



delivery menu

order online at
dishestogo.com





breakfast

seasonal market table

dine in: 4.25 per 1/2 lb.; delivery: 5.50 per 1/2 lb.

- homemade organic oat granola, muesli and organic oatmeal bar
- fat free greek yogurt • assorted fresh fruit yogurts
- organic scrambled eggs • egg cups with spinach and ham
- home fries • low fat cottage cheese
- buttermilk pancakes • israeli organic egg shakshuka
- french toast • baked cheese grits
- scrambled egg whites with roasted tomatoes
- roasted mushrooms • roasted tomatoes
- sliced fruits and vegetables • tropical fruit salad and more...

organic oat granola, yogurt and fruit

- tropical fruit salad 4.50
- asian fruit salad, mango, lychee, golden pineapple 4.50
- israeli fruit salad 3.00
- assorted seasonal and organic seasonal fruits market price

low fat yogurts and parfaits

- yogurt parfait, berries, granola 4.50
- guava yogurt, pineapple, granola 3.75
- honey yogurt 2.50
- banana honey yogurt 3.00
- black currant yogurt 3.00

greek goat milk yogurt

- fresh strawberries, splenda sweetened yogurt 4.50
- toasted pinenuts, honey, yogurt 3.75
- sugar free strawberry-rhubarb compote, yogurt 3.25

oatmeal and hot cereal sm 3.25 med 4.25 lg 5.25

includes 2 toppings

- organic oatmeal, with whole milk, unsweetened
- steel cut irish oatmeal, with water, unsweetened
- cinnamon honey cream of wheat
- additional toppings available: sautéed caramel pears, fresh fruits, golden raisins, cranberries, assorted dried tropical fruits, flax seeds, toasted walnuts, pecans, granola, muesli, dried fruit compote and more 0.50 each



did you know:

all of dishes' recipes are prepared to order from scratch in our own kitchens. in fact, we triple test each and every recipe to ensure your ultimate satisfaction.



organic eggs made to order choose whole eggs/egg whites

- whole organic eggs 3.25
- organic egg whites only 4.50
- add veggies** 0.50
 - basil • mushrooms • red pepper
 - roasted tomato • sauteed onions • spinach
- add cheese** 0.75
 - cheddar • bulgarian feta • monterey jack • gruyere
- add meat** 1.00
 - brown sugar bacon • smoked ham
 - turkey, apple and sage sausage
- make it a platter** add 2.25
 - with homefries, roasted tomatoes and a choice of white or wheat toast
- on the side** add 2.00
 - brown sugar bacon or dishes turkey, apple and sage sausage

breakfast sandwiches

on a bagel

- naturally cold smoked salmon, fresh herb cream cheese, persian cucumber, mini bagel 3.00

on a cream biscuit

- smoked cured ham, orange marmelade dijon, italian mascarpone cheese 3.00

in a pita

- middle eastern green herb organic egg omelette, jack cheese, tomatoes, harissa aioli 3.75
- organic egg and beef salami omelette, white cheddar, harissa aioli 4.50

in a grilled pressed low carb wrap

- vegetarian: baked egg white omelette, jack cheese, organic pinto beans, avocado, hot sauce 3.75
- cured ham, baked egg white omelette, jack cheese, avocado, hot sauce 3.75
- baked egg white omelette, sautéed onions and peppers, turkey, apple and sage sausage, cheddar and harissa sauce .. 3.75

in a grilled pressed whole wheat english muffin

- organic scrambled eggs, spinach, smoked gouda 3.50
- organic scrambled eggs, spinach, smoked gouda, ham 3.50
- organic scrambled eggs, harissa aioli, white cheddar, turkey, apple and sage sausage 3.75
- organic scrambled eggs, fresh mozzarella, basil pesto, sun dried tomato pesto 3.75



