

GRILLED FOCACCIA \$9.95

ITALIAN GRILLED HAM & CHEESE Fresh Mozzarella, Prosciutto, Tomato, Fresh Basil and Olive Oil

GRILLED GARDEN VEGETABLES with Fresh Mozzarella and Balsamic Dressing

GRILLED CHICKEN with Roasted Peppers, Fresh Mozzarella and Pesto

PORTOBELLO & FETA CHEESE with Arugula and Balsamic Dressing

SMOKED TURKEY with Brie and Authentic Honey Mustard

ROMAN Grilled Chicken, Fresh Mozzarella, Sun Dried Tomatoes and Garlic Aioli

GRILLED CHICKEN with Fresh Mozzarella, Roasted Peppers and Pesto

MEDITERRANEAN Grilled Chicken, Feta, Olives, Red Onion, Lettuce, Chopped Tomatoes and Tzatziki

PIZZAS

TRADITIONAL SLICE	\$4.00
FRESH MOZZARELLA SLICE	\$4.25
SICILIAN SLICE	\$4.25
SPECIALTY SLICE	\$5.00
[Deep Dish / Multiple Toppings]	
GRANDMA SLICE	\$4.25
WHOLE WHEAT SLICE	\$5.00
CHEESE CALZONE	\$7.95
HAM & CHEESE CALZONE	\$8.95
STROMBOLI	\$8.95
STUFFED ROLLS	\$7.95
STUFFED SLICE	\$9.95
GARLIC KNOT	\$0.75

PIES

LARGE PLAIN PIE (8 Slices)	\$20.95
LARGE 1 TOPPING PIE	\$24.95
LARGE FRESH MOZZARELLA & BASIL	\$22.95
LARGE SICILIAN/GRANDMA	\$29.95
LARGE VEGGIE	\$29.95

TOPPINGS (Large 4.00 each / Slice 1.00 each)

Meatball | Sausage | Pepperoni | Prosciutto | Bacon | Peppers | Onions

Eggplant | Broccoli | Tomatoes | Sun-Dried Tomatoes | Artichokes | Olives

Spinach | Mushrooms | Ricotta Cheese | Pineapple | Ziti | Grilled Chicken

Chicken Cutlet | BBQ Chicken | Buffalo Chicken | Pesto Chicken

HOT HEROES & SPECIALITIES

SAUSAGE & PEPPERS HERO	\$10.95
MEATBALL, CHICKEN or EGGPLANT PARMESAN HERO	\$10.95
PHILLY CHEESE STEAK	\$10.95
GRILLED CHEESE	\$6.95
B.L.T.	\$8.95
FRESH TURKEY or ROAST BEEF PLATTER	\$10.95
GRILLED CHICKEN & VEGETABLE PLATTER	\$10.95
SPECIALTY HOT FOOD PLATTER	\$10.95
[One Protein & 2 Sides]	

GOURMET BEVERAGES

HOT BEVERAGES:	12oz	16oz	20oz
ESPRESSO – SINGLE	\$3.25		
COFFEE OF THE DAY	\$2.30	\$2.75	3.25
TEA	\$2.30	\$2.75	\$3.25
CAPPUCCINO, LATTE or CHAI LATTE	\$4.25	\$4.50	\$5.25
MOCHA	\$4.75	\$5.25	\$5.50
AMERICANO	\$4.25	\$4.50	\$5.25
HOT CHOCOLATE (100% Milk)	\$3.50	\$4.25	\$4.95
STEAMED MILK	\$2.95	\$3.50	\$4.25
EXTRA ESPRESSO SHOT	\$1.00		
GOURMET SYRUP SHOT	\$1.00		

ICES BEVERAGES:	16oz	24oz
ICED COFFEE OF THE DAY	\$3.50	\$4.25
ICED TEA	\$3.50	\$4.25
ICED CAPPUCCINO, LATTE or CHAI	\$4.95	\$5.50
ICED MOCHA	\$5.25	\$5.95
LATTE or MOCHA SMOOTHIE	\$6.25	\$6.95
FRESH FRUIT SMOOTHIE	\$9.95	\$10.95
ASSORTED SODA CANS	\$1.99	
ASSORTED TROPICANNA	\$2.99	
SNAPPLE	\$2.99	
VITAMIN WATER	\$2.99	
NANTUCKET NECTAR	\$2.99	
POLAND SPRING	\$1.99	

