

BREAKFAST

SERVED FROM 6AM -11AM

<i>Egg Sandwiches</i> on a roll, bagel or wrap	
TWO EGGS	4.59
EGG & CHEESE	5.59
EGG & BACON	6.39
WESTERN or CHEESE OMELETTE	6.99
EGG WHITE VEGGIE OMELETTE	6.99
TWO EGGS ANY STYLE w/Potatoes & Toast	6.59

Create Your Own Omelette

3 EGGS WITH 3 TOSS-INS:	7.99
Broccoli, Mushrooms, Spinach, Scallions, Kale, Tomatoes, Onions, Bell Peppers	
CHEESES American, Swiss, Cheddar, Feta	
MEAT Ham, Bacon, Sausage	
ADD-ON Extra Meat 2.00 Cheese 1.00 Extra Egg 1.50	

Griddles

FRENCH TOAST or BUTTERMILK PANCAKES	7.99
with Strawberries or Blueberries	

Hot Cereal Bar

HEARTY OATMEAL	Served with 3 Complimentary Toppings: Fresh Fruit & Berries, Homemade Granola, Raisins, Honey, Cinnamon, Brown Sugar
HOMEMADE GRANOLA & YOGURT PARFAIT	6.99
Delicious, Crunchy Honey Granola Served with Non-Fat Yogurt & Fresh Seasonal Fruit & Berries	

Breakfast Quinoa Bowls

Q1.	Two Soft Fried Eggs Lemon Braised Kale, Feta, Tomatoes, Olives, Scallions with Teriyaki Sauce over Gluten-Free Quinoa
Q2.	Two Soft Fried Eggs Lemon Braised Kale, Feta, Cilantro, Red Onion with Chipotle Lime Ancho Sauce over Gluten-Free Quinoa
Q3.	Two Soft Fried Eggs, Lemon Braised Kale, Feta, Sautéed Mushrooms, Caramelized Shallots, Chick Peas with Traditional Moroccan Sauce over Gluten-Free Quinoa
ADD AVOCADO +1.50	

MAKE IT PERFECT! ADD

FRESH FRUIT SALAD	5.99
FRESH PURE ORANGE JUICE	5.99

BAKERY

ALL OUR BAKERY ITEMS ARE 100% TRANSFAT FREE

<i>Bagels</i> Plain · Sesam · Everything, · Cinnamon Raisin · Multi-Grain · Whole Wheat	
Plain, Buttered or Jelly	2.99
Cream Cheese	3.50
Vegetable or Scallion	4.25
Lox Spread	4.99
Smoked Norwegian Salmon	14.99

Croissants

All Butter or Whole Wheat	3.25
Almond or Chocolate	4.25

Danish

Cheese · Fruit	
Muffins	4.25
Blueberry · Corn · Raisin Bran · Mixed Berry	

English Scones

Blueberry · Chocolate Chip · Raisin	4.25
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Brownies & Bars

Oreo · Raspberry · Double Fudge · Pecan Bar	6.25
· Lemon Bar · Cheesecake · Turtle Caramel	
· Peanut Butter · Snickers · Carrot · Key Lime	
· Mango	

BEVERAGES

<i>Piping Hot</i>	REG.	MED.	LG .
House Blend/Decaf	2.29	2.89	3.09
Herbal Tea	2.29	2.89	3.09
Hot Chocolate	2.59	3.39	3.79
Chai	3.89	4.59	5.09
Cappuccino/Latte	3.89	4.69	4.99
Espresso	SINGLE 2.69	DOUBLE	3.69

ALMOND MILK, SOYMILK, SYRUPS +0.99

<i>Chilled</i>	REG.	MED.	LG.
Iced Cofee (Cold Brew)	4.49		5.49
Iced Tea	3.79		4.79
Iced Cappuccino/Latte	4.79		5.59

<i>Hydrate</i>	REG.	MED.	LG.
Spring Water	2.50	3.50	4.50
Fresh Squeezed Orange Juice			5.99

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CATERING SELECTIONS

Breakfast Packages

BREAKFAST PACKAGE #1	12.99
· Our Signature Mini Pastry Platter	
· Hot Coffee Service	
· Freshly Squeezed Orange Juice	ADD 2.00 PER GUEST

BREAKFAST PACKAGE #2	15.99
· Our Signature Mini Pastry Platter	
· Sliced Fruit & Mixed Berries	
· Hot Coffee Service	
· Freshly Squeezed Orange Juice	ADD 2.00 PER GUEST

