

## HOT BREAKFAST

Served 6 am to 11 am (After 11 am - \$1.50 Extra)

EGG WHITES on a ROLL or WRAP	3.25
TWO EGGS on a ROLL or WRAP	2.50
TWO EGGS with CHEESE & HAM, BACON or SAUSAGE on a ROLL or WRAP	3.95
TWO EGGS PLATTER or OMELET STYLE	3.50
FOUR EGG WHITE OMELET	4.50
WESTERN, SPANISH, GREEK or VEGGIE OMELET PLATTER	5.95
CLASSIC PANCAKES or CHALLAH FRENCH TOAST	5.95
SIDE ORDER of HAM, BACON or SAUSAGE	4.25

COMPLIMENTARY POTATOES & TOAST WITH EGG PLATTERS ONLY

— No Substitutions Please —

### BREAKFAST EXTRAS

.50 Extra - Add to Sandwich / Platter: Additional Egg, Cheese, Onion, Tomato, Spinach, Broccoli, Bell Peppers, Mushrooms, etc.
.75 Extra - Substitute Egg White
1.00 Extra - Add to Sandwich: Ham, Bacon, Sausage or Croissant
1.50 Extra - Add Avocado; Add to Platter: Ham, Bacon or Sausage
2.00 Extra - Add Beef Sausage, Turkey Bacon or Turkey Sausage

## BREAKFAST BURRITOS \$5.95

CLASSIC	Egg, Cheese, Bacon, Ham <u>or</u> Sausage & Potatoes
WESTERN	Eggs, Cheese, Ham, Onions, Peppers & Potatoes
SPANISH	Eggs, Cheddar, Onions, Tomatoes, Cherry Peppers, Salsa & Potatoes
VEGGIE	Eggs, Swiss, Tomatoes, Peppers, Onions, Spinach, Mushrooms & Potatoes
GREEK	Eggs, Feta, Tomatoes, Onions, Spinach & Potatoes
TERESA'S	Eggs, American Cheese, Bacon, Tomatoes, Onions, Avocado & Potatoes

Choose Egg Whites for Your Burrito for 1.00 Extra

— Charges May be Added for Substitutions —

## MORNING STARTERS

PLAIN BAGEL	1.00
with BUTTER or JELLY	1.25
with BUTTER & JELLY	1.50
with CREAM CHEESE	2.00 / FLAVORED 2.25
with CREAM CHEESE & SLICED LOX	7.95
with LOX SPREAD	3.25
with PEANUT BUTTER	2.50 / with JELLY 2.95
FRESH BAKED MUFFIN	2.00 / TOASTED with BUTTER 2.25
CROISSANT	2.25 / TOASTED with BUTTER 2.50
DANISH or SCONE	2.25
COLD CEREAL CUP	2.75
FRESH FRUIT CUP	4.25
FAT FREE YOGURT PARFAIT	3.25
GREEK YOGURT	3.25
DANNON YOGURT	1.95
FRESH ORANGE JUICE	
or GRAPEFRUIT JUICE	Sm. 2.50 / Lg. 3.50
OLD FASHIONED OATMEAL	Sm. 2.50 / Lg. 3.50
with TOPPINGS	.75 each
Strawberries, Bananas, Granola, Almonds, Walnuts, Raisins or Craisins	
CLASSIC BLT	5.95
TURKEY BACON BLT	6.95
CLASSIC GRILLED CHEESE	5.95
HARD BOILED EGG	.75

