

Breakfast Wraps

GRILLED CHICKEN WRAP

Egg white, spinach, mushroom, swiss cheese

GREEK WRAP

Egg white, feta cheese, broccoli, onion, tomato on whole wheat wrap

ITALIAN WRAP

Egg white, mushroom, tomato, avocado, muenster cheese

HEALTHY EATER WRAP

Egg white, turkey, swiss cheese, avocado on whole wheat wrap

VEGGIE WRAP

Egg white, spinach, broccoli, mushroom, muenster cheese

SPANISH WRAP

Egg white, ham, peppers, onion, jack cheese, salsa

GOOD MORNING WRAP

Scrambled eggs, bacon, cheddar cheese, homefries, salsa

ENERGY WRAP

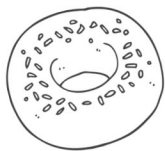
Peanut butter, sliced banana, granola, raisins, walnuts, honey

BLT WRAP

Bacon, lettuce, tomato, mayo

HUNGRY MAN WRAP

Eggs, bacon, sausage, ham, american cheese



Bagels & more

BAGEL

BAGEL WITH BUTTER OR JELLY

BAGEL WITH CREAM CHEESE

BAGEL WITH FLAVORED CREAM CHEESE

BAGEL WITH LOX SPREAD

BAGEL WITH PEANUT BUTTER, ALMOND BUTTER, OR NUTELLA

NOVA SCOTTIA BAGEL SANDWICH

Smoked nova, sliced onion, cream cheese, tomato, capers

PANCAKE PLATTER

PANCAKE WITH BERRIES

FRENCH TOAST PLATTER

prepared with challah bread, 3 slices served

Omelette

SERVED WITH HOMEFRIES & TOAST

JUST OMELETTE (NO FRIES OR TOAST) 6.75

WESTERN OMELETTE PLATTER

Ham, onion, bell peppers

HEALTHY OMELETTE PLATTER

Egg white, turkey, onion, tomato, roasted red pepper

MEDITERRANEAN OMELETTE PLATTER

Roasted red pepper, feta cheese, parmesan cheese, black olives

GREEK OMELETTE PLATTER

Feta cheese, tomato

FLORENTINE OMELETTE PLATTER

Mushroom, avocado, tomato, swiss OR muenster cheese

VEGGIE OMELETTE PLATTER

Spinach, mushroom, broccoli, tomato

Eggs Your way

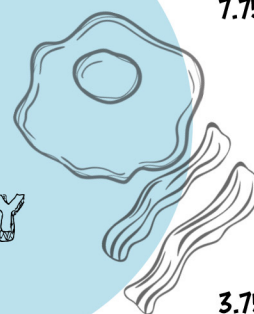
1 EGG ON A ROLL OR SLICED BREAD

2 EGGS ON A ROLL OR SLICED BREAD

2 EGGS YOUR WAY PLATTER

with Bacon, Ham, or Sausage

Homefries and Toast



Extras

HASH BROWN

EXTRA EGG/EGG WHITE

SUBSTITUTE FOR EGG WHITE

ADD CHEESE/PREMIUM CHEESE

ADD BACON, SAUSAGE, OR HAM

ADD TURKEY BACON, TURKEY SAUSAGE, OR BEEF SAUSAGE

ADD ADDITIONAL VEGGIES



COOK
EATERY

Signature Hot Sandwiches

ROLL 10.95 / HERO 11.95

JIMMY T

Breaded chicken or Grilled chicken, melted mozzarella, sauteed onion, sweet pepper, honey mustard

SPICY CHICKEN

Breaded chicken or Grilled chicken, melted swiss, sauteed onion, mushroom, hot sauce

TERIYAKI CHICKEN

Breaded chicken or Grilled chicken, melted american, mushroom, scallion, teriyaki sauce

BBQ CHICKEN

Breaded chicken or Grilled chicken, melted american, sauteed onion, peppers, BBQ sauce

CHICKEN CLUB

Breaded chicken or Grilled chicken, bacon, lettuce, tomato, roasted peppers, mayo

CHICKEN SUPREME

Breaded chicken or Grilled chicken, melted pepper jack, bacon, lettuce, russian dressing

