

FROM THE DELI

Deli Sandwiches

Manhattan Club- A pile of fresh sliced turkey, ham, bacon, lettuce, tomato, mayo & provolone served on fresh light deli wheat. 7.49

Roast Beef & Cheddar- Fresh cut roast beef, cheddar cheese, mesclun greens, tomato, mayo & dijon mustard on fresh baked white. 7.49

Harvest Turkey- Fresh carved turkey, tomato, cranberry mayo and mesclun greens served on light deli wheat. 6.49

Smoked Turkey & French Brie- Fresh smoked turkey, French brie, green apple, honey mustard and mesclun greens on light deli wheat. 7.49

Ham & Swiss- Fresh cut ham, Swiss cheese, lettuce, tomato, mayo and yellow mustard on marble rye. 6.49

Tuna Salad- Our homemade tuna salad, lettuce, tomato served on fresh baked wheat. 6.49

Wraps 5.99

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

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

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

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

Garden Veggie- Broccoli, mushrooms, tomato, spinach, avocado, cucumber, scratch made chipotle sauce in spinach wrap and served cold.

Pitas 5.99

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

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

Peppered Turkey- Roasted turkey, mayo, cracked black pepper and tomato.

YOU PICK 8.49

Pick two 6.49 Pick Three 8.49

Any ½ Sandwich (Deli, Wrap, Pita)
Cup of Soup
Side Salad

SIDES

Fries	1.99	
Carolina Kettle Chips	2.49	
Potato Salad	1.99	
Side Salad	3.49	
Fruit cup	2.49	
Soups (Made daily)	Cup 3.49	Bowl 4.49

THE SALAD BAR

CREATE YOUR OWN SALAD 8.49

CHOOSE YOUR GREENS

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

CHOOSE A MAIN INGREDIENT

GRILLED CHICKEN THAI CHICKEN
SMOKED TURKEY CRISPY CHICKEN
PORTOBELLO MUSHROOMS TUNA SALAD
SANTE FE CHICKEN

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	PINEAPPLE
EGG WHITES	BLACK BEANS	
BLACK OLIVE	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 CAESAR	HONEY DIJON MUSTARD
BLUE CHEESE	SESAME GINGER
AEGEAN GREEK	LOW FAT RANCH
HOME STYLE ITALIAN	EXTRA VIRGIN OLIVE OIL
FAT FREE RASPBERRY VIN	CHIPOTLE RANCH
RED WINE VINEGAR	HONEY MUSTARD
PARMESAN PEPPERCORN	1000 ISLAND
SUNDRIED TOMATO	APPLE CIDER VIN.
RED PEPPER & ROASTED GARLIC	

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

TO GO MENU



320 S. Wilmington St.

Raleigh, NC 27601

919-833-6105

www.manhattancafenc.com

Mon-Fri 8am-3pm

Sat 9am-2pmish

BREAKFAST

SERVED DAILY FROM 8-11

The Classic*- Bacon, sausage, ham, turkey or spinach with egg and cheese on your choice of bread. 4.49

Breakfast Burrito- Two eggs, sausage, onion, peppers, home fries, salsa and jack and cheddar cheese in a jalapeño cheddar tortilla. 5.99

Steak & Eggs Wrap- Grilled, marinated steak, two eggs, mushrooms, onions, peppers and white American cheese in a jalapeño cheddar tortilla. 6.99

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

The Western- Two eggs, bacon, green peppers, roasted red peppers, onion, cheddar cheese, chipotle sauce on your choice of bagel or wrap. 5.49

A.M. Power Wrap- Egg whites, roasted turkey, spinach, and provolone cheese in a spinach wrap. 5.99

The FIT- Three egg whites, cheddar cheese and sun dried tomato spread on wheat toast or spinach wrap. 3.99

Tuscan Wrap- Two eggs, spinach, mushrooms and fresh mozzarella in spinach wrap. 5.49

Avocado Toast- Smashed avocado with sea salt and black pepper on wheat toast. 5.49

Breakfast Bowl*- Two eggs, home fries, salsa, cheese, and your choice of bacon or sausage served in a bowl. 5.49

Sides

Bagel w/ cream cheese	2.49
Grits	1.99 reg 2.99 lg
Loaded Grits (cheese, bacon, butter)	3.99
Home Fries	1.99
Fruit Cup	2.49

Bread Options- White, Wheat, Wrap, English Muffin, Roll, or Choice of Bagel.