BREAKFAST PACKAGE #3	19.99
· Our Signature Mini Pastry Platter	
· Low-Fat Yogurt Parfait	
· Freshly Squeezed Orange Juice	
· Hot Coffee Service	
· Sliced Fruit & Mixed Berries	ADD 3.00 PER GUEST

BREAKFAST PACKAGE #4	19.99
· Hearty Breakfast Quesadillas or Roll Ups	
· Sliced Fruit & Mixed Berries	
· Freshly Squeezed Orange Juice	
· Hot Coffee Service	

BREAKFAST PACKAGE #5	20.99
· Hearty Breakfast Buffet	
· Hot Coffee Service	
· Freshly Squeezed Orange Juice	
· Sliced Fruit & Mixed Berries	ADD 3.00 PER GUEST

BREAKFAST PACKAGE #6	23.99
· Quinoa Breakfast Bowl	
· Gluten-Free Bagel Platter	
· Hot Coffee Service	
· Sliced Fruit & Mixed Berries	ADD 3.00 PER GUEST

FOR OUR FULL Catering Menu

PLEASE VISIT OUR WEBSITE...

marketcrates.com

OR CALL OUR CATERING TEAM

& LET US HELP MAKE

your event SPECTACULAR!

EMPIRE STATE	MADISON SQUARE
26 <sup>W</sup> 33 <sup>rd</sup> ST.	224 <sup>W</sup> 35 <sup>th</sup> ST.
212-203-1991	212-695-6922

There will be 3.5% card fee when you pay by credit/debit card.

Lunch Packages

LUNCH PACKAGE #1	17.99
· Assortment of Chef Designed Sandwiches & Wraps	
· Your Choice of Side Salad	

LUNCH PACKAGE #2	20.99
(THE CLASSIC CARVING BOARD)	
· Elegant Array of Sliced Meats and Cheeses	
· Basket of Brick Oven Baked Italian Bread	
· Relish Tray of Lettuce, Pickles, Tomatoes & Kalamata Olives	
· Homemade Spreads	
· Your Choice of Side Salad	
· Market Crates Dessert Platter	

LUNCH PACKAGE #3	19.99
· Assortment of Mexican Style Mini Quesadillas	
Served with Pico De Gallo, Guacamole & Sour Cream	
· Your Choice of Gourmet Side Salad	

add-ons

• CRATES DESSERT PLATTER	5.00
• TROPICAL FRUIT & MIXED BERRIES	5.00
• REFRESHING ASSORTED BEVERAGES	3.00
• HOMEMADE SOUP OF THE DAY	5.00

COFFEE BREAK PACKAGE 13.99 PP

- CHOICE OF DESSERT PLATTER OR AFTERNOON PASTRY PLATTER
- HOT BEVERAGE SERVICE
- ASSORTED COLD BEVERAGES

Beverage Services

COFFEE SERVICE	4.99
Market Crates House Blend Regular or Decaf	
TEA SERVICE	5.29
Assorted Brewed Tea, Regular, Decaf or Herbal	
HOT CHOCOLATE with Steamed Milk	4.99
BOX OF JOE Serves 8-10 Guests. Reg. or Decaf	28.99
FRESHLY SQUEEZED JUICE Serves 6-8 Guests.	18.95
A Selection of Fresh Orange or Grapefruit Juices	
ALL NATURAL JUICE Cranberry or Apple Juices	3.99
ICED COFFEE SERVICE	4.29
BOTTLED SPRING WATER	2.75
HEALTHY BEVERAGES ASSORTMENT	4.99
Honest Tea, Vitamin Water, Coconut Water	

10% SERVICE CHARGE WILL BE ADDED TO ALL CATERING ORDERS  
A CHARGE MAY OCCUR FOR ANY CANCELLATIONS

MARKET CRATES

GREENS & GRAINS

responsible

Delivery Menu

EMPIRE STATE  
26<sup>W</sup> 33<sup>rd</sup> ST.  
NEW YORK, NY 10001

TEL: 212-203-1991

MADISON SQUARE  
224<sup>W</sup> 35<sup>th</sup> ST.  
NEW YORK, NY 10001

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Follow Us On:



2023



SANDWICHES

Signature Sandwiches 12.99

SMOKED SALMON with Chive Cream Cheese, Cucumbers on Pumpernickel +2.00  
TURKEY & BRIE with Lettuce, Tomato, Honey Dijon Spread on Crispy French Baguette  
TUNA SALAD with Lettuce, Tomato, on Multigrain  
CAPE COD CHICKEN SALAD with Lettuce, Tomato, Walnuts, Low Fat Mayo on 7 Grain  
HOUSE ROAST BEEF with White Cheddar Cheese, Crispy Onions, Arugula, Horseradish Mayo on Black Russian Bread  
CHEESE CAPRESE with Fresh Mozzarella, Roasted Tomatoes, Fresh Basil with Tomato Pesto Spread on Olive Pocket  
TRUFFLE BALSAMIC CHICKEN with Mesclun, Avocado and Tomatoes on Ciabatta  
CRANBERRY TURKEY with Roasted Turkey, Mixed Greens, Roasted Peppers, White Cheddar Cheese & Cranberry Mayo on Pumpernickel  
CALIFORNIA TURKEY with Smoked Turkey, Avocado, Cucumbers, Tomatoes, Mesclun & Lemon Dill Mayo on Wheat

Market Crates Wraps 12.99  
ALL OUR WRAPS ARE SERVED ON A WHOLE WHEAT TORTILLA

CHICKEN CAESAR with Roasted Peppers, Romaine Lettuce, Shaved Parmesan & Low-Fat Caesar Dressing  
VEGGIE DELIGHT Avocado, Garbanzo Beans, Shredded Beets, Carrots, Cucumbers, Spinach with Homemade Hummus Spread  
CLASSIC CALIFORNIA All Natural Chicken, Avocado, Roasted Peppers, Lettuce & Tomato with Peppercorn Ranch  
CHICKEN FIESTA with Avocado, Fresh Corn, Mesclun & Black Bean Puree  
ALBACORE TUNA with Sprouts, Plum Tomatoes, Arugula with Light Mayo  
CHIPOTLE ANCHO CHICKEN Crispy Chicken, Avocado, Arugula, Lettuce, Tomatoes & Mayo

PANINIS

Oven Melt Paninis 12.99

SMOKED TURKEY CHIPOTLE with Fresh Roasted Turkey, Pepper Jack Cheese, Arugula & Chipotle Spread on Multigrain  
CHICKEN PESTO with Melted Tomatoes, Fresh Mozzarella & Pesto on Rosemary Foccacia  
CHICKEN PARMESAN with Crispy Chicken Breast, Fresh Mozzarella, Shaved Romano, Basil with Homemade Marinara Sauce on Italian Pocket  
BAKED FALAFEL with Tomatoes, Caramelized Onions and Spicy Tahini Sauce on Multigrain Pocket  
MUNSTER CHICKEN with Grilled Chicken, Munster Cheese, Arugula, Honey Dijon on Ciabatta  
BELLA FONTINA with Portabella Mushrooms, Fontina Cheese, Arugula, Porcini Puree & Truffle Oil on Multigrain  
TUNA MELT with Albacore Tuna Salad, Lettuce, Tomatoes, Swiss Cheese on Multigrain  
EGGPLANT PARMESAN with Lightly Breaded Eggplant, Fresh Mozzarella, Pomodoro Sauce on Ciabatta  
MARKET STEAK with Caramelized Onions, Sautéed Mushrooms, Gruyere & Roasted Shallots Aioli on Onion Pocket  
CHIPOTLE CHICKEN Smoked Gouda, Avocado, Lettuce and Black Bean Puree on Ciabatta

Side Salads 6.99 EACH

BEETS SALAD Roasted Red & Golden Beets, Haricot Vert, Red Onions, Goat Cheese, Candied Walnuts, Sliced Almonds, Arugula & Red Wine Vinaigrette  
MOROCCAN CHICK PEA Cucumber, Tomato, Edamame, Black Olives, Chickpeas, Hummus w/ Spicy Moroccan Vinaigrette  
TOMATO SALAD Cherry Tomato, English Cucumber, Sliced Red Onion, Olives, Feta Cheese, Parsley, Oregano, Olive Oil & Tomato Vinaigrette  
GREEN BEAN French Beans, Sesame Seeds, Ginger, Julienne Tri Collor Pepper, Edamame and Sweet Soy  
KALE Dried Cranberries, Honey Walnuts, Grapes (Red & Green), Radicchio, Pomegranate

QUINOA BOWLS

Create Your Own 12.99

QUINOA INCORPORATES QUITE A LOT OF NUTRIENTS INTO TINY SEEDS. IT CONTAINS MORE PROTEIN THAN MOST GRAINS AND OFFERS A MORE EVENLY BALANCED ARRAY OF AMINO ACIDS. THE BUILDING BLOCKS OF PROTEIN. QUINOA IS ALSO A HIGHER IN PHOSPHORUS, MAGNESIUM, COPPER, ZINC AND IRON THAN MOST GRAINS.

