

## REFRESHING BEVERAGES

HOT BEVERAGES	REG.	MED.	LG.
Dark Roast Coffee	1.75	2.25	2.75
Decaf Coffee/Flavored Coffee	2.00	2.25	2.50
Cappuccino/Latte	3.25	3.75	4.25
Chai Latte	3.50	4.00	4.50
Mochaccino	3.50	4.00	4.50
Café Au Lait	2.55	3.25	3.25
Hot Chocolate (%100 milk)	2.55	3.25	3.25
Espresso	Single 2.75	Double 3.75	
Add A Flavored Syrup	+.50		
Add Soy or Almond Milk	+.50		

COLD BEVERAGES	MED.	LG.
Iced Coffee/Iced Tea	3.00	3.00
Iced Flavored/Iced Decaf	3.00	3.00
Iced Latte/Iced Cappuccino	3.75	4.75
Iced Mochaccino	4.25	5.25
Iced Chai Latte	4.25	5.25
Fresh Orange Juice	3.25	
Homemade Lemonade	3.25	4.75
Can/Bottle Soda	1.25	
Spring Water	2.00	
Tropicana Juices/Gatorade	2.50	
Vitamin Water/Honest Teas	2.75	
Mash Soda/Chocolate Milk	2.75	

## FRESH FRUIT SMOOTHIES

ALL NATURAL CHILLED DRINKS MADE W/FRESH FRUIT  
Reg. 5.95 • • Lg. 6.95

Add Flax Seeds +1.00  
Add Whey Protein +1.00

**ALOHA BERRY**  
Strawberries, Blueberries & Orange Juice

**CALIFORNIA DREAMING**  
Strawberries, Banana & Skim Milk

**JAMAICAN JAMMER**  
Espresso, Banana, Skim Milk & a Dash of Chocolate

**TROPICAL BREEZE**  
Mango, Pineapple & Orange Juice

**CARIBBEAN BLAST**  
Peaches, Pineapple, Banana & Apple Juice

**SUPER GREEN**  
Kale, Spinach, Kiwi & Apple Juice

**SUPER FRUIT**  
Pomegranate, Bluberries, Cranberries & Soy Milk

## SNACKS & SWEETS

**HOMEMADE GIANT COOKIES** 3.50  
Chocolate Chunk, Honey Oatmeal  
Raisin, Black & White, Peanut Butter

**BROWNIES** 4.50  
Chocolate Fudge, Oreo Cookie,  
Peanut Butter

**SQUARES** 4.50  
Raspberry, Pecan, Lemon,

**RICE PUDDING** 3.00  
**CHOCOLATE PUDDING** 3.00

**GLUTEN-FREE RICE KRISPY** 4.00  
**FRESH FRUIT SALAD** 12 oz. 5.00  
**STRAWBERRY - BLUEBERRY CUP** 5.00  
**SEEDLESS GRAPES CUP** 5.00

**HOMEMADE GRANOLA & YOGURT PARFAIT** 5.00  
Delicious Crunchy Honey Granola served  
with Non-Fat Yogurt & Fresh Seasonal Berries

**ASSORTED CEREALS** 3.00  
Served with Milk or Low Fat Milk

**GREEK YOGURT** (Total %) 2.75  
1.75  
**ASSORTED DANNON YOGURT** 1.75  
**POP CHIPS** 1.95

**DEEP RIVER CHIPS**  
Plain, Honey, Strawberry

LET US MAKE YOUR  
NEXT EVENT  
REMARKABLE.

CALL OUR  
CATERING TEAM  
**646-207-4920**

ORDER ONLINE AT  
**FRESCONYC.COM**

Consuming raw or under cooked meats, fish, shellfish or fresh shell eggs may increase  
your risk of foodborne illness, especially if you have certain medical conditions.

