



flavors

HEALTHY | FRESH | NATURAL

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www.flavorsnyc.com

2022



BREAKFAST BUFFET

Jump-start your day with a complete and healthy breakfast from Flavors Cafe. Eat-in, on-the-go, or free delivery. Breakfast is served daily from 6:00am-10:45am, Mon-Fri.

EGG SANDWICHES

on a roll, bagel or wrap.

two eggs	3.79
egg & cheese	4.79
meat and egg	5.49
meat, egg and cheese	5.49
western omelette	6.49
cheese omelette	6.49
egg white veggie omelette	6.49

TWO EGGS ANY STYLE

with potatoes and toast

6.49

CREATE YOUR OWN OMELETTE

three eggs with three fillings

7.99

toss-ins

bell peppers • broccoli • mushrooms • onions
scallions • tomatoes • olives • spinach • kale
sun-dried tomato • quinoa • jalapeño

cheeses

american • swiss • cheddar • feta • mozzarella
pepper jack

meats

ham • bacon • turkey sausage • beef sausage
smoked turkey • grilled chicken • beyond meat
chicken™

GRIDDLE ORIGINALS

buttermilk pancakes or challah french toast

7.99

add ons:

extra egg	+0.99
cheese	+0.99
bacon • ham • turkey sausage	+1.49
beef sausage • smoked turkey • grilled chicken	
beyond meat chicken™	

HOT CEREAL BAR

hearty oatmeal or cream of wheat

reg 4.49 lg 5.49

PICK FOUR COMPLIMENTARY TOPPINGS:

fresh fruit • raisins • granola • honey • cinnamon
agave • brown sugar • toasted almonds • walnuts

additional toppings +0.50

APPLE PIE QUINOA

OATMEAL

fresh apples, cranberries, coconut,
almond milk and skim milk

reg 4.99 lg 5.99

BREAKFAST SANDWICHES

7.99

KALE YEAH

fried eggs, kale, avocado, sundried tomato
pesto, and white cheddar on a brioche

POWER BLT

fried eggs, turkey bacon, avocado, oven
roasted tomatoes, and sundried tomato pesto
on a rustic ciabatta

LOW FAT HOMEMADE

5.79

GRANOLA & YOGURT PARFAIT

delicious crunchy honey granola served with
non-fat yogurt, fresh seasonal fruit and berries

FRESH FRUIT SALAD

5.79

WHOLE FRUIT

apple/orange

1.29

banana

.99

MUFFINS

3.79

apple bran • corn • almond cranberry
marble • banana crunch • chocolate velvet
yogurt berry • blueberry

LOW FAT MUFFINS

3.49

berry bran • hearty grain muffin

CROISSANTS

classic

3.49

almond

3.79

chocolate

3.79

ham and cheese

6.99

DANISH

cheese • fruit

3.79

POUND CAKE

3.99

butter • marble

HAND ROLLED BAGELS

butter

1.99

cream cheese

3.49

peanut butter

2.99

cream cheese vegetable

3.79

cream cheese scallion

3.79

cream cheese

3.79

lox spread

4.79

FRESH LOX SANDWICH

9.99

with cucumbers, tomatoes, red onions and capers

QUINOA BREAKFAST BOWL

8.99

QB1

two eggs fried soft, lemon-braised kale, feta cheese,
tomatoes, kalamata olives and teriyaki sauce over
gluten-free quinoa

QB2

two eggs fried soft, kale, cilantro, feta cheese,
red onions, avocado, tortilla chips and chipotle
ancho sauce over gluten-free quinoa

QB3

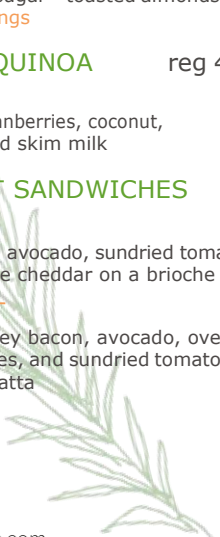
two eggs fried soft, kale, portabello mushrooms,
caramelized onions, chickpeas, feta and traditional
moroccan sauce over gluten-free quinoa

QB4

two soft fried eggs, kale, avocado, corn,
black beans, cheddar cheese and pico de gallo
over gluten-free quinoa

add-ons:

bacon • ham • turkey sausage • beef sausage
smoked turkey • grilled chicken • beyond meat chicken™ +1.49