\*Prices Subject To Change Without Notice

## SPECIALTY ENTREE SALADS

\$8.50

A. CLASSIC CAESAR SALAD	6.95
B. CLASSIC GRILLED CHICKEN CAESAR SALAD	
C. GARDEN SALAD	6.95
D. MARINATED GRILLED CHICKEN over GARDEN SALAD	
E. GREEK SALAD	
F. TERESA'S SALAD	
Grilled Chicken, Roasted Peppers and Avocado over Salad Greens	
G. GREEK FRUIT PLATTER	
Fresh Fruit Salad, Fat Free Greek Yogurt and Granola	
H. GRILLED CHICKEN COBB SALAD	
Grilled Chicken, Avocado, Egg, Tomato, Bacon and Red Onion over Romaine	
I. CHEF SALAD	
Roast Beef, Turkey, Ham, Swiss and Cheddar over Garden Salad	
J. TUNA SALAD PLATTER	
Classic or Specialty Tuna Salad over Garden Salad	
K. CHICKEN SALAD PLATTER	
Classic or Specialty Chicken Salad over Garden Salad	
L. INDIVIDUAL TUNA PLATTER	
Albacore Tuna over Garden Salad	
M. CLASSIC SPINACH SALAD	
Mushrooms, Bacon, Hard Boiled Egg over Baby Spinach	
N. ASIAN CHICKEN SALAD	
Ginger Marinated Chicken, Mandarin Oranges, Water Chestnuts and Chinese Noodles over Mesclun	
O. CAPRESE SALAD	
Fresh Mozzarella, Roasted Peppers and Tomatoes over Mesclun Greens	
P. SICILIANO SALAD	
Roasted Peppers, Sun-Dried Tomatoes, Capers and Feta Cheese over Fresh Spinach	
Q. WALDORF SALAD	
Grilled Chicken, Walnuts, Celery, Raisins and Apples over Mesclun Greens	
R. MAIN STREET SALAD	
Crumbled Blue Cheese, Walnuts and Cranberries over Mesclun Greens	
S. CAJUN CHICKEN SALAD	
Cajun Grilled Chicken, Roasted Peppers, Avocado and Red Onion over Garden Salad	

## CREATE A SALAD

Romaine, Mesclun or Baby Spinach (Kale or Arugula 1.00 additional)
Tossed or Chopped . . . . Med. 3.50 / Lg. 4.50
.50 Each
TOMATOES, CUCUMBERS, CARROTS, CORN, CHICK PEAS, KIDNEY BEANS, CELERY, PASTA, EGG, GREEN PEAS, SCALLIONS, SPROUTS, GREEN PEPPERS, BEETS, BROCCOLI, CROUTONS, RED ONION, CHINESE NOODLES
1.00 Each
DRIED CRANBERRIES, GOLDEN RAISINS, CHEESE, TOFU KALAMATA OLIVES, ARTICHOKEs, CHERRY TOMATOES, SUN-DRIED TOMATOES, ROASTED PEPPERS, ARTICHOKEs, HEARTS OF PALM, MANDARIN ORANGES, WATER CHESTNUTS, ALMONDS, WALNUTS, SUN FLOWER SEEDS, RED PEPPERS, MUSHROOMS, TORTILLA STRIPS, APPLES, EDAMAME
2.00 Each
GRILLED CHICKEN, PESTO CHICKEN, CAJUN CHICKEN, CHICKEN CUTLET, ASIAN CHICKEN, TUNA, TURKEY, PORTOBELLO MUSHROOM, AVOCADO, BACON
DRESSINGS
Creamy Italian, Italian, Balsamic Dijon Vinaigrette, Caesar, Fresh Lemon, Extra Virgin Olive Oil, French, Asian Sesame Ginger, Russian, Ranch, Blue Cheese, FF Lemon Herb, FF Raspberry Vinaigrette, Balsamic Vinegar, Low Fat Honey Dijon, Low Fat Italian, Red Wine Vinegar

## CLASSIC SANDWICHES

\$6.95

On Choice of Sliced Bread, Wrap or Roll

SMOKED, CAJUN, CRACKED PEPPER, FRESH CARVED or CLASSIC TURKEY BREAST	
BLACK FOREST, MAPLE HONEY HAM or BOARS HEAD HAM	
GRILLED, CAJUN or CHICKEN CUTLET	
ITALIAN PROSCIUTTO	
GENOA SALAMI	
MORTADELLA	
CLASSIC EGG, TUNA or CHICKEN SALAD	
SPECIALTY TUNA or CHICKEN SALAD	
SWISS, PROVOLONE, MUENSTER, CHEDDAR,	5.95
MONTEREY JACK, FRESH MOZZARELLA or BRIE	

ADD ON:

Tomatoes, Cheese, Sprouts, Roasted Peppers, Fresh Basil, Sun-Dried Tomatoes, Focaccia or Hero Bread	.75
Bacon, Fresh Mozzarella or Brie	1.00
Avocado	1.50