If you have food allergies, please let your server know when ordering.  
Texture and temperature may alter based on time in transit. V9/2018

## BREAKFAST BUFFET

BREAKFAST SERVED DAILY: 6:00 AM - 11:00 PM

### EGG SANDWICHES

**TWO EGGS** 3.25  
Two Eggs with Cheese 4.25  
Two Eggs with Bacon, Ham or Sausage 5.00

**CHEESE OMELETTE** 5.50  
**VEGGIE OMELETTE** 5.50  
**WESTERN OMELETTE** 5.50

### EGG WHITE WRAPS

**SOUTH BEACH** 6.95  
Tomatoes, Peppers, Mushroom & Broccoli

**PROTEIN BLAST** 6.95  
Grilled Turkey, Tomatoes & Fresh Mozzarella

**FRESH START** 6.95  
Grilled Chicken, Spinach & Mushrooms

**SANTA FE** 6.95  
Turkey Bacon, Tomatoes, Jack Cheese & Salsa

**CALIFORNIA** 6.95  
Turkey Ham, Tomatoes & Cheddar Cheese

### TWO EGGS ANY STYLE

WITH POTATOES & TOAST 6.50  
EXTRAS:  
Cheese, Egg Whites + 1.00  
Sliced Avocado + 2.00  
Turkey Ham, Turkey Bacon, Turkey Sausage  
or Beef Sausage + 2.00

**SIDE ORDERS**  
Potatoes 3.50 Two Boiled Eggs 2.00  
Hash Browns 3.50 Turkey Bacon 3.00  
Beef Sausage Patties 3.00 Turkey Ham 3.00  
Beef Sausage Link 3.00 3.00

### OMELETTE YOUR WAY

SERVED WITH 3 FILLINGS, POTATOES & TOAST

**THREE EGGS** 7.50 **FIVE EGG WHITES** 8.50  
**FILLINGS:** Bell Peppers, Broccoli, Mushrooms,  
Onions, Spinach, Scallions, Tomatoes, American,  
Swiss, Cheddar, Provolone, Feta Cheese, Smoked  
Turkey, Turkey Bacon, Turkey Ham or Beef Sausage

### GRIDDLE ORIGINALS

Belgian Waffles 6.25  
Challah French Toast 6.25  
Two Buttermilk Pancakes 6.25  
with Two Eggs 7.25  
with Bacon or Sausage 8.25  
with Two Eggs & Bacon or Sausage 9.25

**HOT OATMEAL** REG 4.25 • LG 5.25  
Cinnamon or Brown Sugar

Almonds, Raisins, Granola, Honey, Peanut Butter,  
Cranberries, Strawberries, Blueberries, Banana

## HAND-ROLLED BAGELS

NEW YORK'S BEST BAGELS MADE FRESH DAILY

Plain, Sesame, Poppy, Cinnamon Raisin, Onion,  
Garlic, Blueberry, Everything, Salt, Whole Wheat,  
Pumpernickel, Black Russian, Seven Grain, Egg

**ONE BAGEL** 1.50  
**NY BAKER'S DOZEN (14)** 18.00  
**FLAT BAGEL** 2.00  
**MINI BAGEL** 1.00  
**BIALY/ ENGLISH MUFFIN** 1.50

### FRESH SPREADS

	BAGELWICH	1/4LB.
Butter or Jelly	2.00	2.75
Peanut Butter	3.25	2.75
Plain Cream Cheese	3.25	2.75
Scallion Cream Cheese	3.75	3.25
Vegetable Cream Cheese	3.75	3.25
Cucumber Dill Cream Cheese	3.75	3.25
Olive Pimento Cream Cheese	3.75	3.25
Sundried Tomato Cream Cheese	3.75	3.25
Jalapeño Cream Cheese	3.75	3.25
Walnut Raisin Cream Cheese	3.75	3.25
Strawberry Cream Cheese	3.75	3.25
Cream Cheese Lox Spread	5.25	4.25
Low-Fat Plain Cream Cheese	3.25	2.75
Low-Fat Scallion Cream Cheese	3.75	2.75
Low-Fat Vegetable Cream Cheese	3.75	2.75
Low-Fat Cream Cheese Lox Spread	5.25	4.25
Tofu Spread	3.25	2.75
Tofu Scallion	3.75	3.25
Tofu Vegetable	3.75	3.25
Egg White Salad	7.25	3.25
Low-Fat Tuna Salad	8.75	4.25

