Panini	
48. Chicken Faiita	6.99
Grilled chicken, cheddar cheese, roasted peppers, caramelized onion & salsa 49. Capri	6.99
Smoked turkey with provolone, onion, pepperoncini & honey mustard	
50. Chicken California Grilled chicken, swiss cheese, avocado, lettuce, tomato & balsamic vinaigrette	6.99
51. Mid-West Turkey Fresh turkey, bacon, cheddar cheese, lettuce & tomato	6.99
52. Pesto Genovese	6.99
Fresh mozzarella, marinated sun-dried tomatoes, fresh basil & pesto genovese 53. Vegqie Supreme	6 99
Grilled veggies, fresh mozzarella & pesto sauce	
54. Old Fashioned Tuna Melt	6.99
55. French Cuban Midrange ham, swiss gruyere, roast pork, sliced pickles & dijonnaise	6.99
56. Chicken Morbier	6.99
Grilled chicken, French morbier cheese, romaine lettuce & dijon mustard 57. Turkey Paris	6.99
Freshly roasted turkey breast, French brie, romaine lettuce & dijon mustard	
58. Russian Roast beef, cheddar cheese, caramelized onion, lettuce tomato & Russian dressing	6.99
59. The Italiano Grilled chicken, fresh mozzarella, roasted peppers & pesto sauce	6.99
60. Tuscan	6.99
Fresh mozzarella, fresh plum tomatoes, fresh basil, fresh spinach & marinated sun-dried tomatoes 61. South of the Border	6.00
Roast pork loin, Mexican chipotle, pepper jack cheese, lettuce, tomato & mayonnaise	0.77
M	
62. Turkey Supreme	6 00
Freshly roasted turkey, French brie, granny smith apples & cranberry sauce	
63. Turkey Lovers Freshly roasted turkey, bacon, provolone, lettuce, tomato & honey mustard	6 .99
64. Westside Lover	5.99
Fresh cucumber, fresh peppers, olives, lettuce, tomato & feta cheese 65. Veggie Lovers	5.99
Fresh cucumber, alfalfa sprouts, avocado, lettuce, tomato & balsamic vinaigrette 66. Chicken Lovers	
Grilled chicken, avocado, lettuce, tomato & cucumber sauce	
67. Chicken Combo Grilled chicken, smoked bacon, brie cheese, plum tomatoes & honey mustard	6.99
68. BBQ Tex West	6.99
69. Little Italy	6.99
Cappicola ham, genoa salami, provolone cheese, roasted pepper, caramelized onions & Italian dressir	
70. Mediterranean Lovers	0.77
71. Roast Beef Lovers London broil roast beef, lettuce, tomato & horseradish sauce	6.99
72. Roast Beef Cheddar	6.99
Roast beef, cheddar, lettuce, tomato & Russian dressing	
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Corporate Accounts Welcomed Breakfast & Luncheon Meetings Our Specialty

All Major credit cards accepted All menu items and prices are subject to change Prices may vary by location

Catering orders are accepted from 9:00 a.m to 11 p.m. 7 days a week 24 hour advance notice required for all large orders All orders must be cancelled at least 24 hours in advance to avoid a charge

> Free Delivery in a 10 block radius Extra Charge for deliveries outside of range

Regular disposable utensils are included with all orders Forks, knives, spoons, napkins & cocktail plates

Elegant Plastic Utensils \$2.50 per person Includes plastic cup, plate, fork, knife, spoon and napkins









Chelsea 77 7th Avenue Btw. 15th St. & 14th St. New York, NY 10011 p: 212.807.7771 f: 212.807.7774

Upper Westside 2840 Broadway Btw. 110th St. & 111th St. New York, NY 10025 p: 212.222.3367 f: 212.222.1500

Westside 2171 Broadway Btw. 77th St. & 76th St. New York, NY 10024 p: 212.595.2536 f: 212.595.2793

info@wmarketnyc.com



Our incredible selection of lunch items is quickly becoming a neighborhood favorite. While perusing through the many display counters, you will soon see why. All our soups, entrees and sandwiches are prepared daily on premise using top of the line ingredients. And, if you can't get away from your desk, we'll gladly deliver free of charge.