STEP 1 Sauce CHOOSE 1

Sweet Chili Lime • Scallion Traditional Moroccan • Very Teriyaki • Chipotle Ancho Vinaigrette

STEP 2 Proteins CHOOSE 1

•Crispy Chicken • Grilled Chicken • Tofu  
Sauteed Shrimp +4.00 Grilled Salmon +4.00  
ADDITIONAL TOPPING +2.50

STEP 3 Toss-Ins CHOOSE 4

Sweet Peas • Kalamata Olives • Spinach • Broccoli • Scallions • Mushrooms • Daikon • Napa Cabbage • Oven Roasted Peppers • Kale • Caramelized Onions • Carrots • Roasted Corn • Cherry Tomatoes • Fresh Mozzarella +2.00 • Sun-Dried Tomatoes +2.00  
EXTRA TOSS INS +1.00

Chef Designed Quinoa Bowls

OUR ORGANIC QUINOA HAS THE HIGHEST NON-MEAT PROTEIN ON THE PLANET.

RANCHERO QUINOA 12.99

(VEGAN) Tofu, Roasted Peppers, Caramelized Onions, Cilantro, Red Beans, Tortilla Chips & Kale tossed with Chipotle Ancho Vinaigrette

MOROCCAN QUINOA 12.99

Grilled Chicken, Chickpeas, Caramelized Onions, Fresh Basil, Olives, Kale and Carrots tossed with Traditional Moroccan Sauce

SOUTHWESTERN QUINOA 12.99

Grilled Chicken, Roasted Peppers, Cilantro, Cherry Tomatoes, Red Beans, Kale, Scallions and Corn tossed with Sweet Chili Sauce

ASIAN GINGER QUINOA 12.99

(VEGAN) Carrots, Scallions, Daikon, Cabbage, Kale, Mushrooms and Olives with Scallion Ginger Sauce

TERIYAKI SHRIMP 16.99

Shrimp, Daikon, Napa Cabbage, Kale, Carrots, Scallions & Broccoli tossed with Very Teriyaki Sauce

GREEK MED 12.99

Organic Quinoa, Capers, Kale, Chickpeas, Kalamata Olives, Feta, Cherry Tomatoes, Tri-Color Peppers, Fresh Oregano Red Wine Vinaigrette

MARKET PLATES

ENTREE WITH 2 SIDES ON A BED OF GRAINS 16.99

Healthy Grains  
WILD RICE • BROWN RICE • FREEKEH • GOLDEN JEWEL

Entrees

• LEMON HERB CHICKEN • BRAISED STEAK +4.00  
• ROSEMARY TURKEY • SALMON OR SHRIMP +4.00  
• MEATBALLS • GRILLED TOFU

Hot & Cold Sides A LA CARTE 6.99 EACH

SEASONAL & CHANGES DAILY. PLEASE CALL US FOR THE SELECTIONS OF THE DAY OR VISIT OUR WEBSITE AT

marketcrates.com

Soups

MADE WITH FRESH MARKET INGREDIENTS

CUP 4.99 REG 6.99 LARGE 7.99

PREMIUM SOUPS ADD \$1.00 FOR ALL SIZES

Quiche 7.99

MADE FRESH USING THE FINEST MARKET INGREDIENTS

• GOAT CHEESE & HERB • LEEKS & SWISS  
• MUSHROOM & SWISS • BROCCOLI & CHEDDAR

LUNCH COMBOS

THE CLASSIC LUNCH COMBO 13.99

Sandwich, Can of Soda and Chips

HALF SANDWICH & AN 8 OZ. CUP OF SOUP

THE MARKET CRATES COMBO 12.99

Sandwich and 8 oz. Cup of Soup

QUICHE & AN 8 OZ. CUP OF SOUP COMBO 13.99

UPGRADE TO:

• 12 OZ. SOUP +2.00  
• 16 OZ. SOUP +3.00

FOR FRESH AND NATURAL FOODS FROM LOCALLY SOURCED FARMS ORDER AT

marketcrates.com

CUSTOM SALAD

CUSTOM SALAD (PRE-CHOPPED) 14.99

Greens SELECT UP TO 2

Organic House Blend • Baby Arugula • Romaine Hearts  
Fresh Kale • Organic Baby Spinach • Organic Mesclun

Proteins CHOOSE 1 • EXTRA TOPPING +2.50

Cajun Chicken • Crispy Chicken • Grilled Chicken  
• Albacore Tuna • Roasted Turkey  
• Falafel • Grilled Tofu