## MEXICAN BAR

QUESADILLA	6.95
Choice of Tortilla filled with Melted Cheese, served with Salsa & Sour Cream	
with Chicken, Beef, Vegetables or Mushrooms	add 1.00
BURRITO - Chicken, Beef or Vegetables	7.95
Choice of Tortilla filled with Rice, Cheese and Beans, served with Salsa & Sour Cream	
SOFT TACOS (3) - Chicken, Beef or Vegetables	7.95
Soft Tortillas filled with Lettuce and Cheese, served with Salsa & Sour Cream	
Guacamole 1.50 Extra	
Additional Toppings Available .50 Each - Please Inquire	

## PANINI \$7.95

Grilled European Flatbread

CHICKEN FAJITA
Grilled Chicken, Onions, Peppers, Salsa and Cheddar
CHICKEN PARMIGIANA
Chicken Cutlet, Tomato Sauce and Mozzarella
TUSCAN
Tomatoes, Fresh Mozzarella and Basil
TUNA MELT
Tuna Salad, Cheddar Cheese, Lettuce and Tomatoes
ITALIANO
Grilled Chicken, Fresh Mozzarella, Roasted Peppers and Pesto
CHICKEN CLUB
Grilled Chicken, Brie, Smoked Bacon and Plum Tomatoes

Please Inquire About Our Additional Panini Selections

## SOUPS

Our Homemade Soups are Prepared Daily  
with Only the Freshest Ingredients

Ask about Today's Featured Soups

SOUPS OF THE DAY . . . sm. 4.95 / lg. 5.95

## SPECIALTY SANDWICHES & WRAPS

\$7.95

Please Order By Code

T1 GRILLED CHICKEN CAESAR WRAP
with Homemade Caesar Dressing
T2 GRILLED CHICKEN GREEK SALAD WRAP
with Balsamic Dressing
T5 FRESH ROAST BEEF WRAP
with Melted Cheese and Red Onion
T6 TUNA SALAD WRAP
with Melted Cheese
T7 SMOKED TURKEY WRAP
with Melted Brie and Authentic Honey Mustard
T9 GRILLED CHICKEN on SOURDOUGH/FRENCH BAGUETTE
with Melted Fresh Mozzarella and Homemade Pesto
T10 SMOKED TURKEY on SOURDOUGH/FRENCH BAGUETTE
with Imported Brie and Authentic Honey Mustard
T11 BLACK FOREST HAM on SOURDOUGH/FRENCH BAGUETTE
with Imported Brie or Low Fat Swiss and Tomato
T12 ITALIAN PROSCIUTTO on SOURDOUGH/FRENCH BAGUETTE
with Fresh Mozzarella, Tomato and Olive Oil
T14 CRACKED PEPPER TURKEY on a ROLL or BAGUETTE
with Muenster Cheese, Tomato and Russian Dressing
T15 CALIFORNIA WRAP
with Smoked Turkey, Avocado, Tomato, Sprouts and Honey Mustard
T17 GRILLED CHICKEN ITALIANO on SOURDOUGH/FRENCH BAGUETTE
with Mixed Greens, Roasted Peppers, Sun-Dried Tomatoes and Italian Dressing
T18 NORWEGIAN SMOKED SALMON on a BAGEL
with Lettuce, Tomato and Red Onion
T19 ITALIAN SICILIANO HERO
with Genoa Salami, Ham, Mozzarella, Lettuce, Tomato and Red Onions with Olive Oil and Vinegar
T20 FRESH ROAST BEEF on SOURDOUGH/FRENCH BAGUETTE
with Melted Cheddar Cheese and Red Onion
T22 TURKEY & HAM on a SESAME HERO
with Imported Swiss, Sliced Pickles and Russian Dressing
T23 VEGETARIAN DELIGHT on 8-GRAIN/WRAP
with Lettuce, Tomato, Avocado, Cucumbers and Sprouts with Herb Vinaigrette
T24 GRILLED PORTOBELLO or EGGPLANT on FOCCACIA
with Melted Fresh Mozzarella, Roasted Peppers and Balsamic Dressing
T26 TERESA'S WRAP
with Grilled Chicken, Avocado, Tomato, Red Onion, Bacon and Mesclun Greens with Blue Cheese Dressing
T29 SOUTHWEST CHICKEN WRAP
with Sautéed Onions, Grilled Tomatoes and Melted Pepper Monterey Jack Cheese
T30 BUFFALO CHICKEN SALAD
with Carrots, Celery, Hot Sauce, Lettuce, Tomato and Crumbled Bleu Cheese in a Wrap
T31 CRANBERRY & SLICED ALMOND CHICKEN SALAD
on 8-Grain with Lettuce and Tomato
T32 GRILLED CHICKEN or CHICKEN CUTLET
with Lettuce, Tomato, Bacon and Chipotle Mayo on Roll
T33 BROOKLYN HERO
Ham Capicola, Mortadella, Pepperoni, Salami, Provolone, Lettuce, Tomato and Roasted Peppers on a Hero with Balsamic Vinegar and Olive Oil