DESSERTS

SPECIALTY DESSERT BARS: BROWNIES-BLONDIES	\$4.25
ITALIAN BISCOTTI	\$2.95
RICE KRISPY TREATS	\$3.50
[Regular and Low Fat]	
LARGE HOMEMADE COOKIES	\$2.95
SMALL BLACK & WHITES	\$3.50
SMALL CHOCOLATE CHIP	\$3.50
RUGELACH	\$2.00
MACAROONS	\$2.00
CRUMB CAKE	\$4.25
ASSORTED LOAF CAKES	\$3.95
PROTEIN BAR	\$3.50
CHIPS or PRETZELS	\$2.00

CATERING SNAPSHOT

Full menu available at teresasnyc.com

BREAKFAST

CONTINENTAL BREAKFAST PLATTER \$5.95 pp
Assortment of Fresh Baked Muffins, Breakfast Pastries, and Bagels Served with Cream Cheese, Butter and Jelly

NEW YORK BAGEL PLATTER \$4.95 pp
An Assortment of NY's Finest Bagels, served with Butter, Cream Cheese and Jelly

EXECUTIVE BREAKFAST \$12.95 pp
Continental Breakfast Platter, Carved Fruit Tray and Gourmet Coffee Service

RISE AND SHINE PLATTER \$7.95pp
Wide Assortment of Egg Sandwiches & Wraps

BREAKFAST PASTRY PLATTER \$5.95 pp
Assortment of Fresh Baked Muffins, Croissants & Breakfast Pastries

CLASSIC LUMBERJACK \$16.95 pp
Pancakes, Scrambled Eggs, Bacon or Sausage and Home Fries, served with Gourmet Coffee and Fresh Orange Juice Lunch (10 Person Minimum)

LUNCH

TERESA'S SANDWICH PLATTER \$11.95 pp
A Wide Assortment of Signature Sandwiches, Wraps and Paninis

CLASSIC LUNCH \$14.95 pp
Teresa's Sandwich Platter with Side Salad Selection

EXECUTIVE LUNCH \$18.95 pp
Teresa's Sandwich Platter, Side Salad Selection and Homemade Cookie Platter

TERESA'S SIGNATURE LUNCH \$20.95 pp
Teresa's Sandwich Platter, Side Salad Selection & Carved Fruit & Homemade Cookie Tray

HOT LUNCH

[Full menu available online - 1/2 Tray Serves 8-10 & Full Tray 18-20]

	½ TRAY	FULL TRAY
BAKED ZITI, PENNE POMODORO, PRIMAVERA OR ALLA VODKA	\$80.00	\$150.00
HOMEMADE MEATBALLS	\$95.00	\$180.00
CHICKEN PARMESAN or SAUSAGE & PEPPERS	\$95.00	\$180.00
ROSEMARY ROASTED OR GRILLED CHICKEN	\$95.00	\$180.00
ROASTED SALMON or SHRIMP SCAMPI	Market	Market

SIDE OPTIONS

ENTREE SALADS \$6.50 pp
Main Street, Asian, Grilled Chicken Caesar, Greek or Mexican

SIDE SALADS \$5.95 pp
Garden, Caesar, Tuscan Pasta or Classic Spinach

CARVED FRUIT PLATTER \$5.95 pp

HOMEMADE COOKIE/DESSERT PLATTER \$5.95pp

GOURMET COFFEE OR TEA SERVICE \$2.25pp

ASSORTED CANNED SODAS OR BOTTLED WATERS \$1.99pp

FRESH ORANGE JUICE \$2.75pp

All Menu Prices Are Subject to Change Without Notice.
A 10% Delivery Fee is Applied to All Orders,
Please Note This is NOT a Gratuity