C.M.P

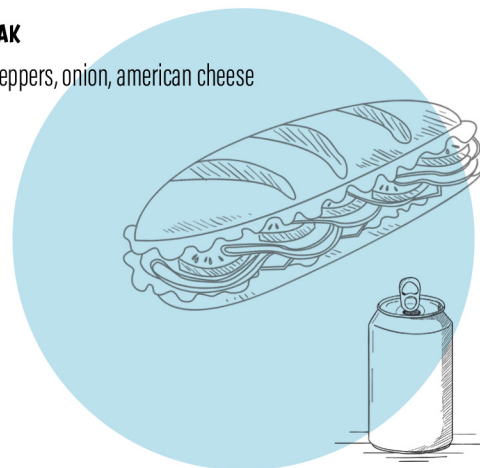
Grilled chicken breast, fresh mozzarella, roasted peppers, sun-dried tomato, basil sauce

THE NEW YORK

Grilled chicken breast, bacon, melted mozzarella, roasted peppers, lettuce, russian dressing

PHILLY CHEESE STEAK

Sliced rib eye steak, peppers, onion, american cheese



Signature Gold Sandwiches

ROLL 10.95 / HERO 11.95

ITALIAN SUPREME

Capicola, genoa salami, prosciutto, pepperoni, provolone, roasted peppers, lettuce, tomato, olive oil & vinegar

AMERICAN SUPREME

Roasted beef, turkey, ham, american, lettuce, tomato, russian dressing

TURKEY BRIE

Smoked turkey, brie cheese, sliced green apple, lettuce, honey mustard

FIT

Turkey breast, avocado, mesclun, hummus, balsamic vinaigrette

CHICKEN CLUB

Breaded chicken or Grilled chicken, bacon, lettuce, tomato, roasted peppers, mayo



THE TIMES SQUARE

Cracked pepper turkey, jack cheese, sliced onion, lettuce, honey mustard

AVENUE OF AMERICAS

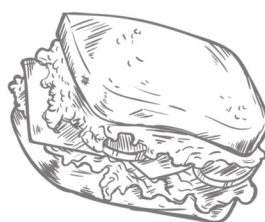
Turkey breast, roasted beef, muenster, avocado, roasted peppers, lettuce, tomato, onion, honey mustard

THE VEGETARIAN

Avocado, romaine, tomato, carrot, cucumber, alfalfa sprouts, roasted peppers, hummus spread

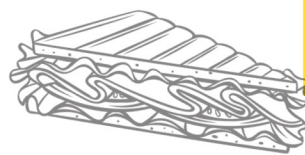
DIET

Fresh mozzarella, romaine, tomato, carrot, cucumber, avocado, alfalfa sprouts, balsamic vinaigrette



Hot Pressed Panini

10.25



CHICKEN PARM PANINI

Breaded chicken, mozzarella, marinara sauce, basil, parmesan cheese

EGGPLANT PARM PANINI

Roasted eggplant, mozzarella, basil, marinara sauce, parmesan cheese

CHICKEN FAJITA PANINI

Grilled chicken, cheddar, roasted peppers, onion, hudson salsa

CUBAN PANINI

Roast pork, ham, swiss, pickle, mustard

ITALIAN PANINI

Grilled chicken, roasted peppers, fresh mozzarella, pesto sauce

RUSSIAN PNINI

Roast beef, lettuce, muenster, onion, tomato, russian dressing

TUNA MELT PANINI

Fresh tuna, cheddar, lettuce, plum tomato

MONTE CRISTO PANINI

Ham, smoked turkey, swiss, cheddar, lettuce, tomato, honey mustard dressing

TUSCANI PANINI

Fresh mozzarella, tomato, fresh basil, spinach, sun-dried tomato, balsamic dressing

CHICKEN CLUB PANINI

Grilled chicken, bacon, brie cheese, tomato, chipotle sauce



Wraps

9.95

FALAFEL WRAP

Spinach, roasted peppers, blue cheese, red onion, ranch dressing, in sun-dried tomato wrap

SOUTH BEACH WRAP

Grilled chicken, portabello mushroom, roasted peppers, lettuce, rosemary mayo, in whole wheat wrap

NYU WRAP

Grilled chicken, cheddar, roasted peppers, onion, hudson salsa, on european flatbread

BUFFALO CHICKEN WRAP

Spicy breaded chicken, celery, carrot, blue cheese dressing, in sun-dried tomato wrap

CHICKEN TERIYAKI WRAP

Grilled chicken, scallion, sesame seed, lettuce, cucumber, teriyaki sauce, in plain wrap

ACAPULCO ROAST BEEF WRAP

Roast beef, sweet onion, tomato, cucumber, monterey jack cheese, chipotle lime dressing, in spinach wrap

CHICKEN CAESAR WRAP

Grilled chicken, crisp romaine, parmesan cheese, garlic croutons, caesar dressing, in spinach wrap

SANTA FE TUNA WRAP

Tuna salad, chipotle mayo, lettuce, tomato, swiss cheese, sprouts, in spinach wrap

MEXICAN WRAP

Spicy grilled chicken, grilled vegetables, salsa, avocado, sour cream, in plain wrap

CALIFORNIA WRAP

Grilled chicken, roasted peppers, avocado, romaine lettuce, tomato, mayo, in plain wrap



COOK

EATERY

115 WEST 45TH ST NEW YORK NY 10036 | 212.730.9495 | WWW.COOKEATERY45.COM

Create Your Own Sandwich

CHOOSE MAIN INGREDIENT

Turkey	8.00	Grilled Chicken	8.50
Smoked Turkey	8.00	Breaded Chicken	8.50
Cracklen Pepper Turkey	8.00	Pesto Chicken	8.50
Maple Glazed Turkey	8.00	Pastrami	8.50
Ham	8.00	Corned Beef	8.50
Black Forest Ham	8.00	American Cheese	5.50
Virginia Ham	8.00	Muenster Cheese	5.50
Genoa Salami	8.00	Provolone Cheese	5.50
Prosciutto	8.50	Cheddar Cheese	5.50
Roast Beef	8.50	Swiss Cheese	5.50
Pepperoni	8.00	Mozzarella Cheese	5.50
Tuna Salad	7.50	Pepper Jack Cheese	5.50
Chicken Salad	7.50	Fresh Mozzarella Cheese	6.00
Egg Salad	6.00	Avocado	5.50

ADD CHEESE

American Cheese	+1.00
Muenster Cheese	+1.00
Provolone Cheese	+1.00
Cheddar Cheese	+1.00
Swiss Cheese	+1.00
Mozzarella Cheese	+1.00
Pepper Jack Cheese	+1.00
Fresh Mozzarella Cheese	+1.50
Brie Cheese	+1.50

ADD VEGGIES

Lettuce		Broccoli	+0.75
Onion		Mushroom	+0.75
Tomato	+0.75	Black Olives	+0.75
Shredded Carrot	+0.75	Sliced Pickles	+0.75
Grilled Tomato	+0.75	Basil	+0.75
Grilled Onion	+0.75	Capers	+0.75
Cucumber	+0.75	Cole Slaw	+0.75
Hot Peppers	+0.75	Alfalfa Sprouts	+0.75
Jalapenos	+0.75	Avocado	+2.00
Sweet Peppers	+0.75		
Roasted Red Peppers	+0.75		
Arugula	+0.75		
Spinach	+0.75		
Kale	+0.75		

ADD BACON	+1.50
ADD GUACAMOLE	+2.00
EXTRA MEAT	+2.00
WRAP OR HERO	+1.00



Tossed Salad

ONE PROTEIN, ONE CHEESE, ONE CRUNCH, UNLIMITED VEGGIES \$1.00 FOR EXTRA

SMALL 10.95 | LARGE 11.95

GREENS

Romaine lettuce
Baby spinach
Kale
Mesclun
Baby arugula

PROTEIN

Tuna
Turkey
Ham
Grilled chicken
Chipotle chicken
Breaded chicken
BBQ chicken
Tuna

Boiled egg
Egg whites
Real bacon bits
Shrimp +3.00
Baked Salmon +3.50

CHEESE

Blue cheese crumbles
Shredded romano cheese
Fresh mozzarella
Feta cheese
Cheddar cheese

CRUNCH

Seasoned crouton
Roasted sliced almond
Dried cranberry
Raisin
Chow mein noodle
Walnut
Tortilla chip
Sunflower seed
Cashew

VEGGIES

Black olives
Black beans
Kidney beans
Green peas
Chick peas
Edamame
Plum tomato
Mango

Cherry tomato
Roasted zucchini
Roasted cauliflower
Roasted eggplant
Roasted carrot
Artichoke heart
Roasted pepper
Mandarin orange

Kalamata olives
Sweet corn
Cucumber
Broccoli
Celery
Red onion
Grape leaves
Jalapeno

Avocado
Sliced radish
Sliced beet
Quinoa
Roasted asparagus
Bell pepper
Mushroom
Portobello mushroom

Apple
Pineapple

DRESSING

Balsamic vinaigrette
Basil lemon
Thai peanut
Lime chipotle
Honey mustard
Miso sesame ginger
Balsamic vinegar
Honey dijon

Red wine vinegar
Ranch
Russian
Caesar
French
Creamy italian
Lite italian
Lite ranch

Golden italian
Italian



COOK

EATERY



Udon & Soba

VEGETABLE	9.75
CHICKEN	10.75
BEEF	11.95
SHRIMP TEMPURA	11.95
SHUMAI	11.95
ADD 4 PIECES OF SHUMAI \$3.00	



Ramen

VEGGIE RAMEN	9.25
Onion, carrot, mushroom, scallion, tofu	
KIMCHI RAMEN	9.95
Kimchi, onion, carrot, mushroom, scallion, tofu	
CHICKEN RAMEN	9.95
Chopped chicken, onion, carrot, mushroom, scallion, tofu	
BEEF RAMEN	11.95
Beef, onion, carrot, mushroom, scallion, tofu	
JUMBO SHRIMP RAMEN	11.95
Jumbo shrimp, onion, carrot, mushroom, scallion, tofu	
ADD 1 EGG \$0.50	

Soup du Jour

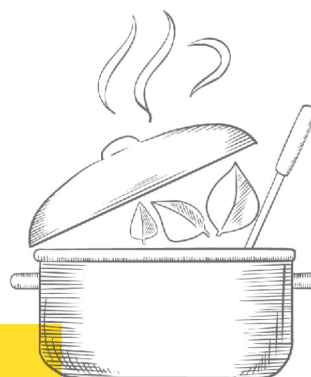
SMALL 12oz	4.95
MEDIUM 16oz	5.95
LARGE 32oz	7.95

CHICKEN NOODLE & DAILY SELECTIONS



Korean

SPICY PORK (JAEYOOK) OVER RICE	12.95
Spicy marinated pork stir-fry served over rice	
BULGOGI OVER RICE	13.95
Thinly sliced and marinated Ribeye stir-fry served over rice	



COOK
EATERY

Smoothie

SMALL 7.95 | LARGE 8.95

BERRY BLAST

Strawberry, blueberry, blackberry, banana, coconut milk

FUNKY MONKEY

Banana, chocolate, peanut butter, almond milk

POWER BREAKFAST

Banana, granola, honey, greek yogurt, almond milk

KALE KRUSH

Kale, lemon, cranberry juice

RED MANGO

Pineapple, strawberry, mango, coconut milk

THE HULK

Spinach, apple, banana, almond milk

SUPERMAN

Banana, oats, vanilla whey protein, almond milk



Fresh squeezed Juice

SMALL 8.75 | LARGE 9.75

GREEN

Kale, celery, spinach, green apple, cucumber, ginger

RED

Kale, spinach, celery, cucumber, apple, lemon, carrot, beet, ginger

ORANGE

Carrot, orange, lemon, red apple, ginger

PINK

Ruby red grapefruit, lemon, orange, red apple, pineapple

SUPER 6

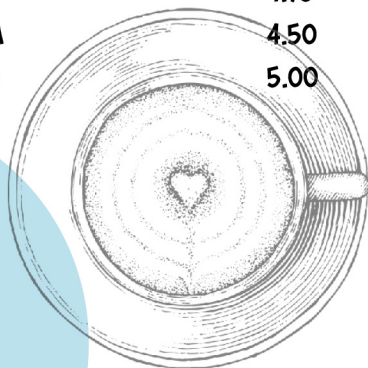
Cucumber, carrot, celery, beet, green apple, ginger

HANGOVER

Carrot, apple, cucumber, celery

Coffee & Tea

	SM	MD	LG
HOT COFFEE	1.75	2.50	3.00
ICED COFFEE	2.50	3.00	4.00
HOT TEA	1.75	2.50	3.00
ICED TEA	2.50	3.00	4.00
ESPRESSO SHOT	3.00		4.00
CAPPUCCINO	4.25		4.75
ICED CAPPUCCINO	4.75		5.25
CAFE LATTE	4.25		4.75
ICED LATTE	4.75		5.25
CAFE MOCHA	4.50		5.00
ICED MOCHA	5.00		5.25



Fruit & more

BANANA	0.75
GREEN APPLE	1.25
RED APPLE	1.25
ORANGE	1.25
FRUIT CUP	3.75
VANILLA YOGURT PARFAIT	3.75
STRAWBERRY YOGURT PARFAIT	3.75
GREEK YOGURT PARFAIT	3.95
POUND CAKE	2.50
CEREAL CUPS	2.75
MUFFINS & PASTRIES	2.50