HOT PRESSINI MELTS™

11.99

Pressed and grilled to perfection for a sizzling sandwich experience and served on a selection of hand made local breads

CHICKEN PARMIGIANA

breaded chicken cutlet with pomodoro sauce, fresh basil, mozzarella and parmesan cheese

SMOKED TURKEY CHEDDAR

avocado, sweet onions, tomatoes and chipotle spread

BUFFALO CHICKEN

breaded chicken cutlet, buffalo sauce, saga blue cheese, fresh scallions and blue cheese spread

CRISPY CHICKEN MOZZARELLA

artichokes, arugula and sun-dried tomato pesto

CHICKEN FRESCO

avocado, queso fresco, roasted peppers and jalapeño aioli

EGGPLANT FRITA

eggplant, avocado, pickled jalapeños and onions, oven dried tomatoes, queso fresco and chipotle spread

CHICKEN FAJITA

roasted chicken, jack & cheddar, roasted peppers, caramelized onions and cilantro with chipotle garlic aioli

TURKEY BISTRO

roasted turkey, goat cheese, avocado, baby arugula, tomatoes and bistro spread

STEAK & FONTINA 12.99

caramelized onions, arugula, horseradish and caper sauce

TURKEY CUBAN

fresh turkey, turkey ham, swiss cheese, sliced pickles and russian dressing

CUTTING EDGE SANDWICHES

11.99

Flavors award winning sandwiches have become the staple of New York's lunch on the go

PESTO CHICKEN

fresh mozzarella, sautéed spinach, roasted tomatoes, red peppers, and spicy hummus

FRESH MOZZARELLA

fresh basil, baby arugula, sweet peppers, roasted tomatoes and sundried tomato pesto

ALBACORE TUNA

tossed with dill remoulade, roasted peppers, vine ripened tomatoes and mesclun

BAKED CHICKEN CUTLET 12.99

vermont cheddar, roasted peppers, plum tomatoes, romaine and chipotle spread

GRILLED FILLET OF SALMON 12.99

roasted tomatoes, arugula and low fat basil aioli

MARYLAND CRAB CAKE 12.99

creamy cole slaw and low fat chipotle pepper aioli

ITALIAN SUBMARINE

beef salami, turkey ham, provolone, romano, tomatoes, peppers, onions and lettuce with a drizzle of cracked pepper vinaigrette

MONTEREY GRILLED CHICKEN

avocado, tomatoes, red onions, mesclun and chipotle spread

HEALTHY ALTERNATIVES

11.99

Served on health conscious breads

CALIFORNIA TURKEY

smoked turkey, avocado, cucumbers, tomatoes, mesclun and lemon dill dressing

ALBACORE TUNA SALAD

low fat mayo, mesclun, tomatoes and cucumbers

BASIL CHICKEN SALAD

mesclun, tomatoes and cracked black pepper

ROAST BEEF & CHEDDAR

tomatoes, mesclun, and horseradish-caper sauce

CRANBERRY TURKEY SALAD

tossed with toasted almonds and dill with baby arugula and tomatoes

VEGETARIAN

avocado, tomatoes, arugula, alfalfa sprouts, carrots and spicy hummus



 low-fat  dairy  vegetarian  premium  gluten free  vegan

CREATE YOUR OWN QUINOA

12.99

"Gold of the Incas"

"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 higher in phosphorus, magnesium, copper, zinc and iron than most grains."

STEP 1: CHOOSE YOUR SAUCE

sweet chili lime • fresh scallion ginger
traditional moroccan • very teriyaki
chipotle ancho vinaigrette

STEP 2: CHOOSE ONE PROTEIN

beyond meat chicken™ • turkey meatballs
crispy chicken • beef sausage
grilled chicken

sautéed shrimp +2.50
grilled salmon +2.50
additional toppings +2.50

STEP 3: CHOOSE UP TO FIVE TOSS INS


sweet peas • kalamata olives • spinach
broccoli • scallions • mushrooms • oven
roasted peppers • kale • caramelized
onions • carrots • roasted corn • cherry
tomatoes • brussel sprouts • roasted
cauliflower • fresh mozzarella
sun-dried tomatoes

CHEF'S QUINOA BOWL SUGGESTIONS

RANCHERO QUINOA  12.99
beyond meat chicken™, roasted peppers,
caramelized onions, cilantro, red beans, tortilla
chips and kale tossed with chipotle ancho vinaigrette