Go Lite- Sub Egg Whites or Gluten Free Bread for \$1.00

*Consuming raw or undercooked meats or eggs may increase your risk of food-borne illness.

FROM THE PRESS

Paninis

7.49

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

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

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

Turkey Cuban- Smoked turkey, prosciutto, sliced pickle, 1000 island dressing and Swiss cheese.

Chicken Calabrese- Grilled chicken, pesto spread, vine ripened tomato, roasted peppers and provolone cheese.

Turkey B.L.T- Roasted turkey, hickory smoked bacon, lettuce, tomato, dijonaise spread and cheddar cheese.

Steak & Cheese- Marinated steak w/ sautéed peppers, onions, mushroom, mayo and provolone cheese.

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

Veggie- Grilled mushrooms, broccoli, onions, spinach, tomatoes, red pepper, olives, sun-dried tomatoes, pesto and provolone cheese.

Specialties

Prosciutto De Parma-Prosciutto, fresh mozzarella, roasted peppers, fresh basil, black pepper and sun dried tomato dressing on French baguette. 8.49

Tuscan Chicken- Sliced grilled chicken, roasted peppers, mesclun greens, tomato on fresh baked ciabatta bread. 6.99

Bistro Roast Beef- Fresh sliced roast beef, sautéed onions, cheddar cheese, chipotle sauce on a brioche bun. 7.49

Hot Italian Sub- Salami, ham, pepperoni, prosciutto, jalapeño, provolone 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. 7.99

Quesadillas

(All Quesadillas are served with sour cream and salsa)

Buffalo Chicken- Our homemade buffalo chicken mix, cheese, peppers and onions. 6.49

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

Steak- Marinated steak, cheese, peppers and onions. 7.99

Cheese- Cheese, peppers and onions. 5.59

FROM THE GRILL

Philly Cheese Steak- A classic philly w/ grilled, marinated steak, green peppers, onions, mushroom, mayo, and provolone on a hoagie. 7.49

Classic Reuben- A pile of corned beef, 1000 island dressing, kraut, swiss cheese on toasted rye. 7.99

NY 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. 6.49

Chicken and Fresh Mozzarella- Grilled chicken, covered in melted fresh mozzarella, homemade pesto spread, tomato and mesclun greens. Served on a ciabatta. 6.99

Grilled Cheese- Classic sandwich with American cheese on Texas toast. 4.99

B.L.T.- A pile of bacon, lettuce, tomato and mayo on Texas toast. 6.49

Grilled Ham and Cheese- Classic grilled cheese with fresh sliced ham. Served on buttered white. 6.49

Harvest Turkey Melt- Roasted turkey, cranberry mayo, cheddar cheese, lettuce, tomato on toasted wheat. 6.49

The Pasta Bar

Create Your Own Pasta **8.99**

Choose Your Homemade Sauce

Alla Vodka	Creamy Alfredo
Pesto Alfredo	Spicy Arrabiata
Tomato Basil	Basil Pesto

Choose Main Ingredient

Grilled Chicken	Portobello Mushroom
Crispy Chicken	Tuscan Meatballs

Choose FOUR Toss-Ins

Mushrooms	Broccoli Florets
Diced Tomatoes	Romano Cheese
Sweet Peas	Sun Dried Tomatoes
Baby Spinach	Caramelized Onions

Choose Pasta

Penne	Tri-Colored Spiral
Linguine	