

FROM THE DELI

Deli Sandwiches

Manhattan Club- A pile of fresh sliced turkey and ham, bacon, lettuce, tomato, mayo & provolone served on fresh baked light deli wheat. 6.99

Roast Beef & Cheddar- Fresh cut roast beef, cheddar cheese, lettuce, tomato, mayo & dijon mustard on fresh sourdough. 6.49

Harvest Turkey- fresh carved turkey, tomato, cranberry marmalade and mesclun lettuce served on light deli wheat. 5.99

Smoked Turkey & French Brie- Fresh smoked turkey, french brie, green apple, honey mustard and mesclun greens on light deli wheat. 6.49

Ham & Swiss- Fresh cut ham, swiss cheese, lettuce, tomato, mayo and yellow mustard on marble rye. 5.99

Tuna Salad- Our homemade tuna salad, lettuce, tomato served on fresh baked rye. 5.99

Wraps 5.99

Buffalo Chicken- Our homemade buffalo chicken mix served hot or cold in a jalapeño cheddar tortilla.

Chicken Caesar- Grilled chicken tossed in caesar dressing w/ romaine hearts & roasted red peppers rolled in a spinach tortilla.

Thai Chicken- Grilled chicken, sweet chili sauce, lettuce, carrots, red onion rolled in a tortilla.

Manhattan Turkey- Smoked turkey, cucumbers, tomato, organic mesclun, mayo and avocado rolled in a tortilla.

Pitas 5.99

Basil Pesto Chicken Salad- Our homemade basil pesto chicken mix w/ provolone, tomato and mesclun greens.

Carolina- Smoked turkey, cucumbers, tomato, organic mesclun, avocado and mayo.

Fresh Turkey- Fresh sliced turkey, mayo cracked black pepper and tomato.

Veggie- All natural veggies, hummus, and our scratch made sun dried tomato dressing.

YOU PICK

Pick two	5.99	Pick Three	6.99
	Any ½ Sandwich (Deli, Wrap, Pita)		
	Cup of Soup		
	Side Salad		

SIDES

Fries	1.99		
Chips (Awesome chips)	1.49		
Potato Salad	1.99		
Side Salad	3.49		
Fruit cup	2.49		
Soups (Made daily)	Cup 2.99	Bowl 3.99	

THE SALAD BAR

CREATE YOUR OWN SALAD 7.99

CHOOSE YOUR GREENS

ROMAINE HEARTS MESCLUN GREENS (*ORGANIC*)
BABY SPINACH (*ORGANIC*)

CHOOSE A MAIN INGREDIENT

GRILLED CHICKEN THAI CHICKEN
SMOKED TURKEY CRISPY CHICKEN
PORTABELLO MUSHROOMS TUNA SALAD
SANTE FE CHICKEN
SPICY SHRIMP (ADD \$1)

SELECT SIX OF YOUR FAVORITE TOSS-INS

BLUE CHEESE	TOMATO	ONION
FETA CHEESE	MUSHROOMS	BELL PEPPERS
JACK & CHEDDAR	SWEET PEAS	CRAISINS
SLICED BEETS	RAISINS	BROCCOLI
ROASTED PEPPERS	ALMONDS	WALNUTS
ROMANO CHEESE	CHICK PEAS	PASTA
CHOPPED BACON	CELERY	SCALLIONS
ROASTED CORN	CUCUMBER	EGG WHITES
PINEAPPLE	BLACK BEANS	
BLACK OLIVES	GREEN OLIVES	
FRESH AVOCADO	SUN DRIED TOMATOES	
KIDNEY BEANS	HARD BOILED EGG	
SHREDDED CARROTS	ARTICHOKE HEARTS	
ASIAGO CHEESE CRISPS		

SELECT ONE OF YOUR FAVORITE DRESSINGS

HOMEMADE MANHATTAN	HONEY FRENCH
HOMEMADE RANCH	BALSAMIC VINAIGRETTE
LOW FAT CEASAR	HONEY DIJON MUSTARD
BLUE CHEESE	SESAME GINGER
AEGEAN GREEK	LOW FAT RANCH
HOME STYLE ITALIAN	EXTRA VIRGIN OLIVE OIL
FAT FREE RASPBERRY VIN.	THAI PEANUT
RED WINE VINEGAR	HONEY MUSTARD
PARMESAN PEPPERCORN	1000 ISLAND
SUNDRIED TOMATO	APPLE CIDER VIN.
RED PEPPER&ROASTED GARLIC	MANDARIN ORANGE

ADD SOME CRUNCH! CHOOSE A TOPPING

HOMEMADE CROUTONS	HOMEMADE PITA CHIPS
SUNFLOWER SEEDS	CHINESE NOODLES

Extras and add ons: Meat \$1 Veggie \$.25 Dressing \$.50

LOOKING TO FEED A GROUP? TAKE A LOOK AT OUR

CATERING MENU

MANHATTAN CAFE



**320 S. Wilmington St.
Raleigh, NC 27601**

919-833-6105
www.manhattancafenc.com

@manhattannc

Mon-Fri 7am-4pm

Sat 9am-2pmish

BREAKFAST

SERVED DAILY FROM 7-11

Sandwiches/ Wraps

The Classic *- Bacon, sausage or ham, egg, and cheese on your choice of bread 3.69

S.E.C.- Spinach, two eggs, mayo and cheddar cheese on your choice of bagel. 3.69

The Western- Two Eggs, bacon, green peppers, roasted red peppers, onion, cheddar cheese, chipotle sauce on your choice of bagel, croissant or wrap. 4.59

The FIT- Two egg whites, cheddar cheese and sun dried tomato spread on wheat toast or spinach wrap. 3.69

Sante Fe Wrap- Two eggs, onion, peppers, home fries, salsa and jack and cheddar cheese. 4.59

Tuscan Wrap- two eggs, spinach, mushrooms and fresh mozzarella in spinach wrap. 4.59

Breakfast Plates

Manhattan Omelet- The legendary omelet w/ two eggs, and your choice of (1) meat, (1) veggie and (1) cheese. Served w/ home fries and toast. 5.99 ¢.25 per extra veggie

French Toast or Pancakes *- Served w/ two eggs cooked to order and bacon or sausage. 5.99

The Two Egg Meal *- Two eggs cooked to order, bacon or sausage, home fries and toast. 5.99

A La Carte

Bagel w/ cream cheese		1.99
Grits	1.99 reg	2.99 lg
Home Fries		1.99
French Toast/ Pancakes		3.49
Oatmeal	2.99	(.25 per topping)

*Consuming raw or undercooked meats or eggs may increase your risk of foodborne illness.

FROM THE PRESS

Paninis

6.99

Cajun Chicken- Cajun grilled chicken, pepper jack cheese, onions, roasted peppers and our homemade chipotle spread.

Chicken Fajita - Grilled chicken in fajita seasoning, jack & cheddar cheese, roasted peppers, caramelized onions and roasted garlic aoli.

Chicken Parmigiana- Hand breaded and lightly fried chicken breast, parmesan cheese, house tomato basil, and provolone cheese

Turkey Cuban- Smoked turkey, prosciutto, swiss cheese, sliced pickle and Russian dressing.

Chicken Calabrese- Pesto grilled chicken, vine ripened tomato, roasted peppers and provolone cheese.

Fresh Turkey B.L.T- Fresh carved turkey, hickory smoked bacon, cheddar cheese, lettuce, tomato and dijonnaise dressing.

Steak & Cheese-Marinated steak w/ sautéed peppers, onions, provolone cheese and roasted garlic aioli.

Manhattan Combo- Corned beef, pastrami, provolone cheese, kraut & 1000 island dressing.

Veggie- Grilled vegetables (mushroom, broccoli, peas, spinach, carrots), pesto and provolone cheese.

Specialties

Prosciutto De Parma-Prosciutto, fresh mozzarella, roasted peppers, fresh basil, black pepper and sun dried tomato dressing. 6.99

Tuscan Chicken-Sliced grilled chicken, roasted peppers, mesclun greens, tomato on fresh baked ciabatta bread. 6.49

Bistro Roast Beef- Fresh sliced roast beef, sautéed onions, cheddar cheese, chipotle sauce on a brioche bun. 6.49

Hot Italian Sub- Salami, ham, pepperoni, prosciutto, jalapeño, romano cheese, manhattan vinaigrette served on a sub roll. 6.99

Fresh Mozzarella- Fresh Mozzarella, fresh basil, roasted red peppers, oil and black pepper served on fresh baked ciabatta. 5.99

Quesadillas

(All Quesadillas are served with sour cream and salsa)

Buffalo Chicken- Our homemade buffalo chicken mix served in a quesadilla. 6.49

Chicken- Grilled chicken, cheese, peppers and onions. 6.49

Steak- Marinated steak, cheese, peppers and onions. 6.49

Cheese- Cheese, peppers and onions. 5.59

FROM THE GRILL

Philly Cheese Steak- A classic philly w/ marinated grilled steak, green peppers, onions, mushroom, mayo, and provolone. Served on a hoagie. 6.99

Classic Reuben or NY Pastrami- A pile of corned beef or pastrami, 1000 island dressing, kraut, swiss cheese on toasted rye. 6.99

Cheeseburger- ¼ lb burger served with onions, lettuce, tomato on fresh baked burger bun. 5.99

Chicken and Fresh Mozzarella- Grilled chicken, covered in melted fresh mozzarella, homemade pesto spread, tomato and mesclun lettuce. Served on a croissant. 6.49

Grilled Cheese- Classic grilled cheese sandwich w/ american or cheddar cheese on Texas toast.. 4.49

B.L.T.- A pile of bacon, lettuce, tomato and mayo on Texas toast.. 5.99

Grilled Ham and Cheese- Classic grilled cheese with fresh sliced ham. Served on buttered sourdough. 5.99

Pimento & Bacon Grilled Cheese- Yummy pimento cheese and some bacon grilled in fresh baked Vienna.

The Pasta Bar

Create Your Own Pasta 8.49

Choose Your Homemade Sauce

Alla Vodka Creamy Alfredo

Pesto Alfredo Spicy Arrabbiata

Tomato Basil Basil Pesto

Roasted Garlic & Olive oil

Choose Main Ingredient

Grilled Chicken Portobello Mushroom

Crispy Chicken Tuscan Meatballs

Italian Sausage

Choose FOUR Toss-Ins

Mushrooms Broccoli Florets

Diced Tomatoes Romano Cheese

Sweet Peas Sun Dried Tomatoes

Baby Spinach Caramelized Onions

Black Olives Roasted Peppers

Choose Pasta

Penne Tri-Colored Spiral

Linguine Whole Wheat