

SUSHI CORNER



SUSHI COMBO

- 1) 4 Tuna Sushi & 8 California Roll
- 2) 4 Salmon Sushi & 8 California Roll
- 3) 4 Eel Sushi & 8 California Roll

\$9.50

* Any Sushi Combo Available (4pcs sushi & 8pcs California roll) add \$1.00

SASHIMI COMBO

Sm. \$8.95

3 Tuna Sushi / 3 Salmon Sushi / 3 White Fish / 4 California Roll

Reg. \$11.95

4 Tuna Sushi / 4 Salmon Sushi / 4 White Fish / 8 California Roll

California Roll	4.95
Tuna Avocado Roll	5.50
Salmon Avocado Roll	5.50
Spicy Tuna	5.95
Spicy Salmon	5.95
Eel Avocado	5.95
Avocado Cucumber	4.95
Vegetable Roll	4.50
Seaweed Salad	3.75

PARTY PLATTER

Sm.	16pcs Sushi / 24pcs Roll (4-5 people)	\$59.00
Med.	24pcs Sushi / 36pcs Roll (7-8 people)	\$89.00
Lg.	32pcs Sushi / 48pcs Roll (10-12people)	\$119.00

ALL PRICE AND CONTENT ARE SUBJECT TO CHANGE WITHOUT NOTICE



TEL 607.273.3100
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 www.greencafeny.com
 330 College Avenue, Itacha, NY 14850

MORNING SPECIAL

Breakfast Served until 11:00 Daily



EGG SANDWICHES (Regular or White)

served on hard roll, white, rye, pumpernickel or 7-grain bread on a croissant or foccacia bread - add \$1.00

	1EGG	2EGGS
Egg Sandwich	2.00	2.50
Egg & Cheese	2.50	3.00
Egg, Home Fries & Cheese	3.00	3.50
Egg & Bacon, Ham or Sausage & Cheese	3.00	3.50
Egg, Steak & Cheese	3.50	4.00
Egg, Canadian Bacon & Cheese	3.50	4.00
Egg, Corned Beef Hash & Cheese	4.00	4.50
Egg, Sausage, Bacon & Cheese	3.50	4.00
Egg, Italian Sausage & Cheese	3.50	4.00

BREAKFAST PLATTER

Served with Potatoes and Toast

	1EGG	2EGGS
Eggs, Any style	3.00	3.50
w/ Bacon, Ham or Sausage	3.50	4.00
w/ Italian Sausage	4.00	4.50
w/ Canadian Bacon	4.00	4.50
w/ Corned Beef Hash	4.50	5.00

EGG "WRAPS"

Bacon, Egg and Cheese	3.95
Ham or Sausage, Egg and Cheese	3.95
Turkey and Cheese	3.95
Corn Beef Hash and Cheese	4.50
Steak and Cheese	4.95

FRENCH TOAST OR PANCAKES

w/ Syrup & Butter	3.00
w/ Bacon or Sausage	3.95
w/ Canadian Bacon	4.50
w/ 1 Egg or 2 Eggs	3.50/4.00
Blueberry Pancakes	3.95

OMELETTES

Ham & Cheese	3.95
Sausage or Bacon & Cheese	3.95
Mexican Omelette (veggie, avocado, salsa)	4.95
Veggie Omelette (choice of your veggie)	3.95
Cheese Omelette	3.50
Western (ham, peppers, onions & cheese)	3.95
with Home Fries & Toast	add 1.50

EGG WHITE OMELETTES

Served with wheat toast

Tomatoes & cheese	3.95
Ham, bacon, sausage or Canadian bacon	4.50
Turkey, pastrami or roast beef	4.95
Mushroom or peppers w/ spinach	4.95
Plain egg white & toast	3.00



BAGELS, MUFFINS, PASTRIES & DESSERTS

Bagels

Plain, Sesame, Poppy Seed, Cinnamon Raisin, Whole Wheat, Pumpernickel, Onion, Everything, Bialy

Butter

Jelly

Butter & Jelly

Peanut Butter

Plain / Low Fat Cream Cheese

Scallion / Vegetable / Low Fat Vegetable

Lox Spread

Nova Lox & Cream Cheese

Yogurt Muffins

Corn, Blueberry, Cappuccino, Double Chocolate, Cranberry, Berry Blast, Nutty Banana, Raisin Bran, Coconut, Marble, Low-Fat Multiberry