Salmon +4.00 • Grilled Shrimp +4.00 • Steak +3.00

Premium SELECT UP TO 3 • EXTRA TOPPING +1.00

Sun-Dried Tomatoes • Craisins • Toasted Almonds  
• Walnuts • Portobello • Artichokes • Egg Whites • Bacon Bits • Edamame • Kalamata Olives • Jack & Cheddar • Fetta • Blue Cheese • Baby Mozzarella

ADD AVOCADO +1.50

Toss-Ins SELECT UP TO 6 • EXTRA TOPPING +.50

Broccoli • Sliced Roasted Beets • Carrots • Corn • Cucumbers • Red Onion • Radish • Mushrooms • Hard Boiled Egg • Sweet Peas • Tomatoes • Bell Peppers • Roasted Peppers • Scallions • Chickpeas • Kidney Beans • Grapes • Apple Slices • Croutons • Sunflower Seeds • Crunchy Noodles • Tortilla Strips

Chef Designed Salads 12.99

CHICKEN FIESTA Crispy Chicken, Romaine, Jack & Cheddar cheeses, Fresh Corn, Tomatoes, Red Onions & Tortilla Strips with Ranch Dressing

BAKED FALAFEL Romaine Hearts, Scallions, Tomatoes, Cucumbers, Carrots & Chickpeas with Spicy Tahini

BISTRO CHICKEN Field Greens, Seedless Grapes, Craisins, Blue Cheese, Candied Walnuts & Caramelized Pears with Low Fat Balsamic Vinaigrette

CALIFORNIA COBB SALAD All Natural Turkey, Turkey Bacon, Avocado, Mushrooms, Blue Cheese, Alfafa Sprouts, Tomatoes, Cucumbers, Egg Whites over Spinach & Romaine with Blue Cheese Dressing

GREEK CHICKEN SALAD Romaine, Cherry Tomatoes, Red Onions, Feta Cheese, Cucumbers, Kalamata Olives, Tri Color Peppers with Red Vinaigrette & Extra Virgin Olive Oil

CLASSIC CAESAR SALAD 10.99

Romaine, Garlic Croutons & Parmigiano Cheese with Low-Fat Caesar Dressing

WITH:

• GRILLED CHICKEN 12.99 • FLAT IRON STEAK 14.99  
• ROASTED TURKEY 12.99 • GRILLED SHRIMP 14.99

PASTA BAR

SERVED WITH GARLIC BREAD 12.99

Pasta CHOOSE 1

Linguine • Penne  
• Whole Wheat +1.00 • Gluten-Free +1.00

Sauce CHOOSE 1

Tomato Basil • Fresh Basil Pesto • Ala Vodka  
• Spicy Arabiatta • Alfredo Romano  
• Beef Bolognese +1.00

Main Ingredient CHOOSE 1

Crispy Chicken • Grilled Chicken  
• Portobello Mushroom • Tofu  
• Spicy Shrimp +4.00 • Grilled Salmon +4.00

Toss-Ins CHOOSE 4

Kalamata Olives • Sun-Dried Tomatoes • Sweet Peas • Caramelized Onions • Roasted Peppers • Broccoli Florets • Fresh Mozzarella • Wild Mushrooms • Parmesan • Pepper Flakes  
EXTRA TOSS INS +0.75

DESSERTS & SNACKS

CHOCOLATE OR RICE PUDDING 6.99

MATCHA CHIA CUP 6.99

QUINOA CUP 6.99

VEGGIE SNACK CUP 6.99

MINI GOURMET CAKES 6.99

• Chocolate Mousse • NY Cheese Cake  
• Red Velvet • Strawberry Shortcake  
• Oreo Mousse • Caramel Mousse • Tiramissu  
• Raspberry Ganache • Fruit Tart

ENERGY BARS 4.29

Salad Dressings

Caesar • Blue Cheese • Russian • Chipotle Lime Vinaigrette • Roasted Garlic Vinaigrette  
• Lemon Tahini • Honey Balsamic • Fresh Lemon Squeeze • Sriracha • Extra Virgin Olive Oil

LOW-FAT Peppercorn Ranch • Aged Balsamic Vinegar • Red Wine Vinegar

FAT-FREE/CARB-FREE Lemon Herb • Honey Dijon Vinaigrette • Pomegranate Vinaigrette  
• Raspberry Vinaigrette

EXTRA DRESSING +1.00

Our Partners for Healthy Eating:

