



Daily Lunch Specials Menu

for Friday, January 27, 2012

SOUPS

<i>Seafood</i>	\$ 3.50 Pint
<i>Vegetarian Lentil</i>	\$ 3.50 Pint
<i>White Bean</i>	\$ 3.50 Pint
<i>ORGANIC Cream of Spinach</i>	\$ 4.25 Pint

HOT BAR

Any Regular Item Combination ONLY \$ 6.99 Lb.

<i>Baby Carrots w/ Dill Butter</i>
<i>Breaded Basa Fillet w/ Tartar Sauce</i>
<i>Brown Rice</i>
<i>Eggplant Parmigiana</i>
<i>Plain Pasta</i>
<i>Roasted Yellow Yukon Potatoes</i>
<i>Steamed Pierogi w/ Potato & Cheese</i>

SANDWICHES/WRAPPS

1. Mr. Black Bird <i>Smoked Turkey Breast, Cheddar Cheese, Lettuce, Tomato and Herb Mayo on Pumpernickel Bread</i>	\$ 7.50 Each
2. Country Style Ham on Hero <i>Country Style Ham, Smoked Cheese, Tomato, Lettuce, Scallion and Mustard</i>	\$ 7.50 Each
3. Fresh Mozzarella on Sourdough <i>Fresh Mozzarella Cheese, Tomato, Basil and Balsamic Vinaigrette</i>	\$ 5.75 Each
4. Grilled Portobello Mushroom w/ Goat Cheese on Ciabatta <i>Grilled Portobello Mushroom, Goat Cheese, Tomato and Basil Pesto</i>	\$ 7.50 Each
5. Crunchy Veggies w/ Caribbean Tofu on 7-Grain Hero <i>Avocado, Tomato, Cucumber, Carrots, Lettuce, Caribbean Tofu and Hummus</i>	\$ 7.50 Each

FEATURED SPECIALS

<i>Caesar Salad w/ Grilled Chicken Breast</i>	\$ 7.50 Each
<i>SALAD of the DAY- Caesar Salad</i>	\$ 4.99 Lb.

921 Manhattan Avenue, Brooklyn, NY 11222 Phone: (718) 389-6448 Fax: (718) 389-6530