MOROCCAN QUINOA 12.99
turkey meatballs, 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
carrots, scallions, roasted cauliflower, kale,
mushrooms, and olives tossed with scallion
ginger sauce

TERIYAKI SHRIMP  14.99
shrimp, brussel sprouts, kale, carrots, scallions
and broccoli, tossed with very teriyaki sauce

CREATE YOUR OWN PASTA

12.99

"You call it, we'll toss it"

STEP 1: CHOOSE YOUR SAUCE

alla vodka • creamy alfredo
house tomato basil • fresh basil pesto
spicy arrabiata • pesto alfredo

STEP 2: CHOOSE YOUR PASTA

penne • linguini
whole wheat penne +1.00
tri-color cheese tortellini +1.00
gluten free +1.00

STEP 3: CHOOSE ONE PROTEIN

grilled chicken • crispy chicken • turkey
meatballs • beef sausage • beyond meat
chicken™
sautéed shrimp +2.50
grilled salmon +2.50
additional toppings +2.50

STEP 4: CHOOSE UP TO FIVE TOSS INS

sweet peas • kalamata olives • spinach
broccoli • scallions • mushrooms • oven
roasted peppers • kale • caramelized
onions • carrots • roasted corn • cherry
tomatoes • brussel sprouts • roasted
cauliflower • fresh mozzarella • romano
sun-dried tomatoes

PASTA SUGGESTIONS

PENNE ALLA VODKA 12.99
grilled chicken, cherry tomatoes,
sweet peas, vodka sauce

PENNE PRIMAVERA  12.99
sautéed mushrooms, broccoli, peas, onions,
peppers, tomato basil sauce

TORTELLINI AL FUNGHI  12.99
portobello mushrooms, spinach, caramelized
onions, sweet peas, alfredo sauce

WHOLE WHEAT PENNE GENOVESE 12.99
grilled chicken, sundried tomatoes, olives,
spinach, pesto alfredo sauce

LINGUINE DEL MARE  15.99
sautéed shrimp, grilled salmon, olives,
cherry tomatoes, spicy arrabiata sauce

 low-fat  dairy  vegetarian
 premium  gluten free  vegan

CUSTOM SALAD

12.99

STEP 1: SELECT YOUR GREENS

organic house blend • organic baby spinach
romaine hearts • fresh kale

STEP 2: SELECT ONE OF THE FOLLOWING MEATS AND PROTEIN

santa fe chicken • grilled tofu • smoked turkey
crispy chicken • grilled chicken • organic tuna
salad • albacore tuna in water • falafel

beyond meat chicken™

spicy shrimp + 2.50

salmon salad + 2.50

additional toppings + 2.50

STEP 3: SELECT UP TO THREE PREMIUM TOPPINGS

silivered almonds • blue cheese • portobello
mushrooms • artichokes • egg whites • avocado
feta cheese • sun-dried tomatoes • baby
mozzarella • jack and cheddar • walnuts
bacon bits • kalamata olives • roasted
cauliflower • brussel sprouts

additional toppings + 1.00

STEP 4: SELECT UP TO SIX SELECT TOPPINGS

scallions • red onions • bean sprouts • croutons
sliced beets • chickpeas • fresh corn • tortilla
strips • hard boiled egg • sweet peas • fresh
oranges • crunchy noodles • snow peas • fresh
apple slices • kidney beans • cucumbers • pasta
mushrooms • bell peppers • shredded carrots
roasted peppers • broccoli • sunflower seeds
fried onions • seedless grapes • tomatoes
romano cheese • quinoa • edamame • raisins

additional toppings + 0.50

STEP 5: CHOOSE YOUR DRESSINGS

all our dressings are hand crafted in small
batches several times a day

ORGANIC:

sesame ginger, citrus vinaigrette

GLUTEN-FREE:

parmesan peppercorn, chipotle ancho vinaigrette,

LOW-FAT:

balsamic vinaigrette, caesar, honey dijon,
lite italian, ranch

FAT-FREE:

lemon herb, raspberry vinaigrette

CLASSIC:

blue cheese, thousand island, balsamic vinegar, red
wine vinegar, extra virgin olive oil, lemon juice

EXOTIC:

smokey chipotle, chipotle ranch, spicy tahini, fresh
avocado vinaigrette

CHEF DESIGNED SALADS

A salad for every taste or craving.
Each salad includes a signature dressing
and a wedge of hearth baked bread