Getit@"theMarket"

15th Street p: 212.807.7771

110th Street p: 212.222.3367 www.wmarketnyc.com

77th Street p: 212.595.2536



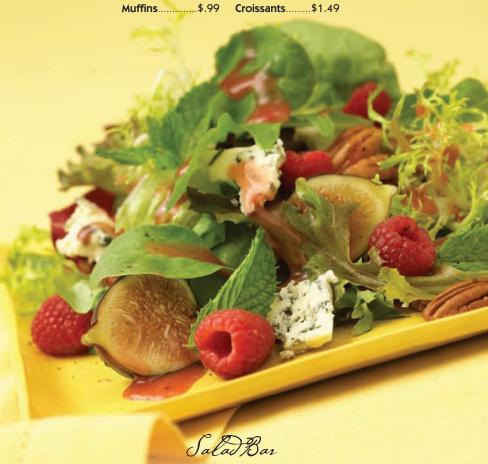
We combine a choice of cheese & tasty meats on a selection of Westside specialty baked bread to create a unique variety of sophisticated, rustic, looking sandwiches.

	BREAD OR ROLL	BAGU
1. Tuna Salad with lettuce, tomato & swiss cheese	4.99	5.
2. Chicken Salad with lettuce tomato		5.
3. Beef Bologna with lettuce, tomato & mustard	4.99	5.
4. Head Cheese with lettuce, tomato & mustard	4.99	5.
5. Ham Olive Loaf with lettuce, tomato & mustard	4.99	5.
6. Liverwurst with lettuce, tomato & mustard	4.99	5.
7. Black Forest Ham & Brie with lettuce tomato & honey mustard	4.99	5.
8. Hot Corned Beef & Cheddar with lettuce tomato & mustard	4.99	5.
9. Hot Pastrami & Swiss with lettuce, tomato & mustard	5.99	6.
10. B.H. Ham & Swiss with lettuce tomato & mustard	4.99	5.
11. B.H. Turkey & Swiss with lettuce tomato & mayonnaise		5.
12. B.H. Honey Turkey & Provolone with lettuce tomato & honey mustard		5.
13. B.H. Smoked Turkey & Cheddar with lettuce tomato & mayonnaise		5.
14. B.H. Cracked Peppermill Turkey & Swiss with lettuce tomato & mayonnaise		5.
15. Hot Roast Pork & Swiss with lettuce, tomato & mustard		5.
16. Genoa Salami & provolone with lettuce, tomato & mustard		5.
17. Hard Salami & Fresh Mozzarella with lettuce, tomato & mustard		5.
18. Sopressata (Sweet or Hot) & Provolone with lettuce, tomato & mustard		5.
19. Pepperoni & Swiss with lettuce, tomato & mustard		5.
20. Beef Salami with lettuce, tomato & mustard		5.
21. Cappicola Ham & Provolone with lettuce, tomato & mustard		5.
22. Hot Baked Ham & Swiss with lettuce, tomato & mustard		5.
23. Meatball Parmigiano		8.
24. London Broil Roast Beef & American Cheese lettuce, tomato & Russian dressing		5. -
25. Fresh Roast Beef & Cheddar with lettuce tomato & Russian dressing		7. -
26. Freshly Roasted Turkey & Fresh Mozzarella with tomato, basil & vinaigrette		7.
27. Hot Smoked Bone-In Ham & Swiss with lettuce, tomato & mustard		7.
28. Hot Grilled Chicken & Provolone with lettuce, tomato & mayonnaise		7. 7
29. Hot Chicken Cutlet & Provolone with lettuce, tomato & mayonnaise		7. °
30. Hot Chicken Parmigiana with mozzarella cheese		8.
32. Grilled Salmon with cucumber, onion & dill sauce		9.
33. Smoked Salmon & Cream Cheese with tomato, onion & capers		9. 8.
Special Combo Sandwiches		0.
34. Milanese	8.99	9.
Mortadella, cappicola ham, genoa salami, baked ham, pepperoni, provolone cheese, tomato, roasted pepper & Italian dressing 35. West Side Combo		7
Hot Pastrami, hot corned beef, melted swiss & Russian dressing		7.
36. All Star (Hot) Turkey, Virginia ham, swiss cheese, lettuce, tomato & Russian dressing		7.
37. New Yorker Roast beef, turkey, swiss cheese, cole slaw & Russian dressing	6.99	7.
38. Hot Cheese Steak		7.
	6.99	7.
39. Turkey Shoot		
39. Turkey Shoot	7.99	8.
39. Turkey Shoot Turkey breast, melted cheddar cheese, sweet red pepper & honey mustard 40. French Connection Hot chicken cutlet, Virginia ham, melted swiss cheese & blue cheese dressing 41. Tuna Melt		-
39. Turkey Shoot Turkey breast, melted cheddar cheese, sweet red pepper & honey mustard 40. French Connection Hot chicken cutlet, Virginia ham, melted swiss cheese & blue cheese dressing 41. Tuna Melt Tuna salad with melted American cheese 42. Tuna Club	4.99	5.
