

HOT BREAKFAST

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

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| EGG WHITES on a ROLL or WRAP | 3.50 |
| TWO EGGS on a ROLL or WRAP | 2.95 |
| TWO EGGS with CHEESE & HAM, BACON or SAUSAGE on a ROLL or WRAP | 4.95 |
| TWO EGGS PLATTER or OMELET STYLE | 3.95 |
| WESTERN, SPANISH, GREEK or VEGGIE OMELET PLATTER | 6.95 |
| CLASSIC PANCAKES or CHALLAH FRENCH TOAST | 5.95 |
| SIDE ORDER of HAM, BACON or SAUSAGE | 4.95 |

COMPLIMENTARY POTATOES & TOAST WITH EGG PLATTERS ONLY

— No Substitutions Please —

BREAKFAST EXTRAS

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| .50 Extra - Add to Sandwich / Platter: Additional Egg, Cheese, Onion, Tomato, Spinach, Broccoli, Bell Peppers, Mushrooms, etc. |
| 1.00 Extra - Substitute Egg White |
| 1.50 Extra - Add to Sandwich: Ham, Bacon, Sausage or Croissant |
| 2.00 Extra - Add to Platter: Ham, Bacon or Sausage |
| 3.00 Extra - Add Beef Sausage, Turkey Bacon or Turkey Sausage or Avocado |

BREAKFAST BURRITOS \$6.25

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| CLASSIC WESTERN SPANISH VEGGIE GREEK TERESA'S | Egg, Cheese, Bacon, Ham or Sausage & Potatoes Eggs, Cheese, Ham, Onions, Peppers & Potatoes Eggs, Cheddar, Onions, Tomatoes, Cherry Peppers, Salsa & Potatoes Eggs, Swiss, Tomatoes, Peppers, Onions, Spinach, Mushrooms & Potatoes Eggs, Feta, Tomatoes, Onions, Spinach & Potatoes Eggs, American Cheese, Bacon, Tomatoes, Onions, Avocado & Potatoes |
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Choose Egg Whites for Your Burrito for 1.00 Extra

— Charges May be Added for Substitutions —

MORNING STARTERS

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|---|----------------------------|
| PLAIN BAGEL | |
| with BUTTER or JELLY | 1.50 |
| with BUTTER & JELLY | 1.95 |
| with CREAM CHEESE | 2.50 / FLAVORED |
| with LOX SPREAD | 2.95 |
| with PEANUT BUTTER | 4.95 |
| with JELLY | 3.25 |
| FRESH BAKED MUFFIN | 2.75 / TOASTED with BUTTER |
| CROISSANT | 2.95 |
| TOASTED with BUTTER | 2.95 |
| DANISH or SCONE | 2.75 |
| COLD CEREAL CUP | 2.75 |
| FRESH FRUIT CUP | 4.95 |
| FAT FREE YOGURT PARFAIT | 3.95 |
| GREEK YOGURT | 3.25 |
| DANNON YOGURT | 1.95 |
| FRESH ORANGE JUICE | |
| or GRAPEFRUIT JUICE | Sm. 2.75 / Lg. 3.75 |
| OLD FASHIONED OATMEAL | Sm. 2.50 / Lg. 3.50 |
| with TOPPINGS | .75 each |
| Strawberries, Bananas, Granola, Almonds, Walnuts, Raisins or Craisins | |
| CLASSIC BLT | 6.95 |
| TURKEY BACON BLT | 7.95 |
| CLASSIC GRILLED CHEESE | 6.95 |
| HARD BOILED EGG | 1.00 |

*Prices Subject To Change Without Notice

SPECIALTY ENTREE SALADS

\$9.50

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| A. CLASSIC CAESAR SALAD | 7.95 |
| B. CLASSIC GRILLED CHICKEN CAESAR SALAD | |
| C. GARDEN SALAD | 7.95 |
| 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

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| 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, GREEN PEAS, SCALLIONS, SPROUTS, GREEN PEPPERS, BEETS, BROCCOLI, CROUTONS, RED ONION, CHINESE NOODLES |
| 1.00 Each |
| DRIED CRANBERRIES, GOLDEN RAISINS, CHEESE, TOFU KALAMATA OLIVES, ARTICHOKE, CHERRY TOMATOES, SUN-DRIED TOMATOES, ROASTED PEPPERS, ARTICHOKE, HEARTS OF PALM, MANDARIN ORANGES, WATER CHESTNUTS, ALMONDS, WALNUTS, SUN FLOWER SEEDS, RED PEPPERS, MUSHROOMS, TORTILLA STRIPS, APPLES, EDAMAME, EGG |
| 2.00 Each |
| GRILLED CHICKEN, PESTO CHICKEN, CAJUN CHICKEN, CHICKEN CUTLET, ASIAN CHICKEN, TUNA, TURKEY, PORTOBELLO MUSHROOM, BACON / AVOCADO 3.00 |
| 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

\$7.95

On Choice of Sliced Bread, Wrap or Roll, with Lettuce

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| SMOKED, CAJUN, CRACKED PEPPER, FRESH CARVED or CLASSIC TURKEY BREAD | |
| BLACK FOREST, MAPLE HONEY HAM, CAPICOLA 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, MONTEREY JACK, FRESH MOZZARELLA or BRIE | 6.95 |
| ADD ON: | |
| Tomatoes, Cheese, Sprouts, Roasted Peppers, Fresh Basil, Sun-Dried Tomatoes or Focaccia | .75 |
| Bacon, Fresh Mozzarella, Brie or Hero | 1.00 |
| Avocado | 2.00 |

MEXICAN BAR

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| QUESADILLA | 7.95 |
| 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 | 8.95 |
| Choice of Tortilla filled with Rice, Cheese and Beans, served with Salsa & Sour Cream | |
| SOFT TACOS (3) - Chicken, Beef or Vegetables | 8.95 |
| Soft Tortillas filled with Lettuce and Cheese, served with Salsa & Sour Cream | |
| Guacamole 1.50 Extra | |
| Additional Toppings Available .50 Each - Please Inquire | |

PANINI \$8.95

Grilled European Flatbread

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| 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. 5.25 / lg. 6.25

SPECIALTY SANDWICHES & WRAPS

\$8.95

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 (+ 3.00) | |
| 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 \$8.95

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 | 3.50 |
| FRESH MOZZARELLA SLICE | 3.75 |
| SICILIAN SLICE | 3.75 |
| SPECIALTY SLICE (Deep Dish / Multiple Toppings) | 4.50 |
| GRANDMA SLICE | 3.75 |
| WHOLE WHEAT SLICE | 4.50 |
| CHEESE CALZONE | 6.25 |
| HAM & CHEESE CALZONE | 6.95 |
| STROMBOLI | 6.95 |
| STUFFED ROLLS | 6.95 |
| GARLIC KNOT | .75 |

PIES

| | |
|--------------------------------|-------|
| LARGE PLAIN PIE (8 Slices) | 18.95 |
| LARGE 1 TOPPING PIE | 21.95 |
| LARGE FRESH MOZZARELLA & BASIL | 20.95 |
| LARGE SICILIAN | 26.95 |
| LARGE VEGGIE | 27.95 |
| INDIVIDUAL 12" PIE | 8.95 |

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

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|--|------|
| SAUSAGE & PEPPERS HERO | 8.95 |
| MEATBALL, CHICKEN or EGGPLANT PARMESAN HERO | 8.95 |
| PHILLY CHEESE STEAK | 8.95 |
| GRILLED CHEESE | 6.95 |
| B.L.T. | 6.95 |
| GREEK SPINACH PIE & SALAD | 9.95 |
| FRESH TURKEY or ROAST BEEF PLATTER | 9.95 |
| GRILLED CHICKEN & VEGETABLE PLATTER | 9.95 |

GOURMET BEVERAGES

Hot Beverages

| | | | |
|--------------------------------|------|------|------|
| | Sm. | Med. | Lg. |
| ESPRESSO | 2.75 | | |
| COFFEE OF THE DAY | 2.08 | 2.53 | 2.76 |
| TEA | 2.08 | 2.53 | 2.76 |
| CAPPUCCINO, LATTE or CHAILATTE | 3.75 | 4.25 | 4.75 |
| MOCHA | 4.25 | 4.75 | 4.95 |
| AMERICANO | 3.75 | 4.50 | 4.75 |
| HOT CHOCOLATE (100% Milk) | 2.75 | 3.95 | 4.25 |
| STEAMED MILK | 2.50 | 2.95 | 3.25 |
| EXTRA ESPRESSO SHOT | | | .75 |
| GOURMET SYRUP SHOT | | | .75 |