Please Inquire About Our Daily Sandwich & Wrap Specials

## GRILLED FOCACCIA \$7.95

### ITALIAN GRILLED HAM & CHEESE

*Fresh Mozzarella, Prosciutto, Tomato, Fresh Basil and Olive Oil*

### GRILLED GARDEN VEGETABLES

*with Fresh Mozzarella and Balsamic Dressing*

### GRILLED CHICKEN

*with Roasted Peppers, Fresh Mozzarella and Pesto*

### PORTOBELLO & FETA CHEESE

*with Arugula and Balsamic Dressing*

### SMOKED TURKEY

*with Brie and Authentic Honey Mustard*

### ROMAN

*Grilled Chicken, Fresh Mozzarella, Sundried Tomatoes and Garlic Aioli*

### GRILLED CHICKEN

*with Fresh Mozzarella, Roasted Peppers and Pesto*

### MEDITERRANEAN

*Grilled Chicken, Feta, Olives, Red Onion, Lettuce, Chopped Tomatoes and Tzatziki*

— Charges May be Added for Substitutions or Additions —

## PIZZA

TRADITIONAL SLICE	3.25
FRESH MOZZARELLA SLICE	3.50
SICILIAN SLICE	3.50
SPECIALTY SLICE (Deep Dish / Multiple Toppings)	4.25
GRANDMA SLICE	3.50
WHOLE WHEAT SLICE	3.50
CHEESE CALZONE	5.95
HAM & CHEESE CALZONE	6.95
STROMBOLI	5.95
STUFFED ROLLS	5.95
GARLIC KNOT	.50

## PIES

LARGE PLAIN PIE (8 Slices)	17.95
LARGE 1 TOPPING PIE	20.95
LARGE FRESH MOZZARELLA & BASIL	18.95
LARGE SICILIAN	26.95
LARGE VEGGIE	26.95
INDIVIDUAL 12" PIE	7.95

### TOPPINGS (Large 3.00 each / Individual 1.25 each / Slice .75 each)

Meatball ~ Sausage ~ Pepperoni ~ Prosciutto ~ Bacon  
Peppers ~ Onions ~ Eggplant ~ Broccoli  
Tomatoes ~ Sun-Dried Tomatoes ~ Artichokes ~ Olives  
Spinach ~ Mushrooms ~ Ricotta Cheese ~ Pineapple ~ Ziti  
Grilled Chicken ~ Chicken Cutlet ~ BBQ Chicken  
Buffalo Chicken ~ Pesto Chicken

*Please Inquire About Our Daily Pizza Varieties*

## HOT HEROS & SPECIALTIES

*Please Inquire About Our Daily Hot Featured Entrees*

SAUSAGE & PEPPERS HERO	7.95
MEATBALL, CHICKEN or EGGPLANT PARMESAN HERO	7.95
PHILLY CHEESE STEAK	7.95
GRILLED CHEESE	5.95
B.L.T.	5.95
GREEK SPINACH PIE & SALAD	8.95
FRESH TURKEY or ROAST BEEF PLATTER	8.95
GRILLED CHICKEN & VEGETABLE PLATTER	8.95

## GOURMET BEVERAGES

### Hot Beverages

	<i>Sm.</i>	<i>Med.</i>	<i>Lg.</i>
ESPRESSO	2.75		
COFFEE OF THE DAY	1.85	2.05	2.30
TEA	1.50	1.75	2.00
CAPPUCCINO, LATTE or CHAILATTE	3.50	3.95	4.25
MOCHA	3.75	4.25	4.50
AMERICANO	3.25	3.50	3.75
HOT CHOCOLATE (100% Milk)	2.75	2.95	3.25
STEAMED MILK	1.95	2.50	2.95
EXTRA ESPRESSO SHOT			.75
GOURMET SYRUP SHOT			.75

