LUNCH M<u>EN</u>U



WELCOME TO WESTSIDE MARKET

Our incredible selection of lunch items is quickly becoming a neighborhood favorite. While perusing through the many display counters, you will soon see why. All our soups, entrées and sandwiches are prepared daily on premise using top of the line ingredients.



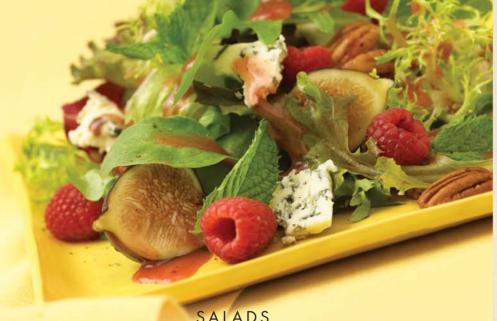
SANDWICHES

We combine a choice of cheese and tasty meats on a selection of Westside specialty baked bread to create a unique variety of sophisticated, rustic, looking sandwiches.

All sandwiches are served on a choice of assorted breads, rolls, heroes and baquettes.

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	BREAD OR ROLL	HERO OR BAGUETTE
1. Tuna Salad with lettuce, tomato and swiss cheese		7.99
2. Chicken Salad with lettuce and tomato		7.99
3. Beef Bologna with lettuce, tomato and mustard		7.99
4. Head Cheese with lettuce, tomato and mustard		7.99
5. Ham Olive Loaf with lettuce, tomato and mustard		7.99
6. Liverwurst with lettuce, tomato and mustard		7.99
7. Black Forest Ham & Brie with lettuce, tomato and honey mustard		7.99
But Corned Beef & Cheddar with lettuce, tomato and honey mustard		8.99
Phot Pastrami & Swiss with lettuce, tomato and mustard		8.99
10. B.H. Ham & Swiss with lettuce, tomato and mustard		7.99
		7.99
11. B.H. Turkey & Swiss with lettuce, tomato and mayonnaise		
12. B.H. Honey Turkey & Provolone with lettuce, tomato and honey mustard		7.99
13. B.H. Smoked Turkey & Cheddar with lettuce, tomato and mayonnaise		7.99
14. B.H. Cracked Peppermill Turkey & Swiss with lettuce, tomato and mayonnaise		7.99
15. Hot Roast Pork & Swiss with lettuce, tomato and mustard		7.99
16. Genoa Salami & Provolone with lettuce, tomato and mustard		7.99
17. Hard Salami & Fresh Mozzarella with lettuce, tomato and mustard		7.99
18. Sopressata (Sweet or Hot) & Provolone with lettuce, tomato and mustard		8.99
19. Pepperoni & Swiss with lettuce, tomato and mustard		7.99
20. Beef Salami with lettuce, tomato and mustard		7.99
21. Cappicola Ham & Provolone with lettuce, tomato and mustard	6.99	7.99
22. Hot Baked Ham & Swiss with lettuce, tomato and mustard	6.99	7.99
23. Meatball Parmigiana	7.99	8.99
24. London Broil Roast Beef & American Cheese lettuce, tomato and Russian dressing	7.99	8.99
25. Fresh Roast Beef & Cheddar with lettuce, tomato and Russian dressing	7.99	8.99
26. Freshly Roasted Turkey & Fresh Mozzarella with tomato, basil and vinaigrette	7.99	8.99
27. Hot Smoked Bone-In Ham & Swiss with lettuce, tomato and mustard	7.99	8.99
28. Hot Grilled Chicken & Provolone with lettuce, tomato and mayonnaise	7.99	8.99
29. Hot Chicken Cutlet & Provolone with lettuce, tomato and mayonnaise		8.99
30. Hot Chicken Parmigiana with mozzarella cheese		8.99
31. Hot Turkey Burger with lettuce, tomato and barbecue sauce	6.99	
31. Hot Turkey Burger with lettuce, tomato and barbecue sauce		12.99
32. Grilled Salmon with cucumber, onion and dill sauce	10.99	12.99 8.99
32. Grilled Salmon with cucumber, onion and dill sauce	10.99	8.99
32. Grilled Salmon with cucumber, onion and dill sauce	10.99	
32. Grilled Salmon with cucumber, onion and dill sauce	10.99 .7.99 8.99	8.99
32. Grilled Salmon with cucumber, onion and dill sauce	10.99 .7.99 8.99	9.99
