raw Vegetables and Dips

Crisp Garden Vegetables Beautifully arranged on a Platter Accompanied with Delicious

Dips of Your Choice 2.75 pp

*Please contact our Catering Manager for other ideas and arrangements you may want to have.*