Scones

Cranberry, Chocolate Chip, Blueberry, Raisin

Danish Pastries

Cheese Danish, Cinnamon Raisin, Apple Danish, Cherry Danish

Apple Turnover

Croissants

Plain, Chocolate, Almond

Pound Cake

Plain, Iced Lemon, Carrot, Chocolate, Marble

Jumbo Cookies

Chocolate Chip, Black & White, Oatmeal Raisin, Macadamia, M & M Vanilla Dip, Chocolate Dip, Milano, Ginger, Marble, caramel Tart, Rice Crispy

Cheese Cakes

Plain, Cherry, Strawberry, Blueberry, Pineapple, Tiramisu



0.90

1.25

1.25

1.50

2.00

2.00

2.50

2.95

6.95

2.00

2.00

1.75

2.00

1.75/2.00

2.00

2.00

2.95/3.50

DELICIOUS SOUPS

*Please call for daily soup selection

2.95

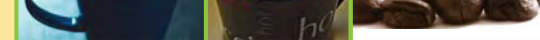
3.95

Half Sandwich & Small Soup Special

6.25



COFFEE BAR



12oz

16oz

20oz

House Blend Coffee

1.50

1.75

2.00

Decaffeinated Coffee

1.50

1.75

2.00

Hazelnut Coffee

1.50

1.75

2.00

Hazelnut Decaf

1.50

1.75

2.00

French Vanilla

1.50

1.75

2.00

French Roast

1.50

1.75

2.00

Mocha Java

1.50

1.75

2.00

Chocolate Raspberry

1.50

1.75

2.00

Hot Cocoa

1.75

2.25

2.75

Cappuccino

1.75

2.25

2.75

French Vanilla Cappuccino

1.75

2.25

2.75

Café Au Lait

1.75

2.25

2.75

Café Latte

2.75

3.25

3.75

Espresso

(single shot) 2.00 (double shot) 3.50 N/A

Lipton Tea (reg. & decaf)

1.25

1.65

1.95

Herbel Tea (ask for selections)

1.25

1.65

1.95

Iced Coffee

N/A

2.00

N/A

Iced Hazelnut Coffee

N/A

2.00

N/A

Iced Tea (reg. or sweetless)

N/A

2.00

N/A

HOT & GRILL



Hamburger

3.50 deluxe 5.00

Cheese Burger

4.00 deluxe 5.50

Bacon Cheese Burger

4.75 deluxe 6.25

Turkey Burger

4.00 deluxe 5.50

Veggie Burger

4.50 deluxe 6.00

Grilled Cheese

3.75 w/tomato 4.25

BLT

4.00 extra bacon 5.00

Tuna Melt

5.50 on a white toast

Meatball Hero

5.95 on a garlic hero

Chicken Cutlet

5.95 hero 6.95

Chicken Parmesan

5.95 hero 6.95

Grilled Chicken

5.95 hero 6.95

Reuben Corned beef, Swiss, Sauerkraut, Mustard, Toasted rye bread

6.95

Turkey Club Roast turkey, Swiss, Bacon, Lettuce, Tomato, Mayo, Wheat toast

6.95

Philly cheese steak Beef, Melted American, Grilled Onions & Peppers

6.95

SMOOTHIES & OTHERS

Green Café smoothies are made with only all-natural ingredients. Our nutritious blends not only provide a healthy life but are delicious and satisfying, low in fat but high in energy. Go ahead, treat yourself to the smoothiest smoothie in the city.

Choose your favorite or invent your own!

12oz **3.95** 16oz **4.50**

Mango Tango Mango, Banana, Strawberry

Passion Blast Strawberry, Pineapple, Mango

Citrus Orange, Strawberry, Pineapple

Triple Berry Strawberry, Blueberry, Blackberry

Super Power Strawberry, Banana, Apple, Protein

Delightful Banana, Atrawberry

Cool Breeze Strawberry, Pineapple, Ice, Yogurt

Veggie Heaven Tomato, Carrot, Banana, Honey

House Veggie Morning Carrot, Celery, Orange

Add an energy boost Protein, Wheat Germ or Ginseng

	8oz	12oz	16oz
Fresh Orange Juice	N/A	2.95	3.50
Fresh Carrot Juice	N/A	2.95	3.50
Fresh Lemonade	N/A	N/A	1.95
Fresh Pink Lemonade	N/A	N/A	1.95
Low-Fat Granola Parfait	2.95	3.95	N/A
Strawberry Granola Parfait	2.95	3.95	N/A
Fruit Salad Cup	N/A	N/A	3.50

OATMEAL

Home Style Oatmeal	N/A	2.50	3.00
Low-Fat Oatmeal	N/A	2.50	3.00
Maple Apple Oatmeal	N/A	2.50	3.00

Additional Fruit Toppings free of charge

Granola, Cranberry, Blueberry, Walnut, Golden raisin, Pineapple, Banana, Cantaloupe, Strawberry, Cinnamon, Brown sugar etc.



SANDWICHES

All sandwiches served on your choice of bread:

Standard - White, Rye, Pumpernickel, 7-grain, Kaiser Roll, Bagel
Extra \$1.00 - Hero, Wrap (Plain, Whole Wheat, Spinach, Sun dried Tomato) or Foccacia Bread

Shredded lettuce, tomato and onion at no cost.

All other extras you request will be charged accordingly. Choice of dressing available.

Roast beef	5.95	Genoa salami	5.50
Turkey breast	5.75	Corned beef	5.75
Smoked Turkey	5.75	Pastrami (hot)	5.75
Pepper turkey	5.75	Bologna	4.00
Honey turkey	5.75	BLT	4.00
Boiled ham	5.75	Chicken salad	5.25
Cappy ham	5.75	Tuna salad	5.25
Black forest ham	5.75	Egg salad	4.00
Chicken breast	5.50	Buffalo chicken breast	5.75
Grilled chicken	5.95	Breaded chicken	5.95

Extras per item:

Hero bread, 7-grain hero, Foccacia, Wrap, Avocado, Fresh mozzarella cheese	1.00
American, Swiss, Provolone, Cheddar, Muenster, Mozzarella, Pepper jack cheese	0.50
Alfalfa sprout, Roasted peppers, Hot peppers, Cucumber, Sliced pickles	0.50

Variety of Cheese Sandwich

(add 0.50 for grilled cheese or fresh mozzarella)

American, Swiss, Muenster, Provolone, Mozzarella, Cheddar, Jack cheese

4.50

CHICKEN SANDWICH SPECIAL

Sliced bread or Roll **6.95 / hero 7.95 / wrap 7.50**

Grilled chicken special

Marinated grilled chicken, Fresh mozzarella, Roast pepper, Pesto sauce

Something Brown

Grilled chicken, Mozzarella cheese, Brown gravy, Hot sauce, Onion rings on a toast bread

Buffalo Bang

Breaded chicken, Bacon, Mozzarella cheese, Curry fries, Onion rings, Buffalo sauce

Cutlet Choice

Breaded chicken, Swiss cheese, Hot pepper, Lettuce, Tomato, Chef's hot sauce and Mayo



GOURMET SANDWICHES

Any choice for \$7.50

Smoked Turkey

Smoked turkey, Brie cheese, Green apple, Alfalfa sprout, Honey mustard

American Combo

Roast beef, Turkey, Ham, Tomato, American cheese, Lettuce, Russian dressing

Grilled Chicken

Grilled chicken, Fresh mozzarella, Roast pepper, Lettuce, Pesto, mayo

Pepper Turkey

Pepper turkey, Swiss cheese, Roast pepper, Lettuce, Buffalo sauce

Italian Sub Olive

Genoa salami, Pepperoni, Cappy ham, Provolone, Lettuce & Tomato

Turkey Club

Turkey breast, Bacon, Lettuce, Tomato & Mayo

Veggie Delight

Fresh mozzarella cheese, Grilled vegetables, Mixed greens

Beef Antipasto

Roast beef, Provolone, Lettuce, Tomato, Onion, Green pepper, Olives, Italian dressing

Cordon Bleu

Breaded chicken cutlet, Ham, Swiss, Lettuce, Tomato & Honey mustard

Black Forest

Black ham, Brie cheese, Tomato, Honey mustard, Mixed green

WRAP SANDWICHES

Any choice for \$6.95

Chicken Caesar

Grilled chicken, Romaine, Crouton, Parmesan, Caesar dressing

Smoked Turkey

Smoked turkey, Swiss, Alfalfa, Apple, Lettuce, Honey mustard

Veggie Wrap

Fresh mozzarella, Lettuce, Avocado, Green apple, Green grape, Cucumber, Mix green, Pesto, Mayo

Buffalo Wrap

Buffalo chicken breast, Jack cheese, Lettuce, Tomato, Buffalo sauce

Classic Tuna

Tuna salad, Carrot, Lettuce



Turkey BLT

Turkey breast, Bacon, Lettuce, Tomato, Mayo

Teriyaki Wrap

Marinated teriyaki chicken, Grilled onion and Carrot, Lettuce, Teriyaki sauce

Wrap Montecristo

Ham & Smoked turkey, Swiss cheese, Lettuce, Tomato, Honey mustard

California Club

Grilled chicken, Avocado, Roast pepper, Lettuce, Russian

Waldorf

Chicken salad, Walnut, Romaine, Red grapes, Green apple

Pepper Turkey Wrap

Pepper turkey, Jalapeno, Sun dried tomato, Lettuce

Spicy Thai Chicken

Grilled chicken, Spicy sauce, Cashews, Cilantro, Lettuce, Pineapple



GRILLED PANINI

Any choice for \$6.95

Cuban Roast pork, Ham, Swiss cheese, Pickles, Mustard

Delightful Honey turkey, Swiss cheese, Coleslaw, Honey mustard

Tunamelt Tuna salad, Cheddar cheese, Lettuce, Plum tomatoes

Eggplant Parmesan Oven roasted eggplant, Fresh mozzarella, Fresh basil, Marinara sauce, Parmesan