Catering | Takeout
Pick-Up | Delivery*

CALL TODAY
212 265 7988

1290 Avenue of the Americas
51 W51st Street
[between 5th and 6th Avenues]

TeresasNYC.com
*\$20 MINIMUM FOR DELIVERY

HOT BREAKFAST

SERVED 6AM-11AM (AFTER 11AM \$1.50 SURCHARGE)		
EGG WHITES on a ROLL or WRAP	\$4.00	
TWO EGGS on a ROLL or WRAP	\$3.50	
TWO EGGS with CHEESE & HAM, BACON or SAUSAGE on a ROLL or WRAP	\$4.95	
TWO EGGS PLATTER or OMELET STYLE	\$4.95	
EGGWHITE PLATTER	\$5.95	
WESTERN, SPANISH, GREEK or VEGGIE OMELET PLATTER	\$7.95	
CLASSIC PANCAKES or CHALLAH FRENCH TOAST	\$6.50	
SIDE ORDER of HAM, BACON or SAUSAGE	\$5.95	

COMPLIMENTARY POTATOES & TOAST WITH EGG PLATTERS ONLY
— No Substitutions Please —

BREAKFAST EXTRA

\$1.50 EXTRA – BREAKFAST MENU AFTER 11AM

- 0.50 Extra Add to Sandwich / Platter- Cheese, Onion, Tomato, Spinach, Broccoli, Bell Peppers, Mushrooms, Cherry Peppers, Jalapeño, Salsa etc.
- \$1.00 Extra Substitute Egg White or Additional Egg
- \$1.50 Extra Add to Sandwich: Ham, Bacon, Sausage or Croissant
- \$2.00 Extra Add to Platter: Ham, Bacon or Sausage
- \$3.00 Extra Avocado, Beef Sausage, Turkey Bacon or Turkey Sausage

BREAKFAST BURRITOS \$6.95

- CLASSIC Eggs, Cheese, Bacon, Ham or Sausage & Potatoes
- WESTERN Eggs, Cheese, Ham, Onions, Peppers & Potatoes
- SPANISH Eggs, Cheddar, Onions, Tomatoes, Cherry Peppers, Salsa & Potatoes
- VEGGIE Eggs, Swiss, Tomatoes, Peppers, Onions, Spinach, Mushrooms & Potatoes
- GREEK Eggs, Feta, Tomatoes, Onions, Spinach & Potatoes
- TERESA’S Eggs, American Cheese, Bacon, Tomatoes, Onions, Avocado & Potatoes

MORNING STARTERS

PLAIN BAGEL		
with BUTTER or JELLY	\$1.95	
with BUTTER & JELLY	\$2.50 / Cream Cheese & Jelly	\$3.50
with CREAM CHEESE	\$2.95 / Flavored	\$3.50
with LOX SPREAD	\$5.50	
with PEANUT BUTTER	\$3.50 / with Jelly	\$3.95
FRESH BAKED MUFFIN	\$3.50 / TOASTED with BUTTER	\$3.95
CROISSANT	\$3.50 / TOASTED with BUTTER	\$3.95
OLD FASHIONED OATMEAL Sm.	\$3.00 / Lg.	\$4.00
with TOPPINGS .75 each Strawberries, Bananas, Granola, Almonds, Walnuts, Raisins or Craisins		
CLASSIC BLT		\$8.95
TURKEY BACON BLT		\$8.95
CLASSIC GRILLED CHEESE		\$6.95
HARD BOILED EGG		\$1.50

SPECIALTY ENTREE SALADS \$11.95

A. CLASSIC CAESAR SALAD	\$9.95
B. CLASSIC GRILLED CHICKEN CAESAR SALAD	
C. GARDEN SALAD	\$9.95
D. MARINATED GRILLED CHICKEN over GARDEN SALAD	
E. GREEK SALAD	
F. TERESA’S SALAD Grilled Chicken, Roasted Peppers and Avocado over Salad Greens	
G. GREEK FRUIT PLATTER Fresh Fruit Salad, Fat Free Greek Yogurt and Granola	
H. GRILLED CHICKEN COBB SALAD Grilled Chicken, Avocado, Egg, Tomato, Bacon and Red Onion over Romaine	
I. CHEF SALAD Roast Beef, Turkey, Ham, Swiss and Cheddar over Garden Salad	
J. TUNA SALAD PLATTER Classic or Specialty Tuna Salad over Garden Salad	
K. CHICKEN SALAD PLATTER Classic or Specialty Chicken Salad over Garden Salad	
L. INDIVIDUAL TUNA PLATTER Albacore Tuna over Garden Salad	
M. CLASSIC SPINACH SALAD Mushrooms, Bacon, Hard Boiled Egg over Baby Spinach	
N. ASIAN CHICKEN SALAD Ginger Marinated Chicken, Mandarin Oranges, Water Chestnuts and Chinese Noodles over Mesclun	
O. CAPRESE SALAD Fresh Mozzarella, Roasted Peppers and Tomatoes over Mesclun Greens	
P. SICILIANO SALAD Roasted Peppers, Sun-Dried Tomatoes, Capers and Feta Cheese over Fresh Spinach	
Q. WALDORF SALAD Grilled Chicken, Walnuts, Celery, Raisins and Apples over Mesclun Greens	
R. MAIN STREET SALAD Crumbled Blue Cheese, Walnuts and Cranberries, Strawberries over Mesclun Greens	
S. CAJUN CHICKEN SALAD Cajun Grilled Chicken, Roasted Peppers, Avocado and Red Onion over Garden Salad	