Roast beef, turkey, swiss cheese, cole slaw Russian dressing 39. Turkey Shoot Turkey breast, melted cheddar cheese, sweet red pepper & honey mustard 40. French Connection Hot chicken cutlet, Virginia ham, melted swiss cheese & blue cheese dressing 41. Tuna Melt Tuna salad with melted American cheese 42. Tuna Club Tuna salad, egg salad, lettuce & tomato 43. Chelsea's Own Rye Supreme Hot roast beef, hot pastrami, cole slaw, onion & Russian dressing	4.99 5.99	5.
39. Turkey Shoot Turkey breast, melted cheddar cheese, sweet red pepper & honey mustard 40. French Connection Hot chicken cutlet, Virginia ham, melted swiss cheese & blue cheese dressing 41. Tuna Melt Tuna salad with melted American cheese 42. Tuna Club Tuna salad, egg salad, lettuce & tomato 43. Chelsea's Own Rye Supreme	4.99 5.99 7.99	5. 6. 8.
39. Turkey Shoot Turkey breast, melted cheddar cheese, sweet red pepper & honey mustard 40. French Connection Hot chicken cutlet, Virginia ham, melted swiss cheese & blue cheese dressing 41. Tuna Melt Tuna salad with melted American cheese 42. Tuna Club Tuna salad, egg salad, lettuce & tomato 43. Chelsea's Own Rye Supreme Hot roast beef, hot pastrami, cole slaw, onion & Russian dressing 44. Reuben Sandwich Hot corned beef, melted swiss cheese, sauerkraut & Russian dressing 45. Westside Veggie Delight	4.99 5.99 7.99	8.5.6.7.6.
39. Turkey Shoot Turkey breast, melted cheddar cheese, sweet red pepper & honey mustard 40. French Connection Hot chicken cutlet, Virginia ham, melted swiss cheese & blue cheese dressing 41. Tuna Melt Tuna salad with melted American cheese 42. Tuna Club Tuna salad, egg salad, lettuce & tomato 43. Chelsea's Own Rye Supreme Hot roast beef, hot pastrami, cole slaw, onion & Russian dressing 44. Reuben Sandwich Hot corned beef, melted swiss cheese, sauerkraut & Russian dressing 45. Westside Veggie Delight Roasted veggies, lettuce, tomato & pesto genovese 46. Sicilian Supreme	4.99 5.99 7.99 6.99 5.99	5. 6. 8.
39. Turkey Shoot Turkey breast, melted cheddar cheese, sweet red pepper & honey mustard 40. French Connection Hot chicken cutlet, Virginia ham, melted swiss cheese & blue cheese dressing 41. Tuna Melt Tuna salad with melted American cheese 42. Tuna Club Tuna salad, egg salad, lettuce & tomato 43. Chelsea's Own Rye Supreme Hot roast beef, hot pastrami, cole slaw, onion & Russian dressing 44. Reuben Sandwich Hot corned beef, melted swiss cheese, sauerkraut & Russian dressing 45. Westside Veggie Delight Roasted veggies, lettuce, tomato & pesto genovese	4.99 5.99 7.99 6.99 5.99 4.99	5. 6. 8. 7.

Prosciutto di parma, fresh mozzarella, roasted pepper, basil & balsamic vinaigrette

plain, onion, everything, raisin, poppy seed, sesame seed, salt

Bagel with cream cheese	\$1.50
Bagel with butter	\$1.50
Bagel with cream cheese and lox	\$6.99



Crisp tender leaves of romaine, baby spinach and mesclun are the foundation of our new salad bar, and the possibilities are endless. Stop by for a delicious side to compliment any of our entrees, or for a healthy main course. Pick one or any combination of greens and create your own salad from our extensive list of toppings. Our staff will gladly toss it together according to your specification.