### Iced Beverages

	<i>16 oz.</i>	<i>24 oz.</i>
ICED COFFEE OF THE DAY	2.50	3.25
ICED TEA	2.50	3.25
ICED CAPPUCCINO, LATTE or CHAILATTE	4.25	4.50
ICED MOCHA	4.25	4.75
LATTE or MOCHA SMOOTHIE	4.50	4.95
FRESH FRUIT SMOOTHIE	4.95	5.95

ASSORTED SODA CANS	1.50
ASSORTED TROPICANNA	2.50
SNAPPLE	2.50
VITAMIN WATER	2.75
NANTUCKET NECTAR	2.75

## DESSERTS

SPECIALTY CUPCAKES	3.50
SPECIALTY DESSERT BARS	3.50
BROWNIES	3.25
BLONDIES	3.25
ITALIAN BISCOTTI	2.25
RICE KRISPY TREATS (Regular and Low Fat)	2.95
LARGE HOMEMADE COOKIES	2.25
SMALL BLACK & WHITES	2/2.25
SMALL CHOCOLATE CHIP	4/2.95
RUGULAH	1.50
MACAROONS	1.50
CRUMB CAKE	3.25
ASSORTED LOAF CAKES	2.95
PROTEIN BAR	2.50
CHIPS or PRETZELS	1.50
SOY CHIPS	2.95

*\*Prices Subject To Change Without Notice*

## CATERING SNAPSHOT

### Breakfast (6 Person Minimum)

CONTINENTAL BREAKFAST PLATTER	4.95
<i>Assortment of Fresh Baked Muffins, Croissants, Danish, Scones and Assorted Bagels, served with Cream Cheese, Butter and Jelly</i>	
BAGEL PLATTER	3.95
<i>An Assortment of NY's Finest Bagels, served with Butter, Cream Cheese and Jelly</i>	
EXECUTIVE BREAKFAST	10.95
<i>Continental Breakfast Platter, Carved Fruit Tray and Gourmet Coffee Service</i>	
RISE & SHINE BREAKFAST PLATTER	6.95
<i>An Assortment of Scrambled Eggs and Egg Whites, topped with Assorted Cheeses and Breakfast Meats on a Variety of Wraps and Rolls</i>	
CLASSIC LUMBERJACK	14.95
<i>Pancakes, Scrambled Eggs, Bacon or Sausage and Home Fries, served with Gourmet Coffee and Fresh Orange Juice</i>	

### Lunch (6 Person Minimum)

TERESA'S SANDWICH PLATTER	9.95
<i>A Wide Assortment of Signature Sandwiches, Wraps and Paninis</i>	
EXECUTIVE LUNCH	16.95
<i>Teresa's Signature Sandwiches, Side Salad Selection and Homemade Cookie Platter</i>	
TERESA'S SIGNATURE LUNCH	19.95
<i>Teresa's Signature Sandwich Platter, Side Salad Selection, Carved Fruit Tray and Homemade Cookie Platter</i>	
CLASSIC LUNCH	12.95
<i>Teresa's Sandwich Platter with Side Salad Selection</i>	

BAKED ZITI	..... ½ tray	75.00 / full tray	145.00
SAUSAGE & PEPPERS	..... ½ tray	90.00 / full tray	175.00
CHICKEN PARMESAN	..... ½ tray	90.00 / full tray	175.00
HOMEMADE MEATBALLS	.. ½ tray	90.00 / full tray	175.00

## SALADS

ENTREE SALADS	5.25
<i>Main Street, Asian, Grilled Chicken Caesar, Greek or Mexican</i>	
SIDE SALADS	4.25
<i>Garden, Caesar, Tuscan Pasta or Classic Spinach</i>	
CARVED FRUIT PLATTER	4.95

## SWEET PLATTER

ASSORTMENT OF FRESH BAKED COOKIES,  
LOAF CAKES & BROWNIES 4.95

## BEVERAGE SERVICE

GOURMET COFFEE	1.95
ASSORTED TEAS	1.75
SODAS & BOTTLED WATER	1.75
FRESH ORANGE JUICE	2.50

**CALL TODAY FOR OUR  
COMPLETE CATERING MENU  
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MENUS BY LOU BOW 718.227.9343 (3/15)



[www.TERESASNYC.com](http://www.TERESASNYC.com)

*1290 Avenue of the Americas  
51 West 51st Street  
(Between 5th & 6th Avenue)*

*Tel: 212.265.7988*

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