



## LUNCH MENU

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## SIGNATURE SANDWICHES & WRAPS

All Sandwiches are served with match stick fries and a pickle. Choose from a variety of breads, bagels, and rolls

**Grilled Marinated Chicken Breast: \$13.95**

Alfalfa Sprouts, Tomato, Extra-Virgin Olive Oil, Balsamic Vinegar, French Baguette

**Grilled Chicken Special: \$14.95**

Orange Mustarda with Rosemary, Shallots & Arugula

**Breaded Chicken Cutlet: \$13.95**

Roasted Peppers, Mayo, French Baguette

**Fig Ham: \$14.50**

Fontina Cheese, Arugula and Pickled Onions

**Italian Tuna Salad: \$12.95**

Tuna Salad, Spring Mix, Red Onion, Roasted Red Peppers, Black Olives

**Spicy Tuna Salad Sandwich: \$13.95**

Arugula, Avocado and Pickled Onions

**Chicken Parmigiana Sandwich: \$14.95**

Breaded Chicken, San Marzano Sauce, Fresh Mozzarella on an Italian Hero

**Eggplant Parmigiana Sandwich: \$13.95**

Breaded Eggplant, San Marzano Sauce, Fresh Mozzarella on an Italian Hero

**Esposito's Italian Sausage & Peppers: \$14.95**

Grilled Italian Sausage, Grilled Onions & Peppers on an Italian Hero

**Italian Philly Cheese Steak: \$14.95**

Italian Roast Beef, Mozzarella Cheese, Sautéed Peppers and Onions on Italian Hero

**French Wrap: \$14.95**

Smoked Turkey, Imported French Brie, Lettuce & Honey Mustard

**Bread Choices:** French Plain Roll, Seeded French Roll, Brioche Roll, Seeded Bread Roll, White Olive, Sliced White, Sliced Whole Wheat, Sliced Seeded Rye, Sliced Pumpernickel, Semolina Hero +\$1.00, French Hero +\$1.00, Ciabatta Hero +\$1.00, 9 Grain Hero +\$1.00, Gluten Free Bread +\$2.00 Plain Wrap +\$1.00, Spinach Wrap +\$1.00, Whole Wheat Wrap +\$1.00, Sun-Dried Tomato Wrap +\$1.00

**Vegan Chickpea Tuna Salad: \$13.95**

Chickpeas, Tahini, Red Onions, Cucumber, Purple Cabbage, Alfalfa Sprouts, Dijon Mustard

**Vegan Egg Salad: \$12.95**

Tofu, Vegan Mayo, Dijon Mustard, Chopped Chives on 7 grain Bread

**Grilled Seasoned Vegetable: \$12.45**

Fresh Mozzarella & Vinaigrette Dressing

**Grilled Portobello Mushroom: \$12.95**

Fresh Mozzarella, Roasted Pepper, Sun-Dried Tomatoes & Pesto Sauce

**Melted Fresh Mozzarella: \$11.95**

Vine Ripe Tomatoes, Fresh Basil, Extra-Virgin Olive Oil, French Baguette

**Eggplant, Zucchini, Avocado: \$12.95**

Baby Greens, Sprouts, Tomato, Basil Pesto, Olive Oil & Olive Spread

**Mexican Wrap: \$14.95**

Chipotle Chicken Breast, Grilled Vegetables, Avocado, Sour Cream, Pico de Gallo

**Veggie Wrap: \$12.95**

Grilled Vegetables, Swiss Cheese, Avocado, Lemon Herb Dressing

**Grilled Lemon Chicken: \$13.95**

Grilled Chicken, Grilled Vegetable, Herb Aioli

**Avocado Summer Wrap: \$14.95**

Hummus, Carrots, Tomatoes, Onions, Black Pepper, Map

**Cheese Choices:** American +\$1.00, Swiss +\$1.00, Muenster +\$1.00, Cheddar +\$1.00, Pepper Jack +\$1.00, Provolone +\$1.00, Fresh Mozzarella +\$1.75, Brie Cheese +\$1.75