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32. Grilled Salmon with cucumber, onion and dill sauce 33. Smoked Salmon & Cream Cheese with tomato, onion and capers Kobe Beef your choice of Roast Beef, Pastrami or Brisket SPECIAL COMBO SANDWICHES 34. Milanese Mortadella, cappicola ham, genoa salami, baked ham, pepperoni, provolone cheese, tomato, roasted pepper and Italian dressing 35. West Side Combo Hot pastrami, hot corned beef, melted swiss cheese and Russian dressing 36. All Star (Hot) Turkey, Virginia ham, swiss cheese, lettluce, tomato and Russian dressing 37. New Yorker Roast beef, turkey, swiss cheese, cole slaw and Russian dressing 38. Hot Cheese Steak Roast beef, turkey, swiss cheese, cole slaw and Russian dressing 39. Turkey Shoot Turkey breast, melted cheddar cheese, sweet red pepper and honey mustard 40. French Connection Hot chicken cutlet, Virginia ham, melted swiss cheese and blue cheese dressing 41. Tuna Melt Tuna salad with melted American cheese 42. Tuna Club Tuna salad, egg salad, lettuce and tomato 43. Chelsea's Own Rye Supreme Hot roast beef, hot pastrami, cole slaw, onion and Russian dressing 44. Reuben Sandwich Hot corned beef, melted swiss cheese, sauerkraut and Russian dressing 45. Westside Veggie Delight Roasted veggies, lettuce, tomato and pesto genovese	10.99 7.99 8.99 8.99 7.99 7.99 7.99 6.99 7.99 6.99 6.99	8.99 9.99 9.99 8.99 8.99 8.99 8.99 7.99 7.99 8.99 8.99
32. Grilled Salmon with cucumber, onion and dill sauce 33. Smoked Salmon & Cream Cheese with tomato, onion and capers. Kobe Beef your choice of Roast Beef, Pastrami or Brisket. SPECIAL COMBO SANDWICHES 34. Milanese Mortadella, cappicola ham, genoa salami, baked ham, pepperoni, provolone cheese, tomato, roasted pepper and Italian dressing 35. West Side Combo Hot pastrami, hot corned beef, melted swiss cheese and Russian dressing 36. All Star (Hot) Turkey, Virginia ham, swiss cheese, lettuce, tomato and Russian dressing 37. New Yorker Roast beef, turkey, swiss cheese, cole slaw and Russian dressing 38. Hot Cheese Steak Roast beef, turkey, swiss cheese, cole slaw and Russian dressing 39. Turkey Shoot Turkey breast, melted cheddar cheese, sweet red pepper and honey mustard 40. French Connection Hot chicken cutlet, Virginia ham, melted swiss cheese and blue cheese dressing 41. Tuna Melt Tuna salad with melted American cheese 42. Tuna Club Tuna salad, egg salad, lettuce and tomato 43. Chelses' Sown Rye Supreme Hot roast beef, hot pastrami, cole slaw, onion and Russian dressing 44. Reuben Sandwich Hot corned beef, melted swiss cheese, sauerkraut and Russian dressing 45. Westside Veggie Delight	10.99 7.99 8.99 8.99 7.99 7.99 7.99 6.99 7.99 6.99 6.99	8.99 9.99 9.99 8.99 8.99 8.99 8.99 7.99 7.99 8.99 7.99
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SALADS	
Avocodo Bean Salad A deliciuos medley of freshly picked avocados, cucumbers, ground herbs and spices, mixed with a combination of red, white and black beans marinated in zesty Italian dressing	8.99 lb.
Israeli Salad Fresh tomatoes, cucumbers, red onions & cilantro with an Italian vinaigrette dressing	8.99 lb.
Mixed Berries Rasberry Vinaigrette Fresh strawberries, raspberries, blackberies and blueberries mixed with spinach, homemade couscous, and sweet raspberry vinaigrette	8.99 lb.
Baby Spinach Salad A healthy mixture of fresh baby spinach, grape tomatoes and cucumbers, all tossed together and topped with gourmet vinaigrette dressing	8.99 lb.
Greek Salad Chopped cucumbers and tomatoes tossed together with kalamata olives and drenched with extra virgin olive oil and topped off with freshly crumbled feta cheese	8.99 lb.
Garden Salad Freshly diced peppers and cucumbers with avocado and grape tomatoes, mixed with our own homemade zesty Italian dressing	7.99 lb.
Table Side Style Ceasar Salad Freshly chopped romaine lettuce with croutons, grated Parmigiano-Reggiano and tossed with our very own famous homemade caesar dressing	8.99 lb.
Chef Salad Freshly chopped romaine lettuce with ham, Swiss cheese, shredded carrots, tomatoes, cucumbers, red onions and tossed with Russian dressing	8.99 lb.