from dishes bakery

pastries

- balthazar's croissant2.75
- balthazar's whole wheat croissant3.00
- twice baked marzipan almond croissant.....3.25
- "sunny side up" apricot with creme patisserie danish2.75
- vanilla cheese danish2.50
- russian coffee fruit cake of the week2.75

muffins.....2.75

- cranberry orange • belgian chocolate chunk orange
- old fashioned doughnut muffin • blueberry lemon
- raspberry corn • organic whole wheat, raisin bran and walnut
- organic whole wheat, apple and walnut muffin
- sugar free morning glory bran muffin with flax seeds

scones and biscuits 2.50-2.75

- blueberry lemon scone with lemon glaze
- organic oat and whole grain scone with cinnamon and currants
- cranberry orange scone with orange glaze
- english currant tea scone with a side of strawberry jam
- buttermilk cream biscuit1.00

bread and rolls0.65 up

- organic sourdough • organic 100% whole wheat
- braided sesame • sesame roll • seven grain
- cranberry nut • calamata olive
- parker house dinner • semolina raisin fennel
- sweet cinnamon challah knot
- bread twists: belgian chocolate challah • parmesan1.95
- white pita • whole wheat pita.....0.50
- assorted bagels0.85



coffee

assorted coffee, fair trade organic coffee, espresso and chocolate drinks

	SMALL	MED	LARGE
coffee/fair trade organic coffee	1.65	1.85	2.00
black or herbal tea	1.65	1.85	2.00
espresso	1.75		2.25
cappuccino/latté/dishes chai latté	3.15	3.75	4.15
house latté (w/caramel syrup)	3.50	4.00	4.50
mochaccino	3.40	3.95	4.40
café au lait/steamed milk	2.25	2.75	3.25
hot chocolate	2.75	3.25	3.50
café americano	2.00	2.30	2.60
espresso macchiato	2.25		2.75
frozen cappuccino/mochaccino	3.75	4.25	4.75
frozen chai latté	3.75	4.25	4.75

all drinks available iced .50 extra. extra shot of espresso 0.50.
 extra shot of vanilla, hazelnut or caramel syrup 0.50.
 all coffee drinks available decaffeinated and with whole milk, half and half, non fat or soy milk.

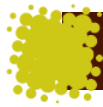


did you know:

we apply the highest standards of excellence to the growing, harvesting, roasting and delivery of our coffee beans. In fact, our coffee beans are chosen and roasted according to our own specifications by a specially selected, family owned and operated, roaster in Oregon.

many of our coffee beans are organic and Fair Trade Certified™ ensuring fair treatment and an improved working environment to many third world country coffee workers.





market table

dine in: 5.75 per 1/2 lb.; delivery: 8.00 per 1/2 lb.
served room temperature

from the lunch market table

- coconut crusted chicken fingers with dipping sauces
- fat free brown rice • devilled organic egg salad
- garlic and extra virgin olive oil sauteed broccoli
- albacore tuna salad • orange roasted sweet potatoes
- roasted chicken of the day • tofu of the day
- rosemary grilled chicken breast • eggless caesar salad
- organic chick pea hummus with a side of cumin pita chips
- potato salad of the day • organic grain salad of the day
- steamed vegetables with fat free herb yogurt dip
- lots of daily specials

extra lean entrees12.50
served room temperature

choose one of each

1 grilled skewers

- ancho rubbed chicken breast
- marinated filet mignon
- miso marinated salmon
- barbeque tofu

2 vegetable

- garlic and olive oil sautéed broccoli
- vegetable of the day
- steamed vegetables