405 West 23rd Street  
New York, NY 10011

212-888-7779  
www.chelseapantrycafe.com

## CLASSIC SANDWICHES

All Sandwiches are served with waffle fries and a pickle. Choose from a variety of breads, bagels, and rolls

**Classic BLT:** Bacon, Lettuce, Tomato, Mayo **\$12.95**

**Tuna Salad:** Tuna, Lettuce & Tomato **\$11.95**

**Egg Salad:** Egg Salad, Lettuce & Tomato **\$9.95**

**Chicken Salad:** Chicken Salad, Lettuce & Tomato **\$12.95**

**Italian Tuna Salad:** Italian Tuna, Lettuce & Tomato **\$12.95**

**White Fish:** White Fish, Lettuce & Tomato **\$11.95**

**Turkey Club:** Monterey Jack Cheese, Bacon, Lettuce, Tomato, Mayo, on 7-Grain Bread **\$13.95**

**Tuna Melt:** Melted Swiss, Sun-dried Tomato **\$11.95**

**Philly Cheese Steak:** Melted American Cheese, Grilled Onions, Sautéed Mushrooms, Grilled Peppers on a French Baguette **\$11.95**

**Classic Reuben:** Corned Beef, Sauerkraut, Thousand Island on Rye Bread **\$14.95**

**Pastrami & Corned Beef Combo:** Swiss Cheese, Coleslaw, Russian Dressing on Ciabatta Bread **\$15.95**

**Cheese Choices:** American +\$1.00, Swiss +\$1.00, Muenster +\$1.00, Cheddar +\$1.00, Pepper Jack +\$1.00, Provolone +\$1.00, Fresh Mozzarella +\$1.75, Brie Cheese +\$1.75

**Bread Choices:** French Plain Roll, Seeded French Roll, Brioche Roll, Seeded Bread Roll, White Olive, Sliced White, Sliced Whole Wheat, Sliced Seeded Rye, Sliced Pumpernickel, Semolina Hero +\$1.00, French Hero +\$1.00, Ciabatta Hero +\$1.00, 9 Grain Hero +\$1.00, Gluten Free Bread +\$2.00 Plain Wrap +\$1.00, Spinach Wrap +\$1.00, Whole Wheat Wrap +\$1.00, Sun-Dried Tomato Wrap +\$1.00

## SPECIALTY SALADS

Served with bread

**Garden Salad:** Crisp Romaine Lettuce, Cucumbers, Carrots, Tomatoes & Fresh Bell Peppers **\$12.95**

**Classic Caesar Salad:** Romaine Lettuce, Sliced Romano Cheese & Garlic Roasted Croutons **\$13.25**

**Grilled Chicken Caesar Salad:** Grilled Marinated Chicken, Romaine Lettuce, Sliced Romano Cheese & Garlic Roasted Croutons **\$14.95**

**Greek Salad:** Romaine Lettuce, Feta Cheese, Grape Leaves, Tomatoes, Red Onions, Kalamata Olives, Cucumbers & Bell Peppers **\$13.95**

**Chef Salad:** Turkey, Ham, Roast Beef, American, Swiss, Tomatoes, Sliced Egg **\$14.95**

**Cobb Salad:** Sliced Lean Chicken, Alfalfa Sprouts, Mushrooms, Tomatoes & Avocado on a Bed of Mixed Greens **\$13.95**

**Insalata Napoletana Salad:** Fresh Mozzarella, Roasted Peppers, Sun-Dried Tomato, Served Over Mixed Greens **\$13.95**

**Spinach Pomegranate Salad:** Pomegranate (Seasonal), Baby Spinach, Blue Cheese, Avocado, Walnuts, Olive Oil **\$14.95**

**Fresh Spinach Salad:** Spinach, Bacon Bits, Mushrooms, Red Onions & Sliced Hard Boiled Egg **\$13.95**

**Tuscan Salad:** Romaine Lettuce, Dried Cranberries, Walnuts, Croutons, Crumbled Blue Cheese, Extra Virgin Olive Oil, & Balsamic Vinegar **\$12.95**