FIESTA CHICKEN SALAD

12.99

crispy chicken, romaine lettuce, jack and
cheddar cheese, fresh corn, tomatoes,
red onions, tortilla strips

Try with low-fat ranch or smokey chipotle dressing

FALAFEL SALAD



12.99

crisp romaine hearts, falafel, scallions,
tomatoes, cucumbers, carrots, chickpeas

Try with spicy tahini dressing

CLASSIC CAESAR



10.99

romaine lettuce, garlic croutons
and parmigiano cheese

Try with low fat caesar dressing

SANTA FE SALAD

12.99

santa fe chicken, romaine, avocado, fresh corn,
jack and cheddar cheese, tomatoes, onions
and tortilla strips

Try with smokey chipotle or low-fat ranch dressing

SOUTH BEACH SALAD

12.99

grilled chicken, romaine, raisins, walnuts, fresh
apples and crumbled blue cheese

Try with classic blue cheese or fat-free raspberry
vinaigrette

CALIFORNIA COBB SALAD

12.99

smoked turkey, turkey bacon, organic spinach
and romaine, mushrooms, tomatoes, cucumbers,
blue cheese, bean sprouts and egg whites

Try with low-fat ranch or classic blue cheese dressing

GAUCHO SALAD VEGAN



12.99

avocado, organic kidney beans, grilled corn, cucumbers,
scallions, crispy onions, local kale & romaine

Try with fresh avocado vinaigrette dressing



low-fat



dairy



vegetarian



premium











gluten free






vegan

CHEF DESIGNED CUSTOMER DELIGHTS

- | | | | |
|--|-------|--|-------|
| CHICKEN CAESAR SALAD  | 12.99 | ASIAN CHICKEN CHILI  | 12.99 |
| grilled breast of chicken over our crisp caesar salad served with low-fat caesar dressing | | with a sweet and spicy chili sauce and whole wheat Thai noodles | |
| GREEK SALAD   | 12.99 | BISTRO  | 12.99 |
| crispy lettuce, feta cheese, stuffed grape leaves, tomato and Kalamata olives served with evvo and vinegar | | field greens, seedless grapes, sun-dried cranberries, blue cheese, candied walnuts and sliced pears served with low-fat balsamic vinaigrette | |
| WASABI SESAME CRUSTED SALMON  | 14.99 | JUMBO SHRIMP CAESAR   | 14.99 |
| over organic greens with japanese soba noodles | | jumbo grilled shrimp over caesar salad served with low-fat caesar dressing | |






FRESH SIDE SALADS

All of our side salads are **gluten-free**

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|---|------|--|------|
| MEDITERRANEAN QUINOA  | 5.99 | ORGANIC EGG SALAD | 6.49 |
| sundried tomatoes, kalamata olives, cucumbers, feta cheese, parsely, oil & vinegar and lemon juice | | farm fresh eggs, dill and mayo made with 0% greek yogurt | |
| AVOCADO CHICKEN SALAD | 6.79 | ALBACORE TUNA SALAD | 6.79 |
| grilled chicken, pico de gallo, crushed corn nuts, avocado yogurt dressing (0% greek yogurt, jalapeño, lemon, celery, cilantro) | | albacore tuna, mayo made with 0% greek yogurt | |
| TOFU EDAMAME SALAD  | 6.99 | ALL NATURAL CRANBERRY PLAINVILLE TURKEY SALAD | 6.79 |
| grilled tofu, peppers, sweet chilli sauce, cilantro | | toasted almonds, dill and mayo made with 0% greek yogurt | |
| ORGANIC LEMON CHICKPEA SALAD  | 5.99 | | |

HEARTY SOUPS

Our homemade soups are made with only the most wholesome ingredients. Visit our website for daily soup specials - www.flavorsnyc.com

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|---|---|
| OUR DAILY SOUPS
cup 4.99 • regular 5.99 • large 6.99 | ALL PREMIUM SOUPS
+1.00 |
| FLAVORS CHICKEN SOUP  | TURKEY CHILI  |
| with lots of chicken, israeli cous-cous and dill | 100% white meat with red and white beans |
| ITALIAN WEDDING  | LOBSTER BISQUE   |
| with lots of turkey meatballs | with tender pieces of sweet maine lobster |