SALAD BAR

OPTION #1 Greens Plus All Toppings Excluding Chicken, Beef & Seafood \$7.39_{lb}

OPTION #2

Greens Plus All Toppings With Chicken and/or Beef **Excluding Seafood**

\$8.39lb

OPTION #3

Greens Plus All Toppings

With Seafood

\$9.99lb

CHOOSE THE GREENS

Romaine Lettuce, Baby Spinach, Mesclun

CHOOSE THE TOPPING

All Cheeses, Alfalfa, Artichoke Hearts, Avocado, Bean Salad, Beets, Black Beans (Black, Red, or White), Broccoli, Carrots, Celery, Cherry Tomatoes, Chickpeas, Corn, Croutons, Cranberries, Cucumbers, Diced Tomatoes, Dried Fruits, Egg Whites, Hard Boiled Eggs, Mandarin Oranges, Mushrooms, Olives, Peppers, Raisins, Red Onions, Roasted Peppers, Sundried Tomatoes, Sunflower Seeds, Tofu, Walnuts

Freshly Roasted Turkey, Grilled Chicken, Italian Tuna Salad, Smoked Turkey

Oven Roasted Shrimp, Broiled Salmon

CHOOSE THE DRESSING

Apple Vinaigrette Balsamic Vinegar

Balsamic Vinegar Caribbean Mango Vinaigrette Cranberry Citrus Vinaigrette Greek Vinaigrette Pomegranate Acai Vinaigrette Red Wine Vinaigrette Red Wine Vinegar Roasted Garlic Vinaigrette Sesame Thai Vinaigrette

Asian Sesame Ginger Balsamic Basil Chipotle Mayonnaise Chunky Blue Cheese Creamy Caesar Extra Virgin Olive Oil French Golden Italian Honey Dijon Honey Mustard Lemon Juice

Light Italian Low Fat Caribbean Mango Orange Sesame Ginger Poppy Seed Ranch Thousand Island Wild Raspberry Zesty Italian

Fat Free Caesar Fat Free Catalina Fat Free Dijon Honey Mustard Fat Free Italian Fat Free Ranch Fat Free Raspberry Vinaigrette Fat Free Roasted Garlic Vinaigrette Fat Free Southwest Cilantro Lime Vinaigrette Fat Free Sundried Tomato Vinaigrette Fat Free Toasted Sesame

