

# 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 baked white. 6.99

**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 rye. 5.99

**Tuna Salad-** Our homemade tuna salad, lettuce, tomato served on fresh baked wheat. 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.

**Garden Veggie-** All natural veggies, our scratch made chipotle sauce served in spinach wrap.

## Pitas 5.99

**Chicken Salad-** Our homemade chicken salad w/ lettuce and tomato.

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

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

## YOU PICK

|          |                                   |            |      |
|----------|-----------------------------------|------------|------|
| Pick two | 5.99                              | Pick Three | 7.99 |
|          | Any ½ Sandwich (Deli, Wrap, Pita) |            |      |
|          | Cup of Soup                       |            |      |
|          | Side Salad                        |            |      |

## SIDES

|                       |          |           |  |
|-----------------------|----------|-----------|--|
| Fries                 | 1.99     |           |  |
| Chips (Awesome chips) | 1.99     |           |  |
| Potato Salad          | 1.99     |           |  |
| Side Salad            | 3.49     |           |  |
| Fruit cup             | 2.49     |           |  |
| Soups (Made daily)    | Cup 3.19 | Bowl 4.19 |  |

# 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       |              |
| PINEAPPLE            | SUN DRIED TOMATOES |              |
| KIDNEY BEANS         | HARD BOILED EGG    |              |
| SHREDDED CARROTS     | ARTICHOKE HEARTS   |              |
| ASIAGO CHEESE CRISPS | STRAWBERRIES       |              |

## 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](http://www.manhattancafenc.com)

@manhattannc

Mon-Fri 7am-4pm

Sat 9am-2pmish

# BREAKFAST

SERVED DAILY FROM 7-11

## Sandwiches/ Wraps

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

**Breakfast Burrito**- Two eggs, sausage, onion, peppers, home fries, salsa and jack and cheddar cheese. 5.49

**B.E.L.T**- The classic BLT but we added an egg! Served w/ mayo on thick Texas toast. 6.49

**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

**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

## Sides

|                        |          |                   |
|------------------------|----------|-------------------|
| 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.

**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 1000 Island 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 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. 7.99

**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**- A pile of corned beef or pastrami, 1000 island dressing, kraut, swiss cheese on toasted rye. 7.99

**The Pastrami**- A pile of Pastrami, Dijon mustard and swiss cheese on toasted rye. 7.99

**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        |