**Salad Dressings:** Italian, Caesar, Honey Dijon (LF), Balsamic Vinaigrette, Ranch, French, Thousand Island, Cranberry Orange, Avocado Goddess, Tangy Balsamic, Green Goddess, Spicy Sun-Dried Tomato, Lemon Poppyseed, Chipotle, Sesame Ginger, Red Wine Vinegar, Balsamic Vinegar, EVOO, Fresh Squeezed Lemon



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## SIGNATURE GRAIN BOWLS

**Mediterranean Grilled Chicken Bowl: \$13.95**

Mediterranean Grilled Chicken Bowl: Grilled Chicken, Quinoa, Hummus & Ratatouille

**Farro Avocado Bowl: \$15.95**

Skirt Steak, Roasted Red Peppers & Roasted Carrots

**Couscous Ratatouille Bowl: \$13.95**

Grilled Chicken, Mint & Chopped Parsley

**Tabouli & Roasted Lamb Bowl: \$14.95**

Roasted Red Peppers, Baby Spinach & Naan Bread

## HOMEMADE SOUPS

Served with a Roll

Meat / Vegetable **Small \$4.95 Large \$5.95**

Seafood/ Cream **Small \$5.95 Large \$6.95**

Specialty / Chili **Small \$5.45 Large \$6.45**

## CREATE YOUR OWN GRAIN BOWLS \$8.95

### Choose Your Base

Basmati Rice  
Quinoa  
Couscous  
Cauliflower Rice  
Arugula  
Super Greens  
Baby Spinach  
Romaine  
Kale Mix

### Choose Your Protein

Grilled Chicken +\$2.00  
Roasted Veggies +\$2.00  
Jerk Tofu +\$1.00  
Skirt Steak +\$4.00  
Roasted Lamb +\$4.00  
Lemon Herb Salmon +\$4.00  
Coconut Lime Shrimp +\$3.00  
Falafel +\$2.00

### Choose Your Toppings

Pickled Onions  
Caramelized Onions  
Pickles  
Tomatoes +\$0.50  
Tomato + Cucumbers +\$1.00  
Kalamata Olives +\$1.00  
Chickpea Salad +\$1.00  
Cabbage Slaw +\$1.00  
Crumbled Feta +\$1.50  
Tabouli +\$1.50  
Avocado +\$2.50  
Hummus +\$0.75  
Tahini +\$0.75  
Tzatziki +\$0.75  
Ratatouille +\$1.50

### Choose Your Dressing

Italian, Caesar, Honey Dijon (LF), Balsamic Vinaigrette, Ranch, French, Thousand Island, Cranberry Orange, Avocado Goddess, Tangy Balsamic, Green Goddess, Spicy Sun-Dried Tomato, Lemon Poppyseed, Chipotle, Sesame Ginger, Red Wine Vinegar, Balsamic Vinegar, EVOO, Fresh Squeezed Lemon



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## QUICHE & SPINACH PIE

### Add a Side Salad to Any Quiche \$2.95

|                          |        |
|--------------------------|--------|
| Ham & Cheese Quiche      | \$7.45 |
| Spinach Quiche           | \$7.45 |
| Broccoli Quiche          | \$7.45 |
| Mushroom Quiche          | \$7.45 |
| Spinach Pie w/Side Salad | \$9.95 |

## SIDES & APPETIZERS

|                    |  |
|--------------------|--|
| French Fries       | \$4.25   |
| Cheese Fries       | \$5.45   |
| Waffle Fries       | \$5.25   |
| Sweet Potato Fries | \$5.25   |
| Buffalo Wings      | (6) \$9.95 (12) \$18.95<br>(18) \$27.95 (24) \$36.95 |
| Chicken Fingers    | \$9.95   |
| Mozzarella Sticks  | \$8.95   |
| Zucchini Sticks    | \$8.95   |
| Cole Slaw          | \$6.95   |
| Onion Rings        | \$4.95   |
| Macaroni Salad     | \$6.95   |
| Potato Salad       | \$6.95   |

## BURGER HAUS

All burgers are Served with Lettuce, Tomato & Pickle on a Brioche Bun or Seeded Brioche, Gluten Free Roll +2.00

Deluxe is served with Lettuce, Tomato, Pickle & Waffle Fries.