### SMOKED FISH

	BAGELWICH	1/4LB.
White Fish Salad	9.50	6.50
Sliced Nova Scotia	12.50	10.50

### BAKERY FAVORITES

**MUFFINS** 3.50  
Corn, Blueberry, Carrot, Cranberry,  
Banana Walnut, Coffee Cake,  
Chocolate Chip, Double Chocolate Chip,

**LOW FAT MUFFINS** 3.50  
Fiber Bran, Lemon Poppy

**CROISSANTS**  
Butter 3.50  
Chocolate, Almond, 6.50  
Ham & Cheese 6.50  
Turkey Cheese 6.50

**ENGLISH SCONES** 3.50  
Blueberry,  
Chocolate Chip,  
Raisin Pecan

**DANISH** 4.00  
Cheese, Raisin,  
Pecan,  
Apple Turnover

**POUND CAKE** 3.50  
Marble, Plain,  
Orange Poppy,  
Chocolate

Café  
**Fresco**  
locally fresh

## DELIVERY MENU

205 E 60th STREET  
TEL 212-308-4050  
FAX 212-308-4090

1239 FIRST AVENUE  
TEL 212-535-9030  
FAX 212-535-9033

FRESCONYC.COM



WE NEVER USE  
PORK

## SIGNATURE SANDWICHES 9.50

OUR SIGNATURE SANDWICHES ARE DESIGNED USING THE FINEST AND FRESHEST INGREDIENTS

**ALBACORE TUNA SALAD** with Plum Tomatoes & Mixed Greens on an Grain Baguette

**ROSEMARY CHICKEN** with Roasted Peppers, Arugula, Plum Tomatoes & Pesto Aioli on Olive Focaccia

**CHICAGO ROAST BEEF** with Crisp Red Onion Rings, Cheddar Cheese, Tomatoes & Russian Dressing in an Onion Pocket

**FRESH MOZZARELLA** with Fresh Basil Pesto, Roasted Peppers, Plum Tomatoes on Olive Focaccia

**SMOKED TURKEY & FRENCH BRIE** with Plum Tomato, Arugula & Mustard on Grain Baguette

**MARYLAND CRAB CAKE** with Creamy Cole Slaw, Plum Tomatoes & Low-Fat Chipotle Pepper Aioli on Tomato Focaccia

**ITALIAN SUBMARINE** Beef Salami, Turkey Ham, Provolone, Onions, Hot Peppers, Lettuce, Oil & Vinegar on a Semolina Hero

**CAJUN CHICKEN** with Pepperjack Cheese, Roasted Peppers, Onions & Chipotle Pepper Spread

**SMOKED TURKEY & CHEDDAR** with Avocado, Tomato & Sriracha Mayo on Sour Dough Bread

## HOT PANINI MELTS 9.50

OUR HOT PANINI SANDWICHES ARE TOASTED TO PERFECTION, SERVED ON OUR HERB FOCACCIA OR SEMOLINA HERO

**CHICKEN PARMIGIANA** Breaded Cutlet with Pomodoro Sauce, Fresh Mozzarella & Parmesan Cheese on Semolina Hero

**TURKEY CUBAN** Turkey Breast, Turkey Ham, Pickles, Swiss Cheese & Russian Dressing on Hero

**EGGPLANT MILANESE** Oven Roasted Eggplant with Pesto-Ricotta & Fresh Mozzarella Cheese on Semolina Hero

**PHILLY CHEESESTEAK** with Sautéed Peppers & Onions, Pepper Jack Cheese & Light Mayo

**MONTE CRISTO** Smoked Turkey, Baked Turkey Ham, Swiss Cheese, Plum Tomatoes & Dijonaise

**TURKEY SICILIANO** Smoked Turkey, Provolone, Roasted