

THE GREAT AMERICAN HEALTH BAR

A RESTAURANT FOR HEALTHY EATING

Welcome to the Great American Health Bar...

"Our menu is designed with your health in mind. All foods are prepared in the most calorie conscious manner and are of the freshest and highest quality obtainable."

Enjoy...



Under **K**
RABBINICAL SUPERVISION
PAS YISROEL
CHOLOV YISROEL

35 West 57th Street
between 5th and 6th Avenues
New York, NY 10019
(212) 355-5177

WE DELIVER!
6-8 person minimum
Corporate Charges Welcome

seamless

grubHub

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Visit Us Online for Our Delivery & Catering Menus at
www.greatamericantogo.com



Catering Menu & Party Platters

Hors d'Oeuvres

6.50 per person each

8 person minimum

- Fresh Mozzarella, Tomato & Basil
- Raw Vegetables & Dips
- Assorted Grilled Panini
- Assorted Quesadillas
- Assorted Cheese & Crisps
- Assorted Berries & Fruits
- Guacamole & Tortilla Chips
- Stuffed Mushrooms
- Assorted Quiche
- Assorted Finger Wraps
- Hot Portobello & Feta Rolls
- Spicy Salmon Rolls
- Focaccia Pizzas
- Spinach Rolls



Side Orders

5.50 per person each

8 person minimum

- ▣ Mixed Fruit Salad
- ▣ Assorted Cookies
- ▣ Mixed Green Salad
- ▣ Caesar Salad
- ▣ Israeli Salad
- ▣ Hummus & Pita
- ▣ Falafel Balls & Tahini
- ▣ Cous Cous Salad
- ▣ Taboullie Salad
- ▣ Stuffed Grape Leaves
- ▣ Baba-Ganoush
- ▣ Red-Skin Potato Salad
- ▣ Tri-color Pasta Salad
- ▣ Mixed Pickled Vegetables
- ▣ Spicy Fries or Onion Rings



Middle Eastern Platter

15.95 per person

Served with Pita & Pesto Panini Bread

A Platter Assortment of Hummus, Baba-Ganoush, Falafel Balls, Israeli Salad, Taboullie, Feta Cheese, Stuffed Grape Leaves, Garnished with Chick Peas & Olives.



Cold Fish Platters

from 15.95 per person

6 person minimum each item. Served with Lettuce, Tomato, Cucumber, Sliced Onions, Olives and Assorted Breads & Bagels

- ▣ Nova Lox
- ▣ White Fish Salad
- ▣ Baked Salmon Salad
- ▣ Gourmet Tuna Salad
- ▣ Whole White Fish (with 36 hours notice)
- ▣ Sable (with 36 hours notice)

Hot Fish Platters

from 23.95 per person

6 person minimum each item (72 hours notice). Served with 2 Side Dishes of Your Choice

Salmon • Mahi Mahi • Halibut



Hot Pasta

13.95 per person

6 person minimum

Served with Mixed Greens or Caesar Salad & Pesto Garlic Bread

- ▣ **Baked Ziti** An Old Favorite with Ricotta Cheese, Mozzarella & Marinara Sauce
- ▣ **Eggplant Parmesan** Layers of Eggplant, Cheese & Tomato Basil
- ▣ **Jumbo Stuffed Shells** with Spinach, Ricotta Cheese, Basil & Plum Tomato
- ▣ **Baked Vegetarian Lasagna** with Layers of Low-Fat Ricotta, Mozzarella, Chef's Choice of Vegetable & Marinara Sauce
- ▣ **Tuna Casserole** Creamy Elbow Macaroni & Tuna Chunks Topped with Cheese
- ▣ **Vegetable Casserole** Crisp Vegetables & Rigatoni Pasta in a Pink Sauce
- ▣ **Rigatoni Salmon** with Fresh Pieces of Salmon in a Light Basil Cream Sauce
- ▣ **Rotini Shitake Mushroom** in a Garlic Pesto & Light Cream Parmesan
- ▣ **Cheese Ravioli** in a Tomato Basil & Parmesan Cream
- ▣ **Penne Primavera** with Mixed Vegetables & Basil
- ▣ **Fettuccine Alfredo** with Parmesan Cream Sauce
- ▣ **Gemelli Pesto & Parmesan Cheese**
- ▣ **Three Mushrooms & Gemelli** Shitake, Portobello and Wild Mushrooms with Arugula, Roasted Garlic, Fresh Basil, Virgin Olive Oil & a Touch of Cream
- ▣ **Rigatoni & Roasted Veggies** with Your Choice of Light Cream Sauce or Fresh Plum Tomato & Basil
- ▣ **Fresh Mozzarella & Penne** with Sautéed Spinach, Sun-Dried Tomato, Garlic, Mushrooms & Plum Tomato Basil Sauce
- ▣ **Penne Tomato Basil** Penne Pasta with Plum Tomato Basil Sauce
- ▣ **Penne Alla Vodka** Plum Tomato, Fresh Basil, Corn and Snap Peas in a Pink Sauce
- ▣ **Rotini Pesto** with Sun-Dried Tomato, Pine Nuts, Our Pesto, a Touch of Cream & Parmesan Cheese



Personal Pizza

11.95 per person

6 person minimum. On Thin Crust.

Served with Caesar or Mixed Green Salad

- ⦿ **Fresh Mozzarella, Plum Tomato & Basil**
- ⦿ **Roasted Eggplant, Portobello & Cheese**
- ⦿ **Four Cheeses**
- ⦿ **Spinach & Ricotta**
- ⦿ **Mushrooms, Mixed Peppers, Red Sweet Onions & Cheese**
- ⦿ **Roasted Veggies** (No Cheese) Eggplant, Zucchini & Pepper with Fresh Plum Tomato, Garlic & Oregano
- ⦿ **Super Veggie** Peppers, Mushrooms, Onions and Black Olives, Plum Tomato, Garlic & Low-Fat Mozzarella Cheese

- ⦿ **Mushroom, Green & Black Olives**
- ⦿ **Roasted Peppers**
- ⦿ **Roasted Squash**



Create Your Own Salad

14.95 per person

*15 person minimum • 24 hours notice
Choice of any or all of greens listed*

- Romaine Hearts
- Mesclun Greens
- Baby Spinach
- Arugula
- Kale

Please Call Our
Catering Dept. at
(212) 355-5177

*With all the available toppings,
selections of dressings & assorted breads*



Tossed Salads

12.95 per person each

Our freshly tossed salads are an array of hand picked market's fresh greens & vegetables and selection of mix in from the menu below with complimenting dressings or your favorites. Served with Assorted Breads

- ⦿ **Greek Salad** *Feta Cheese & Olives*
- ⦿ **Chef Salad** *Muenster, Mozzarella & Cheddar Cheese*
- ⦿ **Hearts of Palm & Roasted Peppers Salad**
- ⦿ **Fresh Mozzarella & Portobello Salad**
- ⦿ **Artichoke Hearts & Sweet Corn**
- ⦿ **Taco Salad**
- ⦿ **Caesar Salad**
- ⦿ **Kale & Quinoa Salad**



Pasta Salads

8.95 per person each

*Variety of colorful and delicious favorites.
Served with Garlic Pesto Panini Bread*

- ▣ **Rotini** *Pesto & Roasted Walnuts*
- ▣ **Rigatoni** *Roasted Eggplant, Arugula & Balsamic Vinaigrette*
- ▣ **Gemelli** *with Spinach, Sun-Dried Tomato & Roasted Garlic*
- ▣ **Penne Primavera** *with a Creamy Parmesan*
- ▣ **Tri-color Pasta in a Lite Herb Mayo** *with Asparagus, Broccoli & Roasted Veggies*

Sandwiches & Wraps 11.95 per person

Chef's choice on a variety of breads with complimenting garnishes.

- Tuna, Roast Veggies & Arugula
- Veggie Burger
- Portobello & Mozzarella Cheese
- Spinach Burger
- Fish Tartar, Lettuce & Tomato
- Guacamole Wrap
- Roast Veggies & Mozzarella Cheese,
- Eggplant & Feta Cheese Wrap
- Fresh Mozzarella, Tomato & Basil
- Oven Baked Salmon Wrap
- Oven Roasted & Grilled Veggies
- Tuna Avocado
- Falafel & Hummus
- Sesame Ginger Fish Wrap
- Egg Salad with Dill
- White Fish Salad

PACKAGE 1

13.95 per person

Choice of Sandwiches & Wraps

Served with Pasta Salad, Mixed Greens or Caesar Salad

PACKAGE 2

15.95 per person

Choice of Sandwiches & Wraps

*Served with Pasta Salad,
Mixed Greens or Caesar Salad,
Red-skin Potato Salad,
Assorted Mixed Pickled Vegetables
& Olives AND
Assorted Cookies or Mixed Fruit Platter*

PACKAGE 4

17.95 per person

Choice of Hot Pasta

*Served with Mixed Greens
or Caesar Salad,
Pesto Garlic Bread,
AND Assorted Cookies
or Mixed Fruit Platter*

PACKAGE 3

19.95 per person

Choice of Sandwiches & Wraps

*Served with Pasta Salad, Mixed Greens or Caesar Salad,
Red-skin Potato Salad,
Assorted Mixed Pickled Vegetables & Olives
AND Assorted Cookies
AND Mixed Fruit Platter*



We will be happy to custom design a menu to suit your occasion & budget
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Whole Cakes & Tarts

24 hours notice

- Carrot Cake
- Chocolate Mousse
- White Chocolate Mousse
- Apple Pie or Apple Crumb
- Creamy New York Cheese Cake
- Red Velvet Cake





Continental Breakfast

8 person minimum. Please order by 2:00 pm

- Fresh Mixed Fruit & Berries** 5.95 pp
- Assorted Muffins Cut in Half** 3.95 pp
- Assorted Danish & Croissants** 4.75 pp
- Assorted Mini Danish & Croissants** 5.95 pp
- Assorted Bagels** *with cream cheese, butter & preserves* 4.95 pp

Fish Platters & Assorted Bagels

Served with lettuce, tomato, cucumber, sliced onions, olives, cream cheese, butter & preserves

- Nova Lox** 15.95 pp
- White Fish or Smoked Baked Salmon Salad** 12.95 pp each
- Gourmet Tuna or Classic Egg Salad** 11.95 pp each

From the Griddle *Served with maple syrup & butter*

FRENCH TOAST • PANCAKES • WAFFLES 7.95 pp each

Scrambled Eggs or Omelettes 9.95 pp each

Your choice of **Mixed Peppers • Spinach • Mushroom • Onions**

• Broccoli • Feta • Mozzarella • American Cheese

with home fries & bread 2.95 pp extra

Coffee Service

8 to 10 people. 20.00 *Addn'l Person* 1.75 extra each

Juices (8oz.) 4.00 pp

Apple • Orange • Grapefruit • Tomato