This Price Structure Excludes 15th Street Location

SOUPS

	PINT	QUART	PINT	QUART
Chicken Vegetable	3.99	5.99	Green Split Pea 3.99	5.99
Country Vegetable	3.99	5.99	Country Green Lentil3.99	5.99
Broccoli Soup	3.99	5.99	Tuscan White Bean 3.99	5.99
Beef Barley	3.99	5.99	Manhattan Clam Chowder 3.99	5.99

WE HAVE OVER 30 VARIETIES OF SOUP MADE FRESH DAILY

LUNCH & DINNER SPECIAL

The best deal in town for a balanced, home-cooked meal. Stop by on your way home, and choose an entrée along with two side dishes from our inviting freshly-prepared selections.

Choose any chicken or pasta entrée with 2 sides	10.99
Choose any prime meat or fish entrée with 2 sides	13.99

CHICKEN & PASTA ENTRÉ	ES
Meat Lasagna	8.99 lb.
Homemade fresh lasagna, ricotta cheese, homemade meat sauce and fresh mozzare	
Spinach Lasagna Another family favorite, lasagna noodles layered with creamy fresh ricotta,	8.99 lb.
lightly sautéed spinach and crumbly Greek feta cheese, baked to golden perfection	
Baked Vegetable Lasagna Homemade lasagna, sliced green and yellow squash, carrots, sweet peas, eggplant,	
ricotta cheese, marinara and fresh mozzarella	
Spinach Pie (Spanakopita)	
Phyllo pie filled with sautéed spinach, Greek feta, onions and spices and baked unti	
Greek Mousaka One of our family favorites from Maria's repertoire, a succulent combination of eggp	
and zucchini slices layered with a rich meat sauce, grated Parmigiano-Reggiano and	
Chicken Parmesan	10.99 lb.
Our delicious chicken cutlet Milanese topped with fresh pomodoro tomato sauce and fresh mozzarella, baked to perfection	
Chicken Marsala	9.99 lb.
Boneless and skinless chicken breast, lightly floured, sautéed in Marsala wine sauce	
and sliced mushrooms	
Grilled Lemon Chicken Boneless and skinless marinated chicken breast, char-grilled until tender and moist	
Fresh Braised Chicken Cutlets	
Boneless and skinless chicken breast with Italian breadcrumbs,	
pan fried in a light butter and olive oil blend	
Chicken Kabobs Chicken breast chunks slowly grilled and glazed with a savory teriyaki sauce	2.99 ea.
Chicken Pot Pie	7.99 ea.
Golden crisp phyllo dough stuffed with chunks of boneless chicken breast, mixed vi	
savory chicken gravy, and sprinkled with fresh ground herbs and spices	
Stuffed Cornish Hens Whole cornish hens stuffed with rice and spinach then baked in a lemon wine sauce	
Buffalo or BBQ Chicken Wings	
Chicken wings baked to perfection with a spice buffalo sauce or a savory barbecue	
Pasta Garlic Sauce	7.99 lb.
Freshly cooked pasta, served with extra virgin olive oil, diced garlic	
and covered with grated Parmigiano-Reggiano Chicken Curry	0.00 lb
Chicken pieces marinated in Indian spice blend, and simmered until tender	7.79 10.
with chickpeas in a light curry sauce	
Brazilian Chicken	9.99 lb.
Tender pieces of chicken sautéed with onion and garlic, seasoned with paprika and hot sauce	
Eggplant Parmesan	8.99 lb.
Lightly breaded sliced eggplant with homemade marinara sauce, fresh basil,	
ricotta cheese and fresh mozzarella cheese, sprinkled with fresh grated Parmigiano-R	
Italian Style Meatballs	0.77 10.

Italian Style Meatballs 100% ground beef sirloin blended with Italian breadcrumbs and seasoning, baked until moist

and juicy, topped with our homemade pomodoro tomato sauce and Parmigiano-Reggiano cheese

100% ground beef sirloin blended with our homemade

breadcrumb mixture baked until moist and juicy, topped with our delicious mushroom

brown gravy



MEAT & FISH ENTRÉES

Prime Rib Tender prime boneless rib roast, seasoned with garlic and herb marinade, coated with black peppercorns, broiled medium rare and served with a delicious mushroom brown gravy	15.99 lb.
Beef Stew	9.99 lb.
Lamb Stew with Egg Noodles Tender pieces of lamb braised with fresh sliced tomato. Seasoned with fresh Italian herbs and served with all dente egg noodle pasta	12.99 lb.
Baked Tilapia Baked Tilapia fillet lightly seasoned with paprika, garlic and olive oil	10.99 lb.
Honey Dijon Salmon Baked Salmon with a savory honey dijon mustard sauce	19.99 lb.
Poached Atlantic Salmon with Lemon Dill Sauce Steamed wild Atlantic king salmon on a bed of lightly sautéed peppers with a lemon wine dill sauce	. 19 . 99 lb.
Veracruz Style Fried Shrimp Breaded jumbo shrimp, peppers, onions, garlic and jalapeño peppers pan fried in a light butter olive oil blend	19 . 99 lb.

SIDES

Sizes: 8 oz.(1/2 lb.) and 16 oz.(1 lb.)

Idaho potatoes cooked in Evian water, seasoned with light cream and garnished

5.99 lb.

Garlic Mashed Potatoes

with sautéed whole garlic	
Grilled Mixed Vegetables	7.99 lb.
Steamed Mixed Vegetables Steamed broccoli, carrots, cauliflower, green beans and other seasonal veggies drizzled with extra virgin olive oil, salt & pepper for taste	8.99 lb.
Sautéed Broccoli Rabe with Garlic & Oil Farm fresh broccoli rabe sautéed with garlic and extra virgin olive oil	8.99 lb.
Spanish Style Yellow Rice with Red Kidney Beans Cooked rice seasoned with saffron, red kidney beans and Spanish seasoning	6.99 lb.
Sautéed String Beans Steamed string beans, sautéed in olive oil with slivers of onions and garlic	7.99 lb.
Roasted Potatoes Parmesan Fresh white potatoes baked with Parmigiano-Reggiano cheese, butter and extra virgin olive oil	6.99 lb.
Rice with Shrimp	7.99 lb.
Cooked rice seasoned with saffron and light spices, mixed vegetables and shrimp	
Orzo with Mixed Vegetables	5.99 lb.
Roasted Cauliflower & Carrots	8.99 lb.

Cauliflower, carrots, bread crumbs, Parmigiano-Reggiano, extra virgin olive oil and spices



Fresh Spinach & Rice Tender spinach leaves sautéed until just wilted and served with steamed white rice	6.99 lb.
Baby Spinach Salad with Feta Cheese Baby spinach with feta cheese tossed in a balsamic vinaigrette	8.99 lb.
Baby Spinach Salad with Berries A delicious medley of young spinach, Belgian endives, thin slivers of onions, raspberries and raisins tossed in a zesty vinaigrette	8.99 lb.
Greek Salad A perfect blend of crisp romaine lettuce, cucumber and green pepper, ripe tomato, kalamata olives, and feta cheese simply tossed in extra virgin olive oil and wine vinegar	8.99 lb.
Classic Linguine & White Wine Sauce Fresh linguine with traditional white clam sauce, sprinkled with fresh Italian parsley	7.99 lb.
Pasta with Steamed Broccoli and Roasted Garlic Fresh pasta cooked al dente, steamed broccoli, roasted sliced garlic, fresh parsley, grated Parmigiano-Reggiano cheese and olive oil	7.99 lb.
Pasta with Asparagus Tips and Fresh Ricotta Fresh pasta cooked al dente, steamed asparagus tips, fresh ricotta cream, plum tomatoes, grated Pecorino Romano, olive oil and spices	7.99 lb.
Mini Rigatoni with Grilled Mixed Vegetable Mini rigatoni pasta cooked al dente, diced mixed grilled vegetables, basil infused olive oil and fresh grated Parmigiano-Reggiano cheese	7.99 lb.
Rigatoni Bolognese Rigatoni pasta cooked al dente with homemade meat ragu sauce, dusted with fresh grated Parmigiano-Reggiano cheese	7.99 lb.
Penne a la Vodka Penne pasta cooked al dente with freshly made pink vodka sauce, sprinkled with grated mozzarella and Parmigiano-Reggiano cheese	7.99 lb.
Fusilli with Mixed Grilled Vegetables Fusilli pasta with a light pomodoro tomato sauce and tender grilled vegetables sprinkled with fresh grated aged Parmigiano-Reggiano cheese	7.99 lb.
Linguine a la Marinara Fresh linguine, homemade marinara sauce, sprinkled with fresh basil and Parmigiano-Reggiano chees	
Linguine with Garlic and Olive Oil	7.99 lb.
Bowtie Pasta with Sweet Peas & Portobella Mushrooms Bowtie shaped pasta cooked al dente with sautéed mushrooms, sweet peas, olive oil and Parmigiano-Reggiano cheese.	7.99 lb.
Baked Cheese Ravioli a la Marinara Freshly made cheese ravioli, homemade marinara sauce baked to perfection, topped with fresh chopped basil leaves and dusted with Parmigiano-Reggiano cheese	7.99 lb.

ROTISSERIES

All Natural Marinated Rotisserie Chickens	9.99 each
Marinated with fresh herbs, garlic, kosher salt, fresh squeezed citrus juices and spices	
BBQ Rotisserie Whole Chickens	8.99 each
Slow roasted, marinated, all natural chickens smothered with our tangy homemade barbecue sau	nce
Roasted Half Chicken	5.99 each
Herb marinated half chicken roasted until brown and tender with roasted potatoes and carrots	

SUPER HEROES

Italian Combination

Prosciutto di parma, mortadella, sopressata, cappicola ham, pepperoni, roasted red peppers, basil, provolone cheese and balsamic vinaigrette on the side

American Combination

Roast beef, freshly roasted turkey, smoked ham, American cheese, lettuce, tomato and mayonnaise on the side

3 Foot Hero (serves 12 to 15 people)served with 2 lbs. each of potato salad, cole slaw and giardineira	100
4 Foot Hero (serves 16 to 20 people)served with 3 lbs. each of potato salad, cole slaw and giardineira	120
6 Foot Hero (serves 24 to 30 people) served with 4 lbs. each of potato salad, cole slaw and giardineira	190

.. 9.99

BEVERAGES

We have a large variety of beverages to accompany any meal or sandwich. Choose from cold soft drinks, coffee & tea (both hot & cold), and waters.

We have a great selection of our own first cold pressed juices. All made fresh daily on premise from the freshest raw fruits and vegetables.

KIDS LUNCH BOX

Turkey or Ham Sandwich

Your choice of White or Whole Wheat Bread with no crust. Includes Yogurt, Homemade Cookie, a piece of Fruit (Apple, Pear or Orange) and Beverage (Bottled Water or Smoothie)

Corporate Accounts Welcomed.

Breakfast & Luncheon Meetings Our Specialty.

All Major credit cards accepted.

All menu items and prices subject to change.

All orders must be cancelled at least 24 hours in advance to avoid a charge.

FREE DELIVERY WITHIN A 10 BLOCK RADIUS

Extra Charge for deliveries outside of range.

110th Street location does not deliver lunch.

Regular, disposable place settings, including cocktail plate, fork, knife, spoon and napkin are included with all orders.

Elegant, disposable place settings, including plate, fork, knife, spoon, cup and napkin are just \$2.50 per person.

PRICES MAY VARY BY LOCATION







FIVE LOCATIONS TO SERVE YOU

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