Peppers, Sweet Onions & Honey Mustard

**CHICKEN ITALIANO** Pesto Grilled Chicken, Mozzarella Cheese, Roasted Peppers & Plum Tomatoes

**CHICKEN FAJITA** w/Roasted Peppers, Caramelized Onions, Cheddar & Chipotle Pepper Spread

**CLASSIC TUNA MELT** Albacore Tuna Salad, Sharp Cheddar Cheese & Plum Tomatoes

## CHEF'S WRAPS 9.50

A TWIST ON THE LITE SIDE SERVED ON A WHOLE WHEAT TORTILLA

**VEGETARIAN WRAP** Avocado, Tomato, Sprouts, Carrots & Lettuce with Chipotle Pepper Spread

**CALIFORNIA TURKEY WRAP** Smoked Turkey, Cucumber, Tomatoes & Sprouts with Guacamole Spread

**CHICKEN CAESAR WRAP** Grilled Chicken Tossed with Romaine Hearts & Roasted Peppers with Caesar Dressing

**CHICKEN VERA CRUZ WRAP** Grilled Chicken with Avocado, Bean & Corn Salad & Lettuce

**BUFFALO CHICKEN WRAP** Spicy Chicken, Blue Cheese, Carrots & Celery with Peppercorn Ranch Dressing

## SIZZLING QUESADILLAS

GENEROUSLY FILLED WITH MELTED CHEESE, GARDEN FRESH ROASTED PEPPERS, ONIONS, POBLANO CHILIES AND SCALLIONS. SERVED WITH SOUR CREAM & OUR HOMEMADE PICO DE GALLO

**CHEESE QUESADILLA** 8.50  
A Classic with 3 Types of Cheeses

**STEAK** with Roasted Mushrooms 9.50

**CHICKEN FIESTA** with Chipotle Spiced Chicken 9.50

**SPICY SHRIMP** with Chili-Rubbed Rock Shrimp 10.50

## SAVOURY QUICHE 7.50

OUR TRADITIONAL DEEP DISH FAVORITE EVEN BETTER WITH A GARDEN SALAD OR SOUP COMBO 9.95

**BROCCOLI & CHEDDAR SPINACH, WILD MUSHROOM & FETA**

## HEARTY SOUPS

WE MAKE OUR SOUPS DAILY WITH MARKET FRESH INGREDIENTS. WE OFFER MANY VEGAN OPTIONS. CHOOSE FROM OUR EVERYDAY FAVORITES OR ASK ABOUT TODAY'S FEATURED SOUPS

REG. 5.00 • LG. 6.00 Premium Soups + 1.00

**FRESCO CHICKEN COUS COUS**  
**OLD-FASHIONED SPLIT GREEN PEA QUINOA, KALE & LENTIL**

## QUINOA BOWLS CREATE YOUR OWN 9.50

OUR ORGANIC / GLUTEN-FREE QUINOA HAS THE HIGHEST NON-MEAT PROTEIN ON THE PLANET.

**1 GREENS (choose 1)**  
• Kale • Napa Cabbage

**2 SAUCE (choose 1)**  
Very Teriyaki  
Sweet Chili  
Mint Vinaigrette  
Chipotle Vinaigrette

**3 TOSS-INS (choose 4)**  
Sweet Peas  
Chick Peas  
Red Beans  
Roasted Corn  
Kalamata Olives  
Caramelized Onions  
Roasted Peppers  
Cherry Tomatoes  
Sun-Dried Tomatoes  
Fresh Mozzarella +1.00  
Scallions  
Broccoli  
Spinach  
Mushrooms  
Edamame  
Daikon  
Carrots  
Cilantro  
Basil  
Tofu

## 4 MEATS & PROTEINS

Grilled Chicken + 2.00  
Thai Chicken + 2.00  
Crispy Chicken + 2.00  
Turkey Meatballs + 2.00  
Rock Shrimp + 3.00  
Grilled Salmon + 3.00

## CHEF DESIGNED QUINOA BOWLS 11.50

CAN ALSO BE MADE WITH BROWN RICE

**TERIYAKI TERRIFIC BOWL**  
Quinoa, Tofu, Daikon, Carrots, Scallions & Cherry Tomatoes tossed with Very Teriyaki Sauce

**EAST COAST BOWL**  
Quinoa, Grilled Chicken, Spinach, Mushrooms, Cherry Tomatoes & Kalamata Olives tossed with Mint Vinaigrette

**WILD, WILD WEST BOWL**  
Quinoa, Crispy Chicken, Roasted Peppers, Caramelized Onions, Roasted Corn, Tortilla Chips & Cilantro tossed with Chipotle Vinaigrette

**ASIAN SPRING BOWL**  
Quinoa, Thai-Spiced Chicken, Broccoli, Carrots, Scallions, Daikon & Cilantro tossed with Asian Sweet Chili Sauce



## MARKET FRESH PLATES

**1. PICK A GRAIN**  
• Quinoa • Brown Rice • Wild Rice

**2. PICK YOUR PLATE/PROTEIN**  
Vegetable Medley 10.00  
Grilled Sesame Tofu 10.00  
Chipotle-Lime Chicken 12.00  
Chicken Shawarma 12.00  
Grilled Lemon Herb Chicken 14.00  
Braised Steak 16.00  
Atlantic Salmon 16.00  
Grilled Shrimp 16.00

**3. PICK TWO SIDES**  
Sweet Potatoes  
Brussels Sprouts  
Roasted Beets  
Roasted Rainbow Carrots  
Garlic Mashed Potatoes  
Roasted Broccoli  
Mac and Cheese  
Roasted Cauliflower  
Roasted String Beans

**JUST SIDES**  
• 1 Side 5.00 • 2 Sides 8.00 • 3 sides 10.00

## CREATE YOUR OWN PASTA PASTA STARTS at 9.50

**1 PICK YOUR FAVORITE PASTA**  
• Penne • Bowtie • Linguini  
• Whole-Wheat Penne +.50  
• Cheese Tortellini +.50

**2 SELECT A SAVORY SAUCE**  
Tomato Basil  
Spicy Arabiatta  
Roasted Garlic & Olive Oil  
Alla Vodka  
Creamy Alfredo  
Pesto Alfredo  
Fresh Basil Pesto  
Beef Bolognese + 1.00

**3 TOSS-INS (choose 4)** Addn'l Toppings + .50ea.  
Sweet Peas  
Roasted Peppers  
Sautéed Mushrooms  
Broccoli Florets  
Caramelized Onions  
Zucchini & Carrot Sticks  
Roasted Corn  
Roasted Peppers  
Brussels Sprouts  
Cherry Tomatoes  
Sun-Dried Tomatoes  
Kalamata Olives  
Fresh Baby Spinach  
Fresh Mozzarella Cheese  
Romano Cheese  
Artichoke Hearts

**4 MEATS & PROTEINS**  
Grilled Chicken + 2.00  
Crispy Chicken + 2.00  
Turkey Meatballs + 2.00  
Portobello + 1.00  
Grilled Salmon 3.00  
Rock Shrimp + 3.00

**ENJOY YOUR PASTA** WITH SHAVED ROMANO, FRESH BASIL, RED PEPPER FLAKES, SEA SALT, CRUSHED PEPPERCORN

## CUSTOM SALAD 9.50

PRE-CHOPPED WITH 6 TOPPINGS

**1 GREENS**  
• Romaine Hearts  
• Baby Arugula  
• Organic Spinach  
• Organic Mesclun Greens  
• Fresh Kale  
• Asian Mix

**2 TOSS-INS (choose 4)** Additional Toppings + .50 each  
Scallions  
Red Onions  
Sweet Peas  
Kidney Beans  
Chick Peas  
Fresh Corn  
Cherry Tomatoes  
Seedless Cucumber  
Celery  
Croutons  
Raisins  
Chinese Noodles  
Sunflower Seeds  
Black Olives  
Spanish Olives  
Sprouts  
Broccoli  
Shredded Carrots  
Fresh Apple Slices  
Sliced Beets  
Mandarin Oranges  
Sliced Cooked Egg  
Wild Mushrooms  
Roasted Peppers  
Green Bell Peppers  
Edamame  
Tortilla Strips

**3 PREMIUMS (choose 2)** Additional Toppings + 1.00 each  
Fresh Mozzarella  
Cheddar Cheese  
Blue Cheese  
Feta Cheese  
Romano Cheese  
Turkey Bacon Bits  
Fresh Avocado  
Brussels Sprouts  
Artichoke Hearts  
Hearts of Palm  
Sliced Egg Whites  
Sundried Tomatoes  
Dried Cranberries  
Toasted Almonds  
Honey Walnuts

**4 MEATS & PROTEINS**  
Grilled Chicken + 2.00  
Crispy Chicken + 2.00  
Cajun Chicken + 2.00  
Buffalo Chicken + 2.00  
Portobello Mushroom + 1.00  
Smoked Tofu + 1.00  
Albacore Tuna + 2.00  
Smoked Turkey + 2.00  
Organic Quinoa + 2.00  
Rock Shrimp + 3.00

## CHEF DESIGNED SALADS

A SALAD FOR EVERY TASTE — SERVED WITH A SIGNATURE DRESSING & OUR HAND-ROLLED BAGEL OR HEARTH BAKED BREAD.

**HOUSE GARDEN SALAD** 9.50  
Organic Mesclun, Arugula, Tomatoes, Cucumbers, Shredded Carrots & Sprouts Add Chicken + 2.00

**CLASSIC CAESAR SALAD** 9.50  
Romaine, Roasted Peppers, Romano Cheese & Garlic Croutons Add Chicken + 2.00

**ASIAN CHOPPED SALAD** 11.50  
Romaine, Grilled Chicken, Edamame, Snow Peas, Mandarin Oranges, Carrots & Crunchy Noodles

**CALIFORNIA COBB SALAD** 11.50  
Romaine, Smoked Turkey, Blue Cheese, Mushrooms, Tomatoes, Cucumbers, Sprouts, Egg & Turkey Bacon

**TEX-MEX SALAD** 11.50  
Romaine, Iceberg, Cajun Chicken, Corn, Avocado, Tomatoes, Jack and Cheddar Cheeses & Tortilla Strips

**VEGAN SALAD** 11.50  
Romaine, Arugula, Quinoa, Chick Peas, Tomatoes, Onions, Stuffed Grape Leaves & Kalamata Olives

## 5 DRESSINGS

**CLASSIC**  
Blue Cheese GF  
French  
Russian  
A Splash of Sriracha

**TRENDY**  
Extra Virgin Olive Oil  
Red Wine Vinegar  
Aged Balsamic Vinegar  
Fresh Lemon Juice

**LOW-FAT**  
Italian  
Caesar GF  
Peppercorn Ranch GF  
Chipotle Ranch GF  
Honey Dijon GF

**FAT-FREE / CARB-FREE**  
Raspberry Vinaigrette GF  
Balsamic Vinaigrette GF  
Lemon Herb GF  
Asian Sesame Ginger GF

GF = GLUTEN-FREE



## SIDE SALADS

**POTATO SALAD/COLE SLAW** 3.00

**LEMON CHICK PEA SALAD** 4.00

**PENNE PESTO SALAD** 4.00

**LENTIL SALAD** 4.75  
Olives, Onions, Parsley, Craisins & Almonds

**MEDITERRANEAN QUINOA SALAD** 4.75  
Olives, Peppers, Scallions & Fresh Mozzarella

## LUNCH COMBOS

**THE CLASSIC LUNCH COMBO** 11.00  
Sandwich, Can of Soda and Chips

**FRESCO COMBO** 12.00  
Sandwich and 12 oz. Side Salad

**HALF SANDWICH & a 12oz. CUP OF SOUP COMBO** 10.00