The Italiano Grilled chicken, Roast peppers, Fresh mozzarella, Pesto sauce

Toasted Monte Cristo Ham, Turkey, Swiss, Cheddar, Lettuce, Tomato, Honey mustard

Chicken Parmesan

Breaded chicken, Fresh mozzarella, Marinara sauce, Basil, Parmesan cheese

Chicken Fajita Grilled chicken, Cheddar, Roast peppers, Caramelized onions, Salsa

Veggie Mozzarella

Fresh mozzarella, Plum tomatoes, Basil, Spinach, Sun dried tomato, Balsamic vinegar

Siciliano Prosciutto

Ham, Mozzarella cheese, Sun dried tomato, Basil, Mixed greens, Balsamic vinaigrette

Tex Mex Breaded chicken cutlet, Guacamole, Jalapeno, Jack cheese, Lettuce, Mayo

Crispy Bacon

Breaded chicken cutlet, Melted cheddar, Bacon, Mixed greens, Tomato, Ranch dressing

CREATE YOUR OWN SALAD



Step 1. Choose your salad & size Mixed greens / Romaine / Spinach
start with Small 2.95 Large 3.95

Step 2. Select your main ingredients **\$ 1.50**

Baby mozzarella / Crispy bacon / Avocado / Diced mango
Grilled asparagus / Artichoke heart / Cashew / Pine nut
Dried cranberry / Maple walnut

\$ 2.00

Albacore tuna / Cajun chicken / Portabella mushroom
Grilled chicken / Breaded chicken / Grilled shrimp
Grilled salmon / Smoked turkey / Chicken salad / Baked ham

Step 3. Choose your toss- in **\$0.50** each

Baby corn / Celery / Chick pea / Green pea / Cucumber
Black bean / Kidney bean / Green olive / Broccoli / Black olive
Green pepper / Red pepper / String bean / Diced tomatoes
Mushroom / Mandarin orange / Hard boiled egg / Corn
Shredded carrot / Bean sprout / Chinese noodle / Alfalfa sprout

Complimentary: onions and croutons

Step 4. Choose your toss- in **\$1.00** each

Penne pasta / Kalamata olive / Stuffed grape leaf / Grilled tofu
Roasted red peppers / Grape tomato / Low-fat jack / Clumbled feta
Clumbled bleu / Shredded parmesan / Shredded cheddar /
Sun-dried tomato / Toasted almond / Sunflower seed / Egg white

Step 5. Selects our dressing

Sesame ginger / Balsamic vinaigrette
Bleu cheese dressing / French dressing
Ranch dressing / Caesar / Russian
Italian dressing / Oil & vinegar



SOON DU BU (Healthy Tofu Soup)

	Small	Large
#1. Sweet & Spicy, Home style, Flavored with pork	\$4.95	\$7.45
#2. Broccoli sauteed in garlic sauce with shredded pork	\$4.95	\$7.45
#3. Sauteed string beans, Szechuan style	\$4.95	\$7.45
#4. Sauteed snow peas & Water chestnuts	\$5.45	\$7.95

With white rice or Brown rice Add \$2.00



TERIYAKI

Teriyaki is a cooking technique used in Japanese cuisine in which foods are broiled or grilled in a sweet soy sauce marinade (tare in Japanese). It is served in most modern Japanese cuisines.

#1 Chicken Teriyaki **\$8.95**
This is the one that made us famous! Our chicken is marinated in our gourmet marinade and grilled to perfection. We place the succulent grilled chicken over a serving of rice and top with our own mouth-watering, secret recipe teriyaki sauce.

#2 Add Veggies **\$9.50**
Add our nutritious veggie blend of zucchini, carrots, broccoli, and water chestnuts to any teriyaki bowl at a little price to enjoy a big flavor.

#3 Hot'n Spicy Chicken Bowl **\$9.50**
Same as the Chicken Bowl, but with a kick. We use our own Hot 'n Spicy recipe to add just the right amount of hot.

- **Beef Teriyaki** **\$9.50**
Marinated and char broiled
- **Shrimp Teriyaki** **\$9.50**
Charbroiled and topped with special shrimp sauce