DRESSINGS
Creamy Italian, Italian, Balsamic Dijon Vinaigrette, Caesar, Fresh Lemon Extra Virgin Olive Oil, French, Asian Sesame Ginger, Russian, Ranch Blue Cheese, FF Lemon Herb, FF Raspberry Vinaigrette, Low Fat Honey Dijon Low Fat Italian, Red Wine Vinegar, Balsamic Vinegar

CREATE A SALAD

Medium Salad \$9.95 | Large Salad \$11.95
Includes Choice of Greens - 1 Main Ingredient - 5 Toppings
Romaine | Mesclun | Baby Spinach | Kale | Arugula
MAIN INGREDIENTS
Grilled Chicken | Pesto Chicken | Cajun Chicken | Chicken Cutlet
Asian Chicken | Tuna | Turkey | Portobello Mushroom Bacon | Avocado
Each Additional Main Ingredient Add \$3.00

TOPPINGS
Tomatoes, Cucumbers, Carrots, Corn, Chickpeas, Kidney Beans, Celery, Pasta, Green Peas, Scallions, Sprouts, Green Peppers, Beets, Broccoli, Croutons, Red Onion, Chinese Noodles, Dried Cranberries, Golden Raisins, Cheese, Tofu, Kalamata Olives, Artichokes, Cherry Tomatoes, Sun-Dried Tomatoes, Roasted Peppers, Artichokes, Hearts of Palm, Mandarin Oranges, Water Chestnuts, Almonds, Walnuts, Sunflower Seeds, Red Peppers, Mushrooms, Tortilla Strips, Apples, Edamame, Egg

Each Additional Topping Add \$3.00

CREATE A SANDWICH \$8.95

CHOOSE: Sliced Bread, Wrap or Roll, with Lettuce
• SMOKED, CAJUN, CRACKED PEPPER,
• FRESH CARVED or CLASSIC TURKEY BREAST
• BLACK FOREST, MAPLE HONEY HAM, CAPICOLA or BOARS HEAD HAM
• GRILLED, CAJUN or CHICKEN CUTLET
• ITALIAN PROSCIUTTO (Additional \$1.00)
• GENOA SALAMI
• MORTADELLA
• CLASSIC EGG, TUNA, CHICKEN SALAD, SPECIALTY TUNA or CHICKEN SALAD
• SWISS, PROVOLONE, MUENSTER, CHEDDAR, MONTEREY JACK, FRESH MOZZARELLA or BRIE

Add Ons: Tomatoes, Cheese, Sprouts, Roasted Peppers, Fresh Basil, Sun-Dried Tomatoes or Focaccia \$.75 • Bacon, Fresh Mozzarella, Brie or Hero \$1.00 • Avocado \$2.00

MEXICAN BAR

QUESADILLA	\$8.95
Choice of Tortilla filled with Melted Cheese, served with Salsa & Sour Cream with Chicken, Beef, Vegetables or Mushrooms add 1.00	
BURRITO	\$9.95
Chicken, Beef or Vegetables. Choice of Tortilla filled with Rice, Cheese and Beans, served with Salsa & Sour Cream	
SOFT TACOS (3)	\$9.95
Chicken, Beef or Vegetables. Soft Tortillas filled with Lettuce and Cheese, served with Salsa & Sour Cream	

Guacamole \$2.50 | Extra Additional Toppings Available .50 Each - Please Inquire

PANINI \$10.95

CHICKEN FAJITA Grilled Chicken, Onions, Peppers, Salsa and Cheddar
CHICKEN PARMIGIANA Chicken Cutlet, Tomato Sauce and Mozzarella
TUSCAN Tomatoes, Fresh Mozzarella and Basil
TUNA MELT Tuna Salad, Cheddar Cheese, Lettuce and Tomatoes
ITALIANO Grilled Chicken, Fresh Mozzarella, Roasted Peppers and Pesto
CHICKEN CLUB Grilled Chicken, Brie, Smoked Bacon and Plum Tomatoes

SOUPS

Small: \$5.95 | Large: \$6.95

Our homemade soups are prepared daily with only the freshest ingredients.

Ask about today’s featured soups and soups of the day

TERESA’S SPECIALTY SANDWICHES AND WRAPS \$9.95

- T1 GRILLED CHICKEN CAESAR WRAP with Homemade Caesar Dressing
- T2 GRILLED CHICKEN GREEK SALAD WRAP with Balsamic Dressing
- T5 FRESH ROAST BEEF WRAP with Melted Cheese and Red Onion
- T6 TUNA SALAD WRAP with Melted Cheese
- T7 SMOKED TURKEY WRAP with Melted Brie and Authentic Honey Mustard
- T9 GRILLED CHICKEN on Sourdough/French Baguette with Melted Fresh Mozzarella and Homemade Pesto
- T10 SMOKED TURKEY on Sourdough/French Baguette with Imported Brie and Authentic Honey Mustard
- T11 BLACK FOREST HAM on Sourdough/French Baguette with Imported Brie or Low Fat Swiss and Tomato
- T12 ITALIAN PROSCIUTTO on Sourdough/French Baguette with Fresh Mozzarella, Tomato and Olive Oil (+\$2.00)
- T14 CRACKED PEPPER TURKEY on a Roll or Baguette with Muenster Cheese, Tomato and Russian Dressing
- T15 CALIFORNIA WRAP with Smoked Turkey, Avocado, Tomato, Sprouts and Honey Mustard
- T17 GRILLED CHICKEN ITALIANO on Sourdough /French Baguette with Mixed Greens, Roasted Peppers, Sun-Dried Tomatoes and Italian Dressing
- T18 NORWEGIAN SMOKED SALMON on a Bagel with Lettuce, Tomato and Red Onion (+\$2.00)
- T19 ITALIAN SICILIANO HERO with Genoa Salami, Ham, Mozzarella, Lettuce, Tomatoand Red Onions with Olive Oil and Vinegar
- T20 FRESH ROAST BEEF on Sourdough/French Baguette with Melted Cheddar Cheese and Red Onion
- T22 TURKEY & HAM on a Sesame Hero with Imported Swiss, Sliced Pickles and Russian Dressing
- T23 VEGETARIAN DELIGHT on 8-GRAIN/WRAP with Lettuce, Tomato, Avocado, Cucumbers and Sprouts with Herb Vinaigrette
- T24 GRILLED PORTOBELLO or EGGPLANT on FOCACCIA with Melted Fresh Mozzarella, Roasted Peppers and Balsamic Dressing
- T26 TERESA’S WRAP Grilled Chicken, Avocado, Tomato, Red Onion, Bacon and Mesclun Greens with Blue Cheese Dressing
- T29 SOUTHWEST CHICKEN WRAP with Sautéed Onions, Grilled Tomatoes and Melted Pepper Monterey Jack Cheese
- T30 BUFFALO CHICKEN SALAD on 8-Grain with Lettuce and Tomato
- T31 CRANBERRY & SLICED ALMOND CHICKEN SALAD with Genoa Salami, Ham, Mozzarella, Lettuce, Tomato and Red Onions with Olive Oil and Vinegar
- T32 GRILLED CHICKEN or CHICKEN CUTLET with Lettuce, Tomato, Bacon and Chipotle Mayo on Roll
- T33 BROOKLYN HERO Ham Capicola, Mortadella, Pepperoni, Salami, Provolone, Lettuce, Tomato and Roasted Peppers on a Hero with Balsamic Vinegar and Olive Oil (+\$2.00)