 low-fat  dairy  vegetarian  premium  gluten free  vegan

* 100% certified organic vegan and gluten-free options available daily

FRESH FRUIT SMOOTHIES

All natural chilled drinks, made with fresh fruit

reg 7.99 lg 8.99

GREEN MACHINE

kale, spinach, carrots, banana, agave and almond milk

FLAVORS WAKE UP

bananas, oranges, golden pineapples and orange juice

SUMMER BREEZE

oranges, pineapple and carrot juice

PEANUT POWER

peanut butter, chocolate, banana and soy milk

ALOHA BERRY

bananas, pineapple, strawberries and apple juice

CALIFORNIA DREAMING

bananas, blueberries, raspberries and apple juice

BEVERAGES

HOT BEVERAGES

	REG	LG	CANNED / BOTTLED	REG	LG
FLAVORS ORGANIC BLEND	2.69	2.99	WATER	1.89	3.29
FLAVORS DECAF COFFEE	2.69	2.99	CANNED SODA	1.99	
FLAVORED COFFEE	2.69	2.99	BOTTLE SODA	3.29	
BREWED LEAF TEA	2.69	2.99	GATORADE	3.29	
HOT CHOCOLATE (100%MILK)	3.79	4.79	NESQUIK	3.79	
FLAVORS CAPPUCCINO & LATTE	4.49	5.49	NAKED	5.99	
FLAVORS CAFE AU LAIT	2.99	3.99	SPARKLING WATER	3.49	

COLD BEVERAGES

ICED COFFEE OR TEA	3.49	4.49	SNAPPLE	2.79	
ICED FLAVORED COFFEE ICED	3.49	4.49	PURE COCONUT	3.99	
ICED DECAF COFFEE	3.49	4.49	WATER VITAMIN	3.49	
ICED CAPPUCCINO & LATTE	4.99	5.99			
FRESH ORANGE JUICE	3.99				

SIGNATURE SWEETS

ASSORTED COOKIES

chocolate chunk, honey oatmeal raisin, black and white

3.99 CHOCOLATE PUDDING 4.29

BROWNIES

chocolate chip, oreo cookie and peanut butter

4.99 SUGAR FREE JELLO 4.29

RICE PUDDING 4.29

CATERING AND EVENTS

All prices per guest. Minimum 8 guests

BREAKFAST PACKAGES

QUICK NEW YORK BREAKFAST 12.95
morning favorites and coffee service

THE CONTINENTAL 14.95
morning favorites, coffee service and fresh squeezed orange juice

EXECUTIVE BREAKFAST 17.95
morning favorites, coffee service and carved fruits and berries

BOARD OF DIRECTORS 18.95
morning favorites, coffee service, fresh squeezed juice and carved fruits and berries

LUNCH PACKAGES

THE CFO 19.95
choose from our sandwich selections and one side salad

THE PRESIDENT 22.95
choose from our sandwich selections, one side salad and flavors sweet tray

THE CEO 24.95
choose from our sandwich selections two side salads, sweet tray and carved fruit and berries

DECADENT DESSERTS

FLAVORS SWEET TRAY 9.95
gourmet cookies and fudge brownies garnished with chocolate covered strawberries

CARVED FRESH FRUIT & BERRIES 8.95
an elegant arrangement of sliced seasonal fruit and assorted berries

FLAVORS CHEESE BOARD 15.95
a selection of hand crafted cheese imported and domestic cheese selections garnished with dried fruits

CRUDITE & DIP BASKET 11.95
a medley of baby zucchini, asparagus, cherry tomatoes, carrots, broccoli and cauliflower served with flavors signature dip

EVENTS AND COCKTAIL BASKETS 445.00

24 hours notice required.

serves approximately 15-20 guests

MEDITERRANEAN

This region's bounty, nurtured by the gentle climate, is reflected in this display

sage grilled chicken kebabs • grilled shrimp kebabs • stuffed grape leaves • fire grilled eggplant
olive tapenade baba ghanouj • hummus • feta and sun-dried tomato dip • kalamata olives • assorted flatbreads

THAI BASKET

In Thai tradition, a communal basket with selections that combine into a presentation uniquely Thai
flying coconut shrimp sauté • curried beef saté • lemon ginger chicken saté • vegetable spring rolls
thai cucumber salad • peanut and sweet chili dipping sauce

AMERICAN PIE

It's "Hello American pie" for a fun filled party

crispy chicken fingers • bbq brisket of beef • jalapeño poppers • honey mustard sauce • blue cheese dressing
bite size maryland crab cakes • tartar sauce • buffalo chicken kebabs • hamburger slider

flavors

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Please send any questions or comments you may have to info@flavorsnyc.com