### Choose Your Meat

Pat La Frieda Beef Burgers • Turkey • Veggie  
Lamb +2.00 • Salmon +3.00

### Choose Your Serving

|              | Plain  | Deluxe  |
|--------------|--------|---------|
| Single Patty | \$7.95 | \$10.95 |
| Double Patty | \$9.95 | \$12.95 |

### Choose Your Toppings

Mustard • Mayonnaise • BBQ Sauce • Hot Sauce • Lettuce • Tomatoes • Fresh Onions • Pickles • Grilled Mushrooms (+1.00) Jalapenos • Grilled Onions • Bacon +\$1.50 • Ketchup • Avocado +\$1.95 • Turkey Bacon +\$2.50 American +\$1.00, Swiss +\$1.00, Muenster +\$1.00, Cheddar +\$1.00, Pepper Jack +\$1.00, Provolone +\$1.00, Fresh Mozzarella +\$1.75, Brie Cheese +\$1.75

## MADE TO ORDER ENTRÉE'S

All Entrees are served with two sides

### Entrée Choice

|                                      |
|--------------------------------------|
| Chicken Parmigiana \$12.95           |
| Eggplant Parmigiana \$12.95          |
| Esposito Sausage & Peppers \$11.95   |
| Lasagna \$10.95                      |
| Italian Meatballs \$10.95            |
| Baked Salmon with Lemon Dill \$16.95 |

|  |
|--|
| Garlic Butter Shrimp \$14.95             |
| Baked Dijon Salmon \$16.95               |
| Tuscan Butter Salmon \$16.95             |
| Grilled Marinated Chicken \$13.95        |
| Marinated Pork Chops \$17.95             |
| Pan Seared Grass Fed Skirt Steak \$17.95 |

### Entrée Sides

|                       |                     |
|-----------------------|---------------------|
| Mashed Potatoes       | Rice Pilaf          |
| Rice                  | Grilled Asparagus   |
| Fingerling Potatoes   | Roasted Cauliflower |
| Grilled Vegetable Mix | Ratatouille         |
| Roasted Carrots       | Grilled Eggplant    |

## South of the Border

All served with Sour Cream, Pico de Gallo & Salsa.

Add Guacamole +\$2.25

**Cheese Quesadilla: \$12.95**

Cheddar and Monterey Jack Cheese,  
Roasted Peppers, Onions & Sliced Chiles

**Grilled Cajun Chicken Quesadilla: \$13.95**

Roasted Peppers, Onions, Chiles With  
Cheddar & Monterey Jack

**Pollo Grande Quesadilla: \$13.95**

Grilled Chicken, Tomatoes, Roasted  
Garlic & Fresh Mozzarella

**Shrimp Quesadilla: \$14.95**

Roasted Shrimp, Caramelized Onions &  
Multi-Colored Peppers

**Veggie Quesadilla: \$12.95**

Assorted Seasonal Vegetables with  
Cheddar and Monterey Jack

**Burrito: \$15.95**

Beef or Chicken, Flour Tortilla, Rice, Black  
Beans, Cheese, Salsa & Sour Cream.  
(Sub Shrimp +\$4.00)

**Nacho Supreme Bowl: \$17.95**

Beef or Chicken, Tortilla Chips, Melted  
Cheddar, Lettuce, Tomato & Sour Cream.  
(Sub Shrimp +\$4.00)

**Tacos: \$12.95**

Beef or Chicken, 3 Corn or Soft Tacos,  
Cheese, Lettuce, Salsa & Sour Cream  
(Sub Shrimp +\$4.00)

**Mexican Salad: \$14.95**

Chicken or Beef, Lettuce, Black Beans,  
Cheddar, Tomatoes, Salsa & Vinaigrette Dressing

## DESSERTS

Chocolate Caramel Crunch \$6.00

Chocolate Truffle Mousse \$5.00

Cheesecake Brownie Square \$3.00

Raspberry Linzer Bar \$4.00

Creme Brulee & Berries Signature Glass \$7.00

Coppa Catalana Creme Brulee \$7.00

Tiramisu Glass \$7.00

Pastiera Monoporzione \$3.00

Sabbiosino Mini Cookies \$5.00

Petit Fours \$7.00

Bread Pudding \$7.00



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