3 rice

- fat free brown rice
- rice of the day



beverages

- canned soda, assorted still and sparkling waters, assorted bottled teas, fruit juices, snapple, vitamin water and itoen green tea products from 1.50-2.75
- dishes made real fruit lemonades (12 oz.) 2.50
strawberry, cassis (black currant), passion fruit
- dishes made iced herbal hibiscus ginger tea 2.75/3.15/3.50
sweetened with organic agave nectar
- dishes fresh brewed iced tea 1.90/2.15/2.30
- dishes fresh brewed iced organic green herbal tea 1.90/2.15/2.30
- fresh squeezed orange juice 3.95/4.95/5.95

snacks

- assorted potato chips, pita chips, pretzels and soy chips1.25-2.50
- dishes baked cumin and extra virgin olive oil pita chips.....2.50
- organic oat pecan, almond and cranberry granola bag.....3.50
- organic oat swiss muesli bag3.50
- organic oat granola, seed and nut bar3.00
- sweet and salty kettlecorn popcorn2.50

individual quiche

- flaky pastry and assorted savory fillings, made from a traditional french recipe..... 5.50
- goat cheese and roasted peppers
- roasted butternut squash, caramelized onions and sage

our signature soups

small 4.75 • medium 5.75 • large 6.75

a large selection of daily specials and dishes signature soups, served with a piece of pain d'avignon's natural sourdough





signature sandwiches

all sandwich spreads and dressings made in house from scratch

organic chick pea hummus and eggplant

marinated eggplant, wild rocket arugula, cilantro zhoug pesto, seven grain8.50

fresh mozzarella

plum tomatoes, basil pine nut pesto, balsamic vinegar, fresh basil, toasted focaccia.....8.50

portobello mushroom and smoked mozzarella

grilled onions, organic arugula, balsamic dressing, toasted ciabatta8.50

albacore tuna salad

red peppers, mayo, tomatoes, baby spinach, seven grain.....8.50

pecan chicken bit

pecan panko crusted chicken breast, brown sugar bacon, plum tomatoes, boston lettuce, honey dijon mustard, chipotle aioli, toasted ciabatta..... 10.50

japanese sesame salmon

baked sesame salmon salad, avocado, wasabi aioli, organic arugula, black bread 10.50

nitrate free roasted turkey and cheddar

our own roasted turkey, herb mayo, pickled red onions, boston lettuce, plum tomatoes, seven grain9.50

grilled chicken and fresh mozzarella

roasted garlic aioli, marinated roasted peppers, organic arugula, toasted focaccia9.50

smoked turkey and goat cheese

persian cucumber, organic arugula, herb mayo, black bread 9.50

dishes applewood house smoked chicken

local vermont goat cheese, granny smith apple, cilantro date chutney, harissa aioli, toasted ciabatta10.50

ham and brie

french brie, honey dijon mustard, organic arugula, toasted challah baguette9.50

nitrate free roasted turkey cranberry brie

our own roasted turkey, cranberry pineapple chutney, grilled onions, honey dijon mustard, organic arugula, toasted challah baguette9.50

cobb club wrap

grilled chicken, organic avocado, brown sugar bacon, blue cheese, tomatoes, romaine hearts, house dressing, low carb wrap....9.50

buffalo chicken

blue cheese dressing, boston lettuce, plum tomatoes, pickled red onions, toasted ciabatta10.50

house roasted beef and white truffle mayo

dishes roasted beef, spicy truffle mayo, italian fontina, pickled red onions, organic arugula, toasted ciabatta10.50

vietnamese shrimp bahn mi

chili rubbed grilled shrimp, spicy daikon radish and carrot salad, cucumbers, thai basil, fresh chilis, pickled red onions, cilantro, roasted garlic aioli, toasted french baguette11.95

vietnamese chicken bahn mi

grilled chicken breast, spicy daikon radish and carrot salad, cucumbers, thai basil, pickled red onions, cilantro, fresh chilis, roasted garlic aioli, toasted french baguette9.95

grilled pressed sandwiches

albacore tuna and cheddar

grilled zucchini, harissa aioli, sesame jerusalem bagel10.50

grilled cheddar cheese

diced plum tomatoes, harissa aioli, sourdough 8.50

french croque monsieur

cured ham, french gruyere, mornay sauce, sourdough 9.50

cuban media noche

our own nitrate free roasted turkey, cured ham, jack cheese, pickles, mojo sauce, cuban roll9.50

pecan chicken and gruyere

honey dijon mustard, diced plum tomatoes, sesame jerusalem bagel11.00

grilled chicken and bulgarian feta

sun dried tomato pesto, grilled zucchini, harissa aioli, sesame jerusalem bagel9.50

smoked turkey and avocado

monterey jack, chipotle aioli, sesame jerusalem bagel11.00

philly cheesesteak

house roasted beef, sautéed onions and red peppers, porcini aioli, italian fontina, pickled jalapenos, ciabatta10.50

grilled chicken quesadilla

monterey jack, plum tomatoes, chipotle aioli.....9.25



did you know:

dishes supports local farmers. we believe buying produce locally ensures your getting the freshest, highest quality products available.

being locally owned and operated, we also understand the importance of keeping business in the community.





salads

salad platters

all dressings served on the side

garden salad

cherry tomatoes, green beans, radish, persian cucumber, carrots, asparagus, fennel, miso dressing, romaine hearts, organic mesclun..... 8.50

goat cheese salad

french goat cheese, candied sesame walnuts, dried cranberries, balsamic ginger dressing, organic mesclun 9.50

greek salad

imported bulgarian feta, cherry tomatoes, red peppers, persian cucumber, calamata olives, shaved red onions, oregano, balsamic herb dressing, romaine hearts..... 9.50

grilled chicken salad

blue cheese, dried cranberries, walnuts, honey, balsamic ginger dressing, organic mesclun 9.50

chicken caesar salad

grilled chicken, parmesan, spicy croutons, eggless caesar dressing, romaine hearts 9.50

tuna nicoise

chunk white tuna, green beans, hard boiled organic egg, cherry tomatoes, poached potatoes, calamata olives, house shallot dijon dressing, romaine hearts 9.50

cajun shrimp salad

cajun spice rubbed grilled shrimp, grilled fresh corn, avocado, red peppers, red beans, scallions, smoky chipotle dressing, romaine hearts 10.50

chinese chicken salad

roasted chicken, crispy rice noodles, scallions, toasted almonds, bean sprouts, mandarin orange segments, sesame seeds, chinese plum dressing, romaine hearts 9.50

cobb salad

grilled chicken, avocado, bacon, blue cheese, chopped organic egg, tomatoes, blue cheese dressing, romaine hearts 9.50

grilled rare tuna **extra lean**

sushi grade tuna steak, persian cucumber, bean sprouts, sesame soy dressing, organic mesclun..... 11.50

grilled chicken chickpea **extra lean**

avocado, organic chickpeas, sun dried tomatoes, pine nuts, fat free honey mustard dressing, dishes mix..... 9.50

ancho roasted salmon **extra lean**

bean sprouts, edamame, persian cucumbers, fat free asian dressing, dishes mix 12.50

tossed salads 4.00 base

choose from:

- romaine hearts • organic baby spinach
- organic mesclun • dishes mix: arugula, romaine hearts and frisée

0.50

- shredded carrots
- steamed broccoli florets
- chopped plum tomatoes
- sliced persian cucumbers
- sliced fresh mushrooms
- sliced celery
- steamed green peas
- organic chickpeas
- dishes croutons

0.75

- granny smith apples
- caramelized shallots
- bean sprouts
- calamata olives
- dried cranberries
- golden raisins
- poached beets
- mandarin oranges
- fresh red peppers
- chinese crispy noodles
- red beans
- toasted sesame seeds
- toasted peanuts

1.00

- toasted walnuts
- caramel sesame walnuts
- spiced pecans
- toasted almonds
- toasted sunflower seeds
- toasted pine nuts
- roasted red peppers
- cherry tomatoes
- roasted grapes

1.50

- imported bulgarian feta
- fresh mozzarella cilliegine
- grated white cheddar
- maytag blue cheese
- shaved parmesan
- roasted artichoke hearts
- avocado
- sun dried tomatoes
- hearts of palm
- grilled fresh corn
- sliced organic egg
- egg whites

1.50

- poached asparagus
- fresh mango
- steamed edamame

1.75

- grilled chicken breast
- blackened cajun chicken breast
- brown sugar bacon
- smoked turkey
- chunk tuna
- thai roasted tofu
- sesame roasted tofu
- roasted portobello mushrooms

3.00

- cajun spiced grilled shrimp
- grilled filet mignon
- grilled rare tuna
- ancho roasted salmon

NO CHARGE

scallions; shaved red onions

0.95

extra side of dressing

dishes made dressings

made exclusively with extra virgin olive oil and pure canola oil

- italian balsamic herb
- balsamic ginger
- classic ranch
- chinese plum
- eggless caesar
- honey dijon
- house shallot dijon
- japanese miso
- chunky blue cheese
- sesame soy
- smoky chipotle
- russian/thousand island
- no carb citrus tarragon
- extra virgin olive oil

fat free

- balsamic vinegar
- lemon juice
- italian red wine vinegar
- fat free honey mustard
- fat free italian herb
- fat free asian ginger
- fat free raspberry chipotle





asian noodle soups

all broths are dairy free

chinese light chicken ginger broth

thai tom yum vegetarian hot and sour broth

indonesian vegetarian tamarind coconut broth

japanese nabeyaki chicken bonito soy broth

vietnamese pho beef star anise broth

10.50; extra protein serving 2.50

protein

- thinly sliced chicken breast
- thinly sliced beef
- thinly sliced salmon filet
- poached shrimp

tofu

- thai baked tofu
- plain hard tofu

noodles

- thai glass noodles
- japanese udon noodles
- angel hair egg noodles
- vietnamese rice noodles

veggies

- bean sprouts
- bok choy
- broccoli
- caramelized shallots
- carrots
- cilantro
- crispy taro root
- fresh chili peppers
- mint
- scallions
- shiitake mushrooms
- baby spinach
- thai basil

our favorite combinations

vegetarian tom yum glass noodles, shiitake mushrooms, lime, bok choy, red jalapeno, thai basil, cilantro, caramelized shallots

chinese chicken angel hair noodles, chicken, scallions, hard tofu, carrots, shiitake mushrooms, bok choy, bean sprouts

chicken nabeyaki udon noodles, chicken, spinach, hard tofu, bean sprouts, scallions, shiitake mushrooms

chicken coconut glass noodles, chicken, bean sprouts, cilantro, fried shallots, scallions, taro root, lime

seafood tom yum angel hair noodles, salmon, shrimp, lime, bok choy, carrots, bean sprouts, scallions, shiitake mushrooms

beef pho rice noodles, thinly sliced beef, cilantro, mint, thai basil, bean sprouts, red jalapeno, scallions, baby spinach, lime

salmon coconut rice noodles, salmon, bean sprouts, cilantro, fried shallots, scallions, crispy taro root, lime

chicken tom yum glass noodles, chicken, shiitake mushrooms, bok choy, red jalapeno, thai basil, cilantro, fried shallots, lime



desserts

puddings

- belgian valrhona chocolate pudding
- passion fruit panna cotta • banana-nilla pudding
- arborio rice pudding • mango coconut tapioca pudding .. 2.75
- fresh strawberries topped with splenda greek yogurt .. 4.50

cakes and pastries

- cake of the week market price
- russian fruit coffee cake of the week 2.75
- french valrhona dark chocolate lava cake 3.25
- middle eastern honey walnut baklava 2.75
- cake doughnuts 2.00

cookies

- chocolate chunk walnut • chocolate chunk no nuts
- flourless, butterless, oil free chocolate walnut • black & white
- organic oatmeal, chocolate chunk and whole hazelnuts
- organic oatmeal raisin • raspberry walnut rugalah 2.50
- biscotti: marble almond • dark chocolate hazelnut 2.50
- organic 100% whole wheat almond biscotti 2.75
- almond raