

LEN- WICH

COFFEE & TEA

House Blend	3/5 CAL
Decaf	6/9 CAL
Hazelnut	2/4 CAL
Cafe Au Lait	102/142 CAL
Americano	5 CAL
Latte	147/183 CAL
Cappuccino	126/155 CAL
Mochaccino	232/333 CAL
Espresso	2/5 CAL
Tea	0 CAL REG / 0 CAL DECAF
Hot Chocolate	248/422 CAL
Fresh Iced Tea	0 CAL

ADD-ONS: Iced Coffee Drinks (0 CAL), Extra Espresso Shot (2 CAL), Half & Half (37-50 CAL), Soy/Almond Milk

BAGELS

Selection	180-390 CAL
Plain, Bialy, Raisin, Everything, Poppy, Sesame, Whole Wheat	

SPREADS

Butter	150 CAL
Jelly	78 CAL
PB (Peanut Butter)	500 CAL

CREAM CHEESE

Plain	291 CAL
Vegetable	291 CAL
Low Fat	171 CAL
Scallion	291 CAL

EGG SANDWICHES

Egg or Egg White Sandwich	373/264 CAL
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OMELETTES & PLATTERS

Breakfast Platter	638-741 CAL
Two eggs any style with choice of ham, sausage, bacon or turkey bacon. Includes home fries & toast.	

Western Omelette	648 CAL
Black forest ham, bell pepper, onion, home fries & toast.	

Spanish Omelette	850 CAL
Bacon, cheddar, bell pepper & onion, home fries & toast.	

SIDES & SUBSTITUTES

Home Fries	419 CAL
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Substitute Hero	270-280 CAL
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ADD-ON PROTEINS: Ham (31/187 CAL) | Sausage (135/577 CAL) | Bacon (122/918 CAL) | Turkey Bacon (52/392 CAL) | Cheese (90-146 CAL)

WRAPS & OATMEAL

Turkey B.E.L.T	446-501 CAL
Eggs or egg whites, turkey bacon, lettuce & sliced tomato.	

Athens Wrap	557-612 CAL
Egg whites or eggs, spinach, feta, tomato & grilled turkey.	

Pastrami "Hash"	619-674 CAL
Egg whites or eggs, grilled pastrami, home fries & ketchup.	

Egg White Delight	539 CAL
Egg whites, avocado, cucumber, kale & muenster cheese.	

Oatmeal (Creamy Home Style)	226/339 CAL
Creamy home style oatmeal. Add-ons: Almonds (40 CAL), Honey (11 CAL), Banana (6 CAL), Raisins (52 CAL), Cranberries (43 CAL), Strawberries (9 CAL), Granola, Walnuts.	

SPECIALTY SALADS

Jurassic	614 CAL
Mesclun, grilled chicken, dried cranberries, apple, walnuts & sunflower seeds. Dressing: lemon squeeze & olive oil 246 CAL	
Mexicool	356 CAL
Mesclun & romaine, grilled chicken, grape tomatoes, red onion, avocado & tortilla chips. Dressing: cilantro lime pesto 215 CAL	
Cobb	637 CAL
Romaine lettuce, grilled chicken, crumbled blue cheese, bacon bits, hard boiled egg, avocado, cucumber & grape tomato	

BUILD YOUR OWN SALAD	
Romaine or Spinach	21 CAL
Kale or Mesclun	60 CAL
Arugula	20 CAL

CLASSIC SALADS

Caesar	213 CAL
Romaine lettuce, croûtons & Parmesan cheese	
Kale Caesar	448 CAL
Kale, grilled chicken, grape tomatoes, Parmesan cheese & croûtons. Dressing: Caesar 243 cal	
Garden	189 CAL
Romaine lettuce, kalamata olives, carrot, cucumber, green peppers, red peppers, red cabbage & tomato	
Greek	338 CAL
Romaine lettuce, kalamata olives, carrot, cucumber, green peppers, red peppers, red cabbage, tomato & feta cheese	

ADD PROTEIN:
• Grilled Chicken (187 CAL) • Chicken Salad (498 CAL)
• Chicken Cutlet (157 CAL) • Tuna Salad (265 CAL)

GRAIN BOWLS

Chicken Mojo	364 CAL
Super grain, grilled chicken, baby spinach, black bean, corn, red cabbage & cucumber salsa. Dressing: cuban mojo sauce 360 CAL	
In The Wild	674 CAL
Super grain, grilled chicken, kale, apple, dried cranberry, almond, chick pea, fresh mozzarella. Dressing: honey balsamic vinaigrette 332 CAL	

BEEF SANDWICHES

Lenwich Δ	633-941 CAL
Hot pastrami, corned beef, melted Swiss, coleslaw & thousand island.	
Big Daddy	770-1176 CAL
Grilled steak, avocado, fresh mozzarella, crispy onion, roasted red peppers & sriracha.	
Chimichurri Steak	821-1244 CAL
Grilled steak, jack cheese, roasted garlic, pico de gallo & chimichurri sauce.	

COLD'WICH

Italian Δ	587-880 CAL
Salami, capicola, provolone, lettuce, tomato, onion, hot peppers, oregano, oil & vinegar.	
Emma's	485-745 CAL
Smoked ham, smoked turkey, Swiss, coleslaw & thousand island.	
Turkey Brie Δ	485-725 CAL
Smoked turkey, brie, dried cranberry, apple, mesclun & low fat honey mustard.	
Farmhouse Δ	622-908 CAL
Chicken salad, dried cranberry, cucumber, red cabbage, leaf lettuce & tomato.	

CHICKEN SANDWICHES

Caesar Wrap	959-969 CAL
Grilled chicken, parmesan cheese, romaine lettuce, croûtons & caesar dressing.	
Chickavo	553-817 CAL
Grilled chicken, avocado, roasted red peppers, mesclun & ranch dressing.	
Chicken Cheddar Δ	701-1032 CAL
Breaded chicken, melted cheddar, crispy bacon, lettuce & tomato.	
Jimmy T Δ	777-1115 CAL
Breaded chicken, mozzarella, grilled onion, sweet peppers & honey mustard.	
Buffalo Δ	534-791 CAL
Breaded chicken, crumbled bleu cheese, leaf lettuce & spicy buffalo sauce.	
Parmigiana Δ	588-863 CAL
Breaded chicken, fresh mozzarella & parmigiana sauce.	

VEGGIE

Veggie'Wich	257-423 CAL
Avocado, leaf lettuce, tomato, carrot, cucumber, alfalfa sprouts, red cabbage, sweet peppers & honey mustard.	
Bello Melt	570-839 CAL
Portobello mushroom, crispy onion, mozzarella, basil, roasted peppers, arugula & honey balsamic dressing.	
Caprese	561-827 CAL
Mozzarella, peppers, tomato, capers & tomato pesto.	

FISH

Fish'Wich	783-976 CAL
Crispy cod, cole slaw, chips, leaf lettuce, tomato, pickle & tartar sauce. Suggested on Brioche.	
Tuna Pesto	846-1183 CAL
Tuna salad, arugula, avocado, pickled onion, balsamic vinegar and pesto sauce. Suggested on rosemary flatbread.	
Tuna Dijon	511-760 CAL
Tuna salad, carrot, cucumber, sprouts, tomato & Dijon mustard.	

SIDES

French Fries	451 CAL
Crazy Blue Fries	517 CAL

NOTICE: CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, EGGS OR UNPASTEURIZED MILK MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. 2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. Δ INDICATES THAT THE SODIUM (SALT) CONTENT OF THIS ITEM IS HIGHER THAN THE TOTAL DAILY RECOMMENDED LIMIT (2,300 MG).