

Morning Starters

Full Size Bagels & Muffins.....	\$3.25
Individual Parfaits (Choice of Vanilla or Strawberry)	\$3.50
Bowl of Yogurt & Granola (Vanilla Fat-Free)	\$5.95
Seasonal Fruit Salad	\$4.95

Smoothies *Serves 8*

Served by the Pitcher. \$60.00

- Funkin' Monkey** – Banana, Strawberry, Apple Juice & Skim Milk
- Tropic Boost** – Banana, Mango, Pineapple, Orange Juice & Skim Milk
- Black & Blue** – Blueberry, Raspberry, Banana, Apple Juice & Honey
- De-Stresser** – Mango, Strawberry, Banana, Orange Juice, Cinnamon & Skim Milk
- Power Pink Pleasure** – Peach, Strawberry, Banana, Apple Juice, Peanut Butter & Skim Milk

Party Platters

Cookie and Brownie Platter	\$4.50
Seasonal Fruit Platter	\$4.95
Crudites	\$5.95

Beverages

Poland Spring Bottled Water	\$1.95
Bottled Soda	\$2.25
Snapple	\$2.50
Tropicana OJ	\$2.85
Coffee Service(Regular or Decaf)	\$2.25
Vitamin Water	\$3.25
Zico Water	\$3.50

THE SMALL PRINT

Service Charge & Delivery Fee

There is a 10% service charge on all orders. Delivery is free. However, events beyond our service area may be subject to a fee.

Cancellation Policy

Orders canceled with less than 24 hours notice are subject to a full charge.

Security & Your Delivery

It is important for us to facilitate your catering delivery to the best of our ability. Please inform us of any special security requirements or elevator restrictions in your building so we may make the proper arrangements for an easy delivery.

Ordering Guidelines

To ensure product availability & a timely delivery we encourage our clients to place orders by 3:00pm for the following day. Of course we will always try to accommodate last minute orders.

House Accounts

You may request a House Account Application at the store or call the corporate office at 212.768.9292 ext. 24. All statements are sent out on the first of the month and are due upon receipt. All house accounts must be supported by a valid credit card. Late payments will be charged to the credit card and are subject to a late fee. We accept American Express, Visa, Master Card, Discover, Diners Club, Corporate Checks & Cash.

Help Save the Environment

Help us save paper and the environment. Please advise us if you do not need any paper products for your event.

Catering 6 Person Minimum / All Prices Per Person



2012 CATERING MENU

420 LEXINGTON AVENUE
BTWN 44TH & 45TH
(inside Equinox Fitness)

212.687.4006
www.citychowcafe.com

Lunch Bundles

Lunch Bundle 1	Choose from our Sandwiches or Wraps selections + Side Salad	\$12.95
Lunch Bundle 2	Choose from our Sandwiches or Wraps selections + two Side Salads + Cookie & Brownie Dessert	\$15.95
Lunch Bundle 3	Choose from our Sandwiches or Wraps selections + two Side Salads + Fruit Platter + Cookie & Brownie Dessert	\$17.95
Sandwich & wrap Platters	Choose from the following Classic or Artisan Sandwiches & Wraps to build your platter	\$9.95

CLASSIC SANDWICHES

(All made with Lettuce & Tomato)

- Albacore Tuna Salad**
- Chicken Salad**
- Walnut Cranberry Chicken Salad**
- Roasted Turkey**
- Black Forest Ham**
- Lemon Grilled Chicken**
- Breaded Chicken**

CHOICE OF BREADS:

Sourdough, 7 Grain, Whole Wheat, Ciabatta Hero or Brioche Roll

CHOICE OF CHEESES:

Fresh Mozzarella, Yellow American, Provolone, White Cheddar or Swiss

ARTISAN SANDWICHES

California

Avocado, Tomato, Onion, Sprouts, White Sharp Cheddar Cheese & Mayo

Fresh Mozzarella & Tomatoes

Arugula, Olive Oil & Balsamic Vinegar

Turkey & Cranberry

Roasted Turkey, Cranberry Sauce, Honey Mustard, Brie Cheese & Arugula

Turkey Cucumber

Roasted Turkey, Cucumbers & Arugula with Aioli

Turkey Cheddar Apple

Sliced Turkey Breast, Aged Sharp Cheddar Cheese, Honey Dijon, Granny Smith Apple Slices, Green Leaf Lettuce with Grainy Mustard & Mayo

Grilled Chicken Club

Grilled Chicken, Crispy Bacon, Herbed Mayo, Romaine Lettuce & Juicy Tomatoes

Chicken Curry

Roasted Chicken Breast with Green Apples, Chopped Walnuts & Raisins, Tossed with Curry & Mayo

WRAPS

Chicken Caesar Wrap

Grilled Chicken, Parmesan Cheese, Hearts of Romaine & Caesar Dressing

Turkey Club Wrap

Roasted Turkey with Crispy Bacon, Swiss Cheese, Leaf Lettuce, Tomatoes & Mayo

Chicken Fajita Wrap

Black Beans, Cheddar & Monterey Jack Cheese, Chopped Tomato & Avocado

LIST OF SIDE SALADS FOR YOUR LUNCH BUNDLES

- Pasta with Tomato & Mozzarella
- Pasta Primavera
- Rotini with Mushrooms
- Macaroni Salad
- Quinoa Salad
- Balsamic Veggies
- Tomato & Cucumber Salad in Balsamic Vinaigrette
- Tomato & Mozzarella Salad
- Green Salads (listed below)

Salads *Go Green!*

Our chefs will create the salad of your choice. Below are our most popular salads. (Entrée Salads Served with Brick Oven Bread)

Asian Chicken Salad

Chicken, Chopped Romaine, Crispy Onions, Fresh Cilantro, Red Bell Peppers & Scallions

Grilled Chicken Chef Salad

Grilled Chicken, Crispy Bacon, Egg, Onions, Cherry Tomatoes & Swiss Cheese over Romaine

Classic Grilled Chicken Salad

Grilled Chicken, Monterey Jack Cheese, Avocado, Cherry Tomatoes, Corn & Crispy Onions over Romaine

Harvest Salad

Chicken, Apples, Raisins, Blue Cheese, Toasted Walnuts & Croutons over Mesclun Greens

Chicken Caesar Salad

Grilled Chicken, Hearts of Romaine, Shaved Parmesan & Croutons

Turkey & Avocado Salad

Turkey Breast, Sliced Avocado, Grape Tomatoes & Swiss Cheese over Mesclun

Classic Garden Salad

Mesclun Greens with Grape Tomatoes, Shredded Carrots & Cucumbers

Caesar Salad

Hearts of Romaine, Shaved Parmesan & Croutons

Traditional Greek Salad

Hearts of Romaine with Feta Cheese, Tomatoes, Cucumbers & Black Olives

Traditional Spinach Salad

Baby Spinach with Walnuts, Sweet Red Onions & Mandarin Oranges

\$4.95 (Side Salad) / \$7.95 (Entrée Salad)

Add Grilled Chicken or Roast Turkey additional \$1.00 for a Side Salad & \$2.00 for an Entrée Salad

ALL SALADS ARE SERVED WITH YOUR CHOICE OF DRESSING:

- Balsamic Vinaigrette
- Caesar
- Extra Virgin Olive Oil
- Fat Free Sun Dried Tomato Vinaigrette
- Honey Mustard
- Light Olive Oil Vinaigrette
- Low Fat Peppercorn
- Low Fat Ranch
- Organic Citrus Vinaigrette
- Organic Ginger Sesame
- Russian

Catering 6 Person Minimum / All Prices Per Person