Iced Beverages

| | | |
|-------------------------------------|--------|--------|
| | 16 oz. | 24 oz. |
| ICED COFFEE OF THE DAY | 2.75 | 3.75 |
| ICED TEA | 2.75 | 3.75 |
| ICED CAPPUCCINO, LATTE or CHAILATTE | 4.75 | 4.95 |
| ICED MOCHA | 4.95 | 5.25 |
| LATTE or MOCHA SMOOTHIE | 5.50 | 5.95 |
| FRESH FRUIT SMOOTHIE | 7.95 | 8.95 |

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| ASSORTED SODA CANS | 1.75 |
| ASSORTED TROPICANNA | 2.75 |
| SNAPPLE | 2.75 |
| VITAMIN WATER | 2.75 |
| NANTUCKET NECTAR | 2.75 |
| POLAND SPRING | 1.75 |

DESSERTS

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| SPECIALTY CUPCAKES | 3.95 |
| SPECIALTY DESSERT BARS | 3.95 |
| BROWNIES | 3.50 |
| BLONDIES | 3.50 |
| ITALIAN BISCOTTI | 2.25 |
| RICE KRISPY TREATS (Regular and Low Fat) | 2.95 |
| LARGE HOMEMADE COOKIES | 2.50 |
| SMALL BLACK & WHITES | 2/2.95 |
| SMALL CHOCOLATE CHIP | 4/2.95 |
| RUGULAH | 1.75 |
| MACAROONS | 1.75 |
| CRUMB CAKE | 3.50 |
| ASSORTED LOAF CAKES | 3.25 |
| PROTEIN BAR | 2.95 |
| CHIPS or PRETZELS | 1.75 |
| SOY CHIPS | 2.95 |

**Prices Subject To Change Without Notice*

CATERING SNAPSHOT

Breakfast (6 Person Minimum)

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| CONTINENTAL BREAKFAST PLATTER | 5.25 pp |
| <i>Assortment of Fresh Baked Muffins, Croissants, Danish, Scones and Assorted Bagels, served with Cream Cheese, Butter and Jelly</i> | |
| BAGEL PLATTER | 4.95 pp |
| <i>An Assortment of NY's Finest Bagels, served with Butter, Cream Cheese and Jelly</i> | |
| EXECUTIVE BREAKFAST | 10.95 pp |
| <i>Continental Breakfast Platter, Carved Fruit Tray and Gourmet Coffee Service</i> | |
| RISE & SHINE BREAKFAST PLATTER | 6.95 pp |
| <i>Assorted Egg Sandwiches and Wraps</i> | |
| BREAKFAST PASTRY PLATTER | 5.95 pp |
| <i>Assorted Mini Croissants, Danish, Breakfast Pastries and Homemade Muffins</i> | |
| CLASSIC LUMBERJACK | 15.95 pp |
| <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 pp |
| <i>A Wide Assortment of Signature Sandwiches, Wraps and Paninis</i> | |
| EXECUTIVE LUNCH | 17.95 pp |
| <i>Teresa's Signature Sandwiches, Side Salad Selection and Homemade Cookie Platter</i> | |
| TERESA'S SIGNATURE LUNCH | 19.95 pp |
| <i>Teresa's Signature Sandwich Platter, Side Salad Selection, Carved Fruit Tray and Homemade Cookie Platter</i> | |
| CLASSIC LUNCH | 13.95 pp |
| <i>Teresa's Sandwich Platter with Side Salad Selection</i> | |

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|--------------------|---------------------------------------|
| 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

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| ENTREE SALADS | 5.95 pp |
| <i>Main Street, Asian, Grilled Chicken Caesar, Greek or Mexican</i> | |
| SIDE SALADS | 4.95 pp |
| <i>Garden, Caesar, Tuscan Pasta or Classic Spinach</i> | |
| CARVED FRUIT PLATTER | 4.95 pp |

SWEET PLATTER

ASSORTMENT OF FRESH BAKED COOKIES,
LOAF CAKES & BROWNIES 4.95

BEVERAGE SERVICE

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

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COMPLETE CATERING MENU
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***10% DELIVERY FEE ON ALL CATERING ORDERS.
PLEASE NOTE THIS IS NOT A GRATUITY.**

MENUS BY LOU BOW 646.436.5192



2017-2018

www.TERESASNYC.com

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

Tel: 212.265.7988

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