

PASTA

1 BUILD YOUR OWN DISH 9.95

CHOOSE YOUR PASTA

Penne, rigatoni, linguini, whole wheat fusilli, farfalle

CHOOSE YOUR SAUCE

Basil pesto, parmigiano alfredo, tomato marinara, vodka

ADD-ONS (add to your heart's content)

1.00 | Tomato, broccoli, white mushrooms, peppers, sun-dried tomatoes, red onions, green onions, corn, capers, green peas, jalapeno peppers, olives

3.75 | Grilled chicken, Italian sausage, thick cut bacon, smokemaster ham, fresh mozzarella

5.75 | Shrimp

2 OUR FAVE DISHES

CARBONARA 16.95

Thick-cut bacon, fresh rosemary, seeded jalapeno peppers, eggs, parmigiano, fresh parsley

PENNE VODKA 14.95

A creamy tomato sauce with bacon and vodka

PENNE BOLOGNESE 15.95

Penne pasta in a zesty tomato meat sauce

LINGUINI CACCIATORE 17.95

Grilled chicken, onions, mushrooms, tomatoes, peppers in our basil pomodoro sauce

RIGATONI CAMPAGNOLA 16.95

Italian sausage, mushrooms, spinach, olive oil & garlic in wine sauce

BASIL PESTO 14.95

Whole wheat fusilli with pine nuts garlic and olive oil

TORTELLINI 16.95

With basil pesto or pomodoro sauce

LINGUINI SCAMPIGNOLA 17.95

Shrimp sautéed in garlic and olive oil, herbs in alfredo sauce



GREENS & GRAINS

Chef inspired and topped with a protein



FAVE GREENS

SPICY CHICKEN CAESAR 9.45

crisp romaine, grape tomatoes (halved) seasoned croutons, parmigiana, creamy Caesar, splash of sriracha (paired with grilled spicy chicken)

THE COBBWICH 12.95

Super Greens (shredded kale, baby spinach, arugula), bacon, avocado, sliced egg, grape tomatoes (halved) cucumber, green onion, tarragon vinaigrette (paired with roasted turkey)

THE GREEK CONNECTION 10.95

Crisp romaine, cucumber, kalamata olives, bell peppers, tomatoes, raw beets, green & red onion, dressed in lemon, red wine vinegar & EVO (extra virgin olive oil) sprinkled with dried oregano leaf

CHICKEN TAHINI 11.95

Vibrant arugula & cabbage mix with chic peas, carrots, beans, raw beets, seasoned croutons, fresh lemon, sun kissed tomatoes, cucumber, green onion, lemon tahini dressing (paired with grilled herb chicken)

FAVE GRAINS

THE HARVEST 10.95

Super Greens (baby kale, baby spinach, arugula), quinoa, avocado, squash, walnuts, toasted coconut, sliced apple, mango, raisins dressed with lime avocado vinaigrette

MEXICAN STREET SALAD 11.95

Rice, corn, avocado, pico de gallo, black beans, seeded jalapenos, green onion, lemon juice, tortilla chips, fresh cilantro, queso fresco, with chipotle ancho dressing

TUSCAN PANZANELLA 13.95

Prosciutto DiParma, arugula, quinoa, seasoned croutons, green olives, roasted pepper, grape tomatoes, red onions, capers, fresh mozzarella pearls dressed, fresh basil and dressed with a sweet balsamic vinaigrette

WILD GINGER (SERVED HOT) 11.95

Vegetable medley (baby kale, bean sprouts, fresh onions, roasted corn, broccoli, mushrooms) over rice sautéed in ginger scallion sauce (paired with grilled herb chicken)

JUICES 7.95

ALL OF OUR JUICES ARE FRESH PRESSED

GINGERLY

Carrot, apple & ginger

GREENERY

Pear, kale, celery & parsley

FRUIT FANCY

Apple, blueberry, strawberry, kiwi & fresh lemon

FRIENDLY GREEN

Kale, romaine, cucumber, celery & spinach (add apple as an option)

BRIGHTEN UP

Pineapple, apple, carrot & fresh lemon



HEART BEETS

Beets, apple, parsley & tri-color carrots

GREEN LEMONADE

Kale, cucumber, whole lemon & granny smith apple

MORNING CALL

Spinach, pineapple, mango, avocado & fresh lemon

HAWAIIAN

Pineapple, grapefruit, orange & mint

SWEET KALE

Kale, apple, watermelon & fresh lemon

ORANGE JUICE

SMOOTHIES 7.95

THE BEST INGREDIENTS BLENDED TOGETHER FOR A DELICIOUS & UPLIFTING MEAL OR SNACK

FRUIT OR VEG. BASE

PINEAPPLE PARADISE

Pineapple, mixed berries, banana & pineapple juice

COCO-PINEAPPLE

Mango, mixed berries, coconut milk & pineapple juice

POM-BERRY

Mixed berries blended with pomegranate juice

SOY CREAMSICLE

Peaches, mixed berries, coconut milk, fresh orange juice & soy milk

DAIRY BASE (Strained Greek Yogurt)

ORANGE YOU GLAD

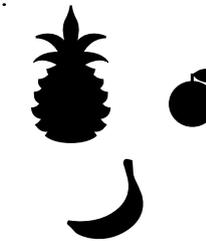
Fresh bananas, oranges, skim milk & ice

PEACH CREAMSICLE

Fresh peaches, bananas, oranges, skim milk & ice

RED RASPBERRY RUSH

Fresh strawberries, raspberries, lemon, skim milk & ice



FRUIT BLISS

Pineapple, banana, berries & fresh orange juice

GOOD & GREEN

Spinach, banana, cucumber, fresh mint & fresh squeezed lemon

SUPER PURPLE

Banana, blueberries, almond milk, oats, chia seeds & honey

BERRY DELICIOUS

Fresh strawberries, blueberries, raspberries, skim milk & ice

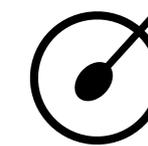
CITRUS BERRY BURST

Fresh strawberries, limes, raspberries, oranges, skim milk & ice



LUNCH & DINNER MENU

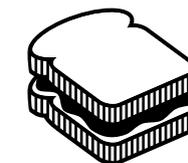
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CALL AHEAD FOR PICK UP



DON'T LEAVE TOWN WITHOUT TRYING OUR SANDWICHES!



SANDWICHIERIE.COM



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VEGAN 10.45

AVOCADO VEGGIE

Bean sprouts, roma tomatoes, cilantro, thin sliced red onion, ripe avocado, roasted peppers, spicy humus on multi grain bread

TOFU EGG SALAD

Firm tofu, chopped eggs, vegan mayonnaise, sliced avocado, Dijon mustard, cayenne pepper, chopped fresh Italian parsley, dill, diced scallions on multi-grain bread

ROASTED VEGGIE

Sweet potatoes, red pepper, onions, seeded jalapeños, chili powder, black beans, fresh cilantro with fresh lime pesto in a spinach wrap

MOROCCAN

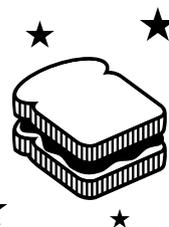
Rice, mélange of roasted vegetables and mushrooms, chickpeas, spring onions, Moroccan sauce in spinach wrap

MEDITERRANEAN QUINOA

Quinoa, tahini, grape tomatoes, diced cucumber, kalamata olives, chick peas, roasted Italian pepper, arugula, fresh lemon juice served in a wrap



CLASSICS



SMOKED SALMON 12.95 (Served Cold)

Pumpernickel bread smear of cream cheese stacked with cucumber, salmon, red onion garnished with a few capers and a touch of cusabi (cucumber & wasabi) spread

CRANBERRY TURKEY 9.95

Roasted turkey with cranberry marmalade, watercress, almonds on multigrain sliced bread

BLACK FOREST HAM 9.95

Swiss cheese, romaine lettuce, beefsteak tomato on sliced pumpernickel with a drizzle of honey mustard

COUNTRY CHICKEN SALAD 9.95

Poached chicken, crisp lettuce, tomato, avocado and mayonnaise on country grain bread

TUNA SALAD 9.95

Crisp lettuce, tomato, avocado and mayonnaise on country grain bread

MEATY FAVES

(Served Hot)

BAJA CHICKEN CLUB 12.95

chipotle chicken, mashed avocado, smoked bacon, leaf lettuce & tomato with ranch dressing on ciabatta

NEW YORK PASTRAMI 12.95

piled high thinly sliced pastrami with deli mustard on rye

SPICY BEEF 12.95

gorgonzola jalapeño aioli, Swiss cheese, portobello mushrooms and sautéed onions on rustic integrale ciabatta

ROAST BEEF 11.95

thinly sliced beef, crispy onions, sharp melted cheddar and herb cream spread on rosemary ciabatta

BLACK FRIDAY 13.95

off the bone ham, oven roasted turkey, sweet potato, smoked gouda, with a cranberry Dijon mayo spread on a multigrain pullman

PEPPERED RACHEL 12.95

layers of peppermill turkey, cole slaw, baby swiss cheese, pepperdew peppers, Russian dressing on multigrain roll

MILANESE 11.95

crispy chicken cutlet, fresh mozzarella, arugula, roasted tomatoes & roasted red pepper & pesto spread on focaccia

THE REUBEN 13.95

corned beef, swiss cheese, sauerkraut, and russian dressing on grilled marble rye

PROSCIUTTO & FIG 14.95

prosciutto DiParma, goat cheese, dried figs, honey & arugula on a bauette

ADOBO CHICKEN 11.95

watercress, roasted poblano peppers, chipotle cream sauce and pico de gallo

PAIR IT WITH A SOUP



CALL US FOR OUR 6-8 SEASONAL DAILY SOUPS

12 oz. 4.95

16 oz. 5.95

ADD 1.00 FOR SEAFOOD

WRAPS 10.45

1 CALIFORNIA

Flame-grilled chicken breast beefsteak tomato, avocado, roasted peppers drizzle with thousand island dressing

2 SOUTHWESTERN CHICKEN SALAD

Avocado, corn salsa, iceberg lettuce, mayonnaise, ranch & taco seasoning

3 ICHIBAN CHICKEN

Edamame, corn, mixed bell peppers, scallions with teriyaki finishing sauce in a herb wrap

4 CHICKEN CAESAR

Flame-grilled chicken breast in a herb wrap with crisp romaine lettuce, parmesan, beefsteak tomatoes and creamy caesar dressing

5 TURKEY COBB

Roasted Turkey, bacon, tomato, blue cheese dressing lettuce & hardboiled egg

6 PEPPERONERO GARLIC HAM

Rice, tangy coleslaw, habanero bbq sauce, pepperjack cheese in roasted pepper wrap (Served Hot)

CHEESE MELTS 11.45

1 TUNA & ROASTED TOMATO

House special tuna, fresh lemon juice, chopped roasted tomato, swiss cheese on rustic bread

2 FRENCH MELT

French ham, brie and gruyere cheese, green slightly baked apple, fig jam on a rustic baguette

3 SPICY CHICK

Roasted tomato and jalapino relish, asiago cheese, thin sliced red onion on ciabatta with ancho chipolte spread

4 CHICKEN FAJITA

Spicy chicken, roasted peppers, grilled onions, pepperjack cheese with a charred jalapeno salsa on thin crusted square

5 BOLD AVOCADO

Chipotle gouda, avocado, red onion, roasted pepper with chipotle spread on multigrain pullman

6 TOSCANO

Thinly sliced prosciutto, fresh mozzarella, arugula, sun-dried tomatoes & pesto on thin crusted roll

FRESH FRUIT SALADS & BERRIES

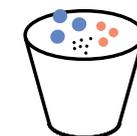


Small Seasonal Fruit 4.65

Large seasonal fruit 6.25

Small Berries 6.65

Large Berries 8.95



SNACKS

Pita Chips 1.99
Deep River Chips 1.79

Beanitos Chips (gluten free) 1.99
Terrafina (Nuts & Trail Mixes) 3.75

BUILD YOUR OWN SALAD

OPTION 1 6.95
COMES WITH FOUR
1.00 MIX-INS

OPTION 2 4.25
GREEN BASE ONLY
(mix-ins sold separately, add as you like)

TOSS OR CHOP
YOU CHOOSE

MIX-INS

1.00 BASIC

Beans	Apple slices	Sun-dried tomatoes	Brussels sprouts	Feta cheese
Peppers	Tomatoes	Raisins	Craisins	Grated parmigiano
Broccoli	Corn	Beets	Edamame	Jack & cheddar
Carrots	Jalapeno peppers	Zucchini	Almonds	Crispy noodles
Onions	Olives	Roasted peppers	Walnuts	
Croutons	White mushrooms	Bean sprouts	Eggs	
Cucumbers	Chickpeas	Orange	Asparagus	
Pork bacon	Green peas	Tortilla chips	Crumbled blue cheese	
	Radishes	Seeds		

2.25

Half avocado, quinoa, fresh mozzarella, portobello mushroom, blackened tofu

2.75 | MEAT & PROTEIN MIX-INS

Grilled herb chicken, crispy chicken, spicy chicken, roasted turkey, ham, tuna

5.75 | POACHED SALMON

Cajun shrimp, grilled salmon

DRESS IT!

Aged balsamic vinaigrette ^{GF}	Honey Mustard ^{LS GF DF}	Red Wine Vinegar
Chipotle ancho vinaigrette ^{GF DF}	Russian ^{GF}	Fresh Lime Squeeze
Creamy caesar	Honey dijon vinaigrette ^{GF}	Fresh Lemon Squeeze
Scallion ginger vinaigrette ^{GF GF DF}	Light classic Italian ^{GF}	Sriracha
Lemon tahini	Steakhouse blue cheese ^{GF}	
Lime avocado ^{GF DF}	Raspberry vinaigrette ^{GF}	
Miso sesame ginger vinaigrette	EVOO (extra virgin olive oil)	
Peppercorn ranch ^{GF DF}	Aged balsamic vinegar	

^{LS} Low Sodium ^{GF} Gluten Free
^{DF} Dairy Free ^{SF} Sugar Free