



good enough to eat

## LUNCH MENU

**Monday – Friday: 11:30 – 4pm**

### **Soup & Salad**

Soup of the day served with a house salad tossed in our mustard vinaigrette, served with griddled buttermilk biscuits... **10.00**

### **Soup & Half a Sandwich**

Soup of the day with a half sandwich on our homemade bread... **11.00**

### **Soup Sampler**

2 cups of today's soup with salad or french fries... **10.50**

### **Mac 'n Cheese**

Ziti baked with cheddar, mozzarella, gruyère and parmesan cheeses... **11.75**

half order, with your choice: cup of soup OR house salad... **11.50**

### **Chili of the Day**

Bowl over brown rice with salad... **11.50**

Cup with cheddar cheese, onions... **6.00**

### **Cheese Board Trio with Fruit and Mixed Olives**

**14.00**

### **Caesar Salad**

Crispy romaine hearts and garlic croutons tossed with our Caesar dressing and topped with anchovies... **13.00**

...with Cajun chicken breast **17.50**

... or shrimp **18.00**

### **Chopped Salad**

Romaine, turkey, bacon, carrots, celery and corn with your choice of cheese and our mustard vinaigrette... **15.50**

### **Spinach Salad**

Fresh baby spinach, chunks of Granny Smith apples, Cajun-spiced walnuts and sliced red onion, topped with a light, crumbly blue cheese vinaigrette... **13.50**

### **Good Enough to Eat Salad**

Tender broccoli, cauliflower, potatoes, zucchini and yellow squash, crispy red and green bell peppers and mushrooms on a bed of greens, topped with red cabbage and mozzarella cheese with a mustard vinaigrette... **13.00**

...with Cajun chicken breast **16.00**

### **Grilled Chicken Niçoise Salad**

Grilled chicken breast, chickpeas, tomatoes, thinly sliced red onion and hard-boiled egg over field greens with capers and Niçoise olives; drizzled with a pesto vinaigrette... **16.00**

### **Honey Walnut Chicken Salad**

Organic pulled chicken, toasted walnuts, red grapes, cucumber, red onion and celery in a honey/lemon dressing on a bed of field greens... **16.00**

### **Large House Salad**

With red onions & new potatoes, peas... **12.00**

...choice of cheese...add 2.50

~ All salads served with homemade French bread ~

## Sandwiches

### G.E.T.E. Turkey Club

Fresh roast turkey with bacon, lettuce, tomato and mayonnaise on dill onion bread, served with macaroni salad... **12.00**

### Meatloaf Sandwich

Served cold on an oat roll with potato salad and a side of BBQ sauce... **12.50**

### BLT Sandwich

Our bacon with lettuce, tomato and basil mayonnaise on whole wheat toast, served with home fries or fresh fruit... **10.50**

### Open-faced Tuna Melt

Albacore tuna salad topped with sliced tomato and melted sharp cheddar on whole wheat bread, served with house salad with mustard vinaigrette... **13.50**

### The Burger

8 oz. on a homemade oat roll with French fries, side of lettuce, tomato and pickle... **11.00**

...with jalapeno jack, sharp cheddar, gruyère, mozzarella, blue or goat cheese.... **12.00**

### Turkey Burger

8 oz. on a homemade pepper roll with French fries, side of lettuce, tomato and pickle.... **11.00**

...with jalapeno jack, sharp cheddar, gruyère, mozzarella, blue or goat cheese.... **12.00**

### Vegetable Burger

Our own mix of grains, barley, roasted peanuts, sesame seeds and sautéed vegetables, in a pita pocket with a side of tahini. Served with green salad with mustard vinaigrette... **11.50**

### Old-fashioned Grilled Cheese Sandwich

Served with a house salad with mustard vinaigrette... **9.50**

...with ham or bacon... **11.50**

### Smoked Salmon

And goat cheese, cucumber, tomato and watercress on wholewheat toast w fresh fruit or salad... **11.75**

***Ask about our DAILY SPECIALS & HOMEMADE DESSERTS!***

***good enough to eat does Takeout & Delivery for Breakfast & Lunch, too!***  
**212-496-0163, ext. 0**