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

Strictly Kosher
**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 SHARE:** Milk, Chocolate Yogurt
- **TROPICAL SHARE:** Choice of Carrot or Orange Juice 2.95

**Frozen Yogurt**
Low Fat and Delicious and Enjoyable
Small 1.95  Regular 2.95

**American Glace**
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**

1. **ESPRESSO** A one-ounce shot of our unique, deep-flavored coffee blend... 1.50  2.25
2. **CAFFE AMERICANO** Espresso combined with piping hot water. 1.50  2.25
3. **CAFFE LATTE OUR SPECIALTY:** Rich espresso combined with creamy steamed milk. 1.75  2.50
4. **CAPPUCCINO** The classic Italian favorite, made with equal parts of espresso, steamed milk, and velvety frothed milk. 1.75  2.50
5. **CAFFE MOCHA** The refined flavors of espresso and bittersweet chocolate added to steamed milk. 1.75  2.50
6. **FLAVORED BLENDS** We feature a selection of specialty flavors each day. .90  1.25
7. **ALMONDCINO** Made with almond flavoring topped with steamed milk and cinnamon. 1.75  2.50
8. **FRENCH VANILLA CAPPUCCINO** Cappuccino with vanilla flavoring topped with steamed milk and nutmeg. 1.75  2.50
9. **BLACK FOREST CAPPUCCINO** Cappuccino made with chocolate and cherry flavoring topped with steamed milk and cocoa powder. 1.75  2.50
10. **MOCHA MINT CAPPUCCINO** Made with creme de menthe and chocolate flavoring topped with steamed milk and cocoa powder. 1.75  2.50
11. **CAFE AU LAIT** 2/3 steamed milk and 1/3 freshly brewed coffee. 1.85  1.95
12. **OLD FASHIONED HOT CHOCOLATE** Made with steamed milk. 1.85  1.50

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**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

**SPECIALS 3.25**

- **PANCAKES** Homemade served with Butter, Maple Syrup and Coffee
- **FRENCH TOAST** Homemade served with Butter, Maple Syrup and Coffee
- **BELGIAN WAFFLE** 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, 3.25
  - With Bananas. 3.50  With Fresh Fruit. 3.75
- **OATMEAL CEREAL** Served with Milk and 4 oz Milk. 3.25
  - With Bananas. 3.50
- **MIXED FRESH FRUIT** All Fresh, Including all the Seasonable Available Fruit. 2.95
- **SCOOPE OF COTTAGE CHEESE** With Banana, Strawberries or Mixed Fruit. 1.85

**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. 3.95
  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. 3.25
- **ROLL OR BAGEL** with Scoop of Grits. 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

**Homemade Delicious Muffins**

- **NON-FIT** Oat Bran Dark Bran Corn. 1.25
- **ONLY 1 SERVING OF FAT** Fruit Muffins. 1.55
- Blueberry Banana Nut, Mixed Berry, Oat Banana Peach & More. 1.89
- **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

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<tr>
<th>Beverage</th>
<th>Price</th>
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<tbody>
<tr>
<td>COKE, DIET COKE, SPRITE, SELTZER, GINGERALE &amp; ORANGE SODA</td>
<td>.95</td>
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<tr>
<td>FRESHLY BREWED COFFEE OR TEA</td>
<td>.65</td>
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<tr>
<td>HERBAL TEA</td>
<td>.80</td>
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<td>HOT CHOCOLATE made with Milk</td>
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<td>ICED TEA</td>
<td>.95</td>
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<td>ICED COFFEE</td>
<td>.95</td>
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<tr>
<td>MILK</td>
<td>Sm. .65 Lg. .95</td>
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<tr>
<td>PEARLIER, EVIAN AND ALL NATURAL SODAS</td>
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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.