Ch	COS	the?	Gre	ens

Romaine Lettuce, Baby Spinach, Mesclun. Serves one (extra charge per topping)

Choose the Topping

Alfalfa, Bean Salad, Beets, Black Beans, Broccoli, Carrots, Celery, Cherry Tomatoes, Chickpeas, Cucumbers, Diced Tomatoes, White Beans, Red Beans, Mushrooms, Raisins, Red Onions, Peppers, Roasted Peppers, Croutons .. \$.75 per topping Avocado, Fresh Mozzarella, Artichoke Hearts, Sundried Tomatoes \$.75 per topping Freshly Roasted Turkey, Grilled Chicken, Italian Tuna Salad, Smoked Turkey.......\$2.00 per topping Cranberries, Mandarin, Blue Cheese, Olives, Dried Fruits, Egg Whites, Feta Cheese, Oven Roasted Shrimp, Broiled Salmon .. .\$2.99 per topping

Dressings

Caesar • Ranch • Blue Cheese • Honey Mustard • Sesame Ginger • Peppercorn Parmesan • Balsamic Vinaigrette • Russian • Creamy Italian • French • Oil & Vinegar

		/			
	PINT	QUART		PINT	QUART
hicken Vegetable	3.29	5.49	Green Split Pea	3.29	5.49
Country Vegetable	3.29	5.49	Country Green Lentil	3.29	5.49
Broccoli Soup	3.29	5.49	White Bean	3.29	5.49
Beef Barley	3.29	5.49	Manhattan Clam Chowder	3.29	5.49

funch and Dinner Special

The best deal in town for a balanced, home-cooked meal. Stop by on your way home, and choose an entrée along with two side dishes from our inviting freshly-prepared selections.

choose an entree along with two side dishes from our inviting freshly-prepared si	ziections.
Choose any chicken or pasta entree with 2 sides	\$6.99
Choose any prime meat or fish entree with 2 sides	\$9.99
Chicken & Pasta Entrees	
Baked Ziti with Meat	6 00 lb
Baked ziti pasta with fresh marinara sauce, mozzarella, ricotta cheese & ground sirloin	0.77 10.
Baked Ziti with Four Cheeses	6.99 lb.
Baked ziti pasta, fresh mozzarella, ricotta, shredded romano, shredded cheddar & homemade marinara, dusted with fresh Parmigano Reggiano cheese.	
Meat Lasagna	7.99 lb.
Homemade fresh lasagna, ricotta cheese, homemade meat sauce & fresh mozzarella cheese	
Spinach Lasagna Another family favorite, lasagna noodles layered with creamy fresh ricotta, lightly sautéed spinach and crumbly Greek feta cheese, baked to golden perfection	7.99 lb.
	7 00 lb
Baked Vegetable Lasagna	7.99 10
Spinach Pie (Spanakopita)	7.99 lb.
Phyllo pie filled with sautéed spinach, Greek feta, onions and spices and baked until golden	7.77 101
Greek Mousaka	7.99 lb.
One of our family favorite from Maria's repertoire, a succulent combination of eggplant, potatoes, and zucchini slices layered with a rich meat sauce, grated Parmigiano and béchamel sauce	
Chicken Parmesan	9.99 lb.
Our delicious chicken cutlet Milanese topped with fresh pomodoro tomato sauce & fresh mozzarella, baked to perfection	
Chicken Cacciatore	9 99 lb
Tender chicken pieces slowly simmered with red and yellow peppers in a light tomato sauce	7.77 10.
Chicken Marsala	9.99 lb.
Boneless & skinless chicken breast, lightly floured, sautéed in Marsala wine sauce & sliced mushrooms	
Grilled Lemon Chicken	9.99 lb.
Boneless & skinless marinated chicken breast, char-grilled until tender & moist	
Fresh Braised Chicken Cutlets Boneless and skinless chicken breast with Italian breadcrumbs, pan fried in a light butter and olive oil blend	9.99 lb.
Chicken Fingers	9.99 lb.
Sesame breaded chicken tenders with Japanese panko breadcrumbs & sesame seeds lightly seasoned & pan fried until golden brown	
Balsamic Grilled Chicken	9.99 lb.
Grilled chicken breast marinated in Balsamic vinegar	
Teriyaki Grilled Chicken Tenders Chicken tenders marinated in Teriyaki, grilled until tender and sprinkled with freshly chopped scallions	9.99 lb.
Chicken Francese Boneless & skinless chicken breast lightly floured & sautéed with white wine butter sauce	9.99 lb.
Farmer's Chicken	9.99 lb.
Grilled chicken breast topped with a medley of sautéed spinach, scallions, leeks, fresh tomatoes over a baked potato	
Chicken Curry	9.99 lb.
Chicken pieces marinated in Indian spice blend, and simmered until tender with chickpeas in a light curry sauce	
Brazilian Chicken	9.99 lb.
Tender pieces of chicken sautéed with onion and garlic, seasoned with paprika and hot sauce	
Eggplant Rollatini Breaded eggplant stuffed with fresh mozzarella and ricotta cheese	7.99 lb.
•••	7.00 "
Eggplant Parmesan Lightly breaded sliced eggplant with homemade marinara sauce, fresh basil, ricotta cheese	7.99 16.

