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
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

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**Additions**

- $1.50 Extra Each
  - Portobello Mushrooms
  - Feta Cheese
  - Chunks of Tuna
  - Fresh Mozzarella
  - Stuffed Grape Leaves
  - Artichoke Hearts
  - Avocado

- $1.00 Extra Each
  - Shredded Cheeses
  - Roasted Veggies
  - Sun-Dried Tomatoes
  - Tortellini
  - Hearts of Palm
  - Tri Color Pasta
  - Hard Boiled Eggs
  - Black Beans
  - Red Kidney Beans
  - Chick Peas
  - Snap Peas
  - Corn
  - Green Olives
  - Black Olives
  - Tomatoes
  - Cherry Tomato
  - Mushrooms
  - Broccoli
  - Mixed Pepper
  - Beets
  - Sprouts

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**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

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

## Wraps
Served With House Salad

<table>
<thead>
<tr>
<th>Wrap Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Spinach Burger Wrap:</strong> With Hummus, Roasted Zucchini, Lettuce, Tomatoes, Sprouts, Muenster Cheese &amp; Herb Mayo</td>
<td>9.95</td>
</tr>
<tr>
<td><strong>Tuna &amp; Roasted Veggie Wrap:</strong> With Lettuce, Tomatoes, Sprouts, Shredded Carrots &amp; Honey Mustard</td>
<td>10.95</td>
</tr>
<tr>
<td><strong>Portobello Mushroom &amp; Swiss Cheese Wrap:</strong> with Arugula, Tomato, Sweet Red Onion, Lettuce and Pesto</td>
<td>10.95</td>
</tr>
<tr>
<td><strong>Garden Wrap:</strong> Avocado, Tomatoes, Tuna, Sprouts, Lettuce &amp; Shredded Carrot</td>
<td>10.95</td>
</tr>
<tr>
<td><strong>Avocado Wrap:</strong> With Hummus, Baba-Ganoush, Chilli, Lettuce, Tomatoes, Shredded Cheese</td>
<td>10.95</td>
</tr>
<tr>
<td><strong>Eggplant &amp; Feta Wrap:</strong> With Hummus, Baba-Ganoush, Sprouts, Lettuce &amp; Tomatoes</td>
<td>10.95</td>
</tr>
<tr>
<td>A.</td>
<td>Penne' Primavera: Penne' Pasta, Broccoli, Pepper, Zucchini, Garlic With Chunky Tomato Basil ...................</td>
</tr>
<tr>
<td>B.</td>
<td>Cheese Ravioli: Topped with Sautéed Spinach, Mushroom and Plum Tomato with a Touch of Cream and Parmesan</td>
</tr>
<tr>
<td>C.</td>
<td>Tortellini &amp; Shiitake Mushrooms: With Roasted Garlic, Fresh Basil in a Light Cream and Parmesan Cheese</td>
</tr>
<tr>
<td>D.</td>
<td>Baked Ziti: Ziti Pasta with Low-Fat Ricotta and Mozzarella, Baked With a Zesty Marinara ...................</td>
</tr>
<tr>
<td>E.</td>
<td>Baked Vegetarian Lasagna: With Layers of Low-Fat Ricotta, Mozzarella, Chefs Choice of Vegetable and Marinara Sauce</td>
</tr>
<tr>
<td>F.</td>
<td>Rigatoni and Roasted Veggies: Assorted Roasted Veggies with your Choice of Light Cream Sauce or Fresh Plum Tomato and Basil</td>
</tr>
<tr>
<td>G.</td>
<td>Fresh Mozzarella and Penne': With Sautéed Spinach, Sun-Dried Tomato, Mushrooms, Garlic &amp; Basil with Plum Tomato</td>
</tr>
<tr>
<td>H.</td>
<td>Stuffed Jumbo Shells: With Low-Fat Ricotta, Mozzarella and Spinach Topped with Marinara ...............</td>
</tr>
<tr>
<td>I.</td>
<td>Rigatoni Salmon: Roasted Pepper and Spinach with Our Pesto &amp; a Touch of Cream .........................</td>
</tr>
<tr>
<td>J.</td>
<td>Three Mushrooms &amp; Gemili: Shiitake, Portobello and Wild Mushrooms With Arugula, Fresh Basil, Virgin Olive Oil and a Touch of Cream</td>
</tr>
<tr>
<td>K.</td>
<td>Fettuccini Alfredo &amp; Sun-Dried Tomato: Fettuccini Pasta, Mushrooms, Broccoli and Pepper, with a Touch of Cream &amp; Parmesan Cheese</td>
</tr>
<tr>
<td>L.</td>
<td>Penne' Tomato Basil: Penne' Pasta Served with Our Delicious Plum Tomato Basil Sauce and Parmesan Cheese</td>
</tr>
<tr>
<td>M.</td>
<td>Tortellini: Our Cheese Tortellini Gently Topped with a Delicious Plum Tomato Basil Sauce and Parmesan Cheese</td>
</tr>
</tbody>
</table>

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**Thin Crust Personal Pizza**

Served With House Salad

| Spinach & Ricotta: With Fresh Plum Tomatoes & Mozzarella Cheese .......... | 10.95 |
| Roasted Veggie: (No Cheese) Eggplant, Zucchini & Pepper with Fresh Plum Tomato, Garlic and Oregano .......... | 9.95 |
| Fresh Mozzarella & Plum Tomato: Fresh Basil, Marinara Sauce & Cheese .......... | 9.95 |
| Super Veggie: Peppers, Mushrooms, Onions & Black Olives, Plum Tomato Garlic and of Low-fat Mozzarella Cheese .......... | 11.95 |
| Portobello Mushroom & Eggplants: Seasoned in a Basil Pesto, With Plum Tomato, Garlic, Marinara, and Cheese .......... | 11.95 |
Platter & Entrees
Served with House salad

P1. Eggplant Parmesan: Lightly Sautéed Jumbo Eggplants, Low-Fat Muenster Mozzarella and Parmesan Cheese with Our Own Tangy Marinara Sauce ...........12.95

P2. Steamed Mixed Vegetables: Steamed Fresh Mixed Vegetables; Served with Brown Rice & Delicious Cheese Sauce or Our House Dressing ..........9.95

P3. Vegetable Casserole: Crisp Garden Vegetables in a Delightful Italian Tomato Sauce on a Bed of Rice, Topped with Cheese ................12.95

P4. Tuna Casserole: Mixture of Elbow Macaroni, Chunks of Tuna & Parsley, Topped with Light American Cheese ..................12.95

P5. Veggie Chili: Mixture of Garden Vegetables and Beans Delightfully Done, Gently Placed on a Bed of Brown Rice, Topped with Cheese ...........11.95

P6. Quiche & Salad: Your choice of Spinach Cheddar, or Broccoli Muenster Cheese or Asparagus and Mozzarella in an individual Pie Crust ..........9.95


P8. Combo Platter: An Assortment of Hummus, BaBa-Ganoush, Tabullie, 3 Falafel Balls; Served with Israeli Salad, Olives and 2 Pitas ..........11.95


P10. Stir Fried Fish Filet & Vegetables: Breaded Fish Filet And An Assortment Of Fresh Vegetables in a Delicious Asian sauce, Served With Brown Rice ..........13.95

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 Potato ..........16.95

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 Cheese ..........8.95

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 & Ricotta .........................10.95
Q2: Roasted Vegetables, Marinara & Cheese ..........11.95
Q3: Grilled Portobello, Eggplants and Swiss Cheese 11.95
Q4: Veggie Chili, Brown Rice, Tomatoes and Cheddar Cheese 10.95
Q5: Eggplants & Feta With Marinara & Cheese ..........11.95

Stuffed Baked Potatoes
Served With House Salad

with the Whitest Tuna Salad .........................10.95
with Curried EggWhite Salad ....................... 9.95
with a Scoop Of Cottage Cheese .................. 9.95
with Steamed Fresh Mixed Vegetables ............ 9.95
with Veggie Chili and Cheese .....................10.95
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
BaBa-Ganouch & Pita.................................... 3.95
3 Falafel Balls & Tahini................................. 3.95
Light French Fries........................................ 3.95
(4) Stuffed Grape Leaves................................. 3.95
Brown Rice of the Day.................................. 3.50
Scoop Of Tuna Salad.................................... 5.50

Tabulle...................................................... 3.95
Israeli Salad & Tahini.................................... 3.95
Bermuda Salad & Tahini............................... 3.95
Great American Tossed Salad......................... 5.95
Pasta Salad............................................... 4.50
Plain Baked Potato................................. 3.50
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

1. **Espresso**: A one-ounce shot of our unique, deep-flavored coffee blend  
   Small: $2.00  
   Large: $2.50

2. **Café Caramel**: Espresso combined with creamy steamed milk and caramel flavoring.  
   Small: $2.95  
   Large: $3.75

3. **Café Latte**: (Our Specialty) Rich espresso combined with creamy steamed milk.  
   Small: $2.95  
   Large: $3.75

4. **Cappuccino**: The classic Italian favorite, made with equal parts of espresso, steamed milk, and velvety foamed milk.  
   Small: $2.95  
   Large: $3.75

5. **Café Mocha**: The refined flavors of espresso and bittersweet chocolate added to steamed milk.  
   Small: $2.95  
   Large: $3.75

6. **Almondchino**: Made with espresso and almond flavoring, topped with steamed milk and cinnamon.  
   Small: $2.95  
   Large: $3.75

7. **French Vanilla**: Cappuccino with vanilla flavoring topped with steamed milk and nutmeg.  
   Small: $2.95  
   Large: $3.75

8. **Black Forest Cappuccino**: Cappuccino made with chocolate and cherry flavoring topped with steamed milk and cocoa powder.  
   Small: $2.95  
   Large: $3.75

9. **Mocha Mint Cappuccino**: Made with creme de menthe & chocolate topped with steamed milk & cocoa powder.  
   Small: $2.95  
   Large: $3.75

10. **Café Au Lait**: 2/3 steamed milk and 1/3 freshly brewed coffee.  
    Small: $2.95  
    Large: $3.75

11. **Old Fashioned Hot Chocolate**: Made with steamed milk.  
    Small: $2.95  
    Large: $3.75

### ICED DRINKS

**Top Your Dessert with Frozen Yogurt**  
1.75 Extra

<table>
<thead>
<tr>
<th>ICED Cappuccino</th>
<th>ICED Café Latte</th>
<th>ICED CAFÉ Mocha</th>
</tr>
</thead>
<tbody>
<tr>
<td>ICED Café Caramel</td>
<td>ICED French Vanilla</td>
<td>ICED Hazelnut</td>
</tr>
</tbody>
</table>

**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 212-555-5177

**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  
- Finger Foods  
- Muffins  
- Bagels  
- Danishes  

**Corporate Charge Accounts, Breakfast, Lunch & Dinner Packages**
BREAKFAST-BRUNCH

Fresh Juices

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

Small 2.50  Regular 3.50

FRESH BREWED COFFEE
REGULAR OR DECAI  $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 MOCCACHINO  $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  $0 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,
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:  2.50  WITH COTTAGE CHEESE & HONEY  6.50