& fresh mozzarella cheese, sprinkled with fresh grated parmigiano

moist & juicy, topped with our delicious mushroom brown gravy

Homestyle Beef Meatloaf with Mushroom Brown Gravy .

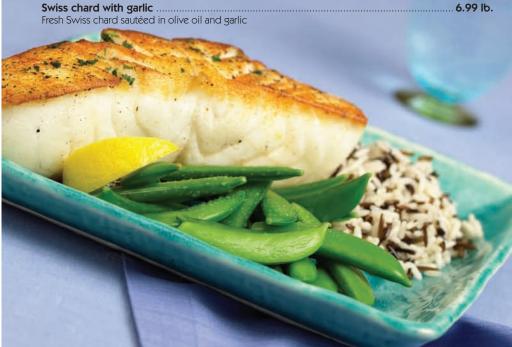
100% ground beef sirloin blended with Italian breadcrumbs & seasoning, baked until

100% ground beef sirloin blended with our homemade breadcrumb mixture baked until

moist & juicy, topped with our homemade pomodoro tomato sauce & Parmigiano Reggiano cheese

Italian Style Meatballs

Weat & Fish Entrees	
Boneless Pork Loin Stuffed with Fresh Veggies Boneless pork loin marinated with fresh garlic & herbs	. 9.99 lb
BBQ Baby Back Pork Ribs	. 10.99 l
Prime Rib Tender prime boneless rib roast, seasoned with garlic & herb marinade, coated with black peppercorns, broiled medium rare and served with a delicious mushroom brown gravy	. 14 .99 l
Beef Pot Roast Beef roast simmered to perfection with tender potatoes & sweet carrots in a delicious beef broth	. 9.99 lb
Beef Stew Prime pieces of beef braised with pearl onions in a tomato-red wine sauce delicately seasoned with herbs and spices	. 9.99 lb
Broiled Wild Salmon over Fresh Spinach Perfectly broiled wild King salmon on a bed of lightly sautéed spinach	. 15.99
Chilean Sea Bass Bouillabaisse Grilled sea bass fillet served with a zesty fresh tomato and white wine sauce	19.99
Broiled Sea Scallops Delicate sea scallops, lightly dusted with paprika, garlic, salt and pepper; broiled with just a dash of olive oil	. 11.99
Stuffed Flounder with vegetables Baked flounder fillet stuffed with sautéed vegetables; lightly seasoned with paprika, garlic, and olive oil	. 12.99
Sizes: 8 oz.(1/2 lb.) and 16 oz.(1 lb.)	
Garlic Mashed Potatoes Idaho potatoes cooked in Evian water, seasoned with light cream and garnished with sautéed whole garlic	4.99 l
Grilled Mixed Vegetables Grilled carrots, eggplant, green & yellow squash, bell peppers, mushrooms & asparagus spears sprinkled with extra-virgin olive oil, herbs & a splash of balsamic vinegar	7.99
Baked Mixed Vegetables Baked potatoes, zucchini, eggplant, holland red peppers and other seasonal veggies drizzled with extra-virgin olive oil & salt & pepper for taste	7.99
Steamed Mixed Vegetables	7.99
Sautéed Broccoli Rabe with garlic & oil	6.99
Steamed Asparagus	9.99
Spanish Style Yellow Rice with Red Kidney Beans	5.99



Wild Rice With Cranberries ...

.8.99 lb.

8.99 lb.

Minnesota wild rice, dried cranberries, scallions, nuts and spices

Cooked rice seasoned with saffron and light spices

Greek Salad	7.99 lb.
A perfect blend of crisp romaine lettuce, cucumber and green pepper, ripe tomato, Kalamata olives, and feta cheese simply tossed in extra-virgin olive oil and wine vinegar	
Classic Linguine & White Wine Sauce	6.99 lb.
Pasta with Steamed Broccoli and Roasted Garlic Fresh pasta cooked al dente, steamed broccoli, roasted sliced garlic, fresh parsley, grated Parmigano Reggiano cheese & olive oil	6.99 lb.
Pasta with Asparagus Tips and Fresh Ricotta Fresh pasta cooked al dente, steamed asparagus tips, fresh ricotta cream, plum tomatoes, grated Pecorino Romano, olive oil & spices	7.99 lb.
Mini Rigatoni with Grilled Mixed Vegetable Mini rigatoni pasta cooked al dente, diced mixed grilled vegetables, basil infused olive oil & fresh grated Parmigiano Reggiano cheese	6.99 lb.
Rigatoni Bolognese Rigatoni pasta cooked al dente with homemade meat ragu sauce, dusted with fresh grated Parmigiano Reggiano	7.99 lb.
Penne a la Vodka Penne pasta cooked al dente with freshly made pink vodka sauce, sprinkled with grated mozzarella & Parmigano Reggiano cheese	6.99 lb.
Fusilli With Mixed Grilled Vegetables Fusilli pasta with a light pomodoro tomato sauce & tender grilled vegetables sprinkled with fresh grated aged reggiano cheese	6.99 lb.
Linguine a La Marinara	6.99 lb.
Linguine with Garlic and Olive Oil Imported linguine pasta quickly tossed in olive oil and golden garlic	6.99 lb.
Bowtie Pasta with Sweet Peas & Portobella mushrooms	
Baked Cheese Ravioli A La Marinara Freshly made cheese ravioli, homemade marinara sauce baked to perfection, topped with fresh chopped basil leaves & dusted with Parmigano Reggiano	7.99 lb.
Rolisseries	
All Natural Marinated Rotisserie Chickens	6.99 each

Sautéed String Beans .

Fresh Spinach & Rice ..

raisins tossed in zesty vinaigrette

. 7.99 lb.

.. 5.99 lb.

Baby Spinach Salad with Feta Cheese

Baby Spinach Salad with Berries ...

Baby spinach with feta cheese tossed in a balsamic vinaigrette

Steamed string beans, sautéed in olive oil with slivers of onions and garlic

Tender spinach leaves sautéed until just wilted and served with steamed white rice

A delicious medley of young spinach, Belgian endives, thin slivers of onions, raspberries,

7.99 lb.

7.99 lb.

5.99 each

6.99 each

4.49 each



Slow roasted, marinated, all natural chickens smothered with our tangy homemade barbecue sauce

Marinated with fresh herbs, garlic, kosher salt, fresh squeezed citrus juices & spices

Marinated with fresh squeezed citrus juice, garlic, rosemary, thyme, oregano & spices

Lemon & herb marinated half chicken roasted until brown and tender

BBQ Rotisserie Whole Chickens

Rotisserie Cornish Game Hens ..

Coffee .

Lemon Herb Roasted Half Chicken

Prosciutto di parma, mortadella, sopressata, cappicola ham, pepperoni, roasted red peppers, basil, provolone cheese & balsamic vinaigrette on the side.

American Combination

Roast beef, turkey, smoked ham, American cheese, lettuce, tomato & mayonnaise on the side.

3 Foot Hero (serves 12 to 15 people)... served with 2 lbs. each of potato salad, cole slaw & giardineira

4 Foot Hero (serves 16 to 20 people) served with 3 lbs. each of potato salad, cole slaw & giardineira

6 Foot Hero (serves 24 to 30 people)\$180 served with 4 lbs. each of potato salad, cole slaw & giardineira

Bererage Station
\$1.25 Soft Drinks . \$1.49 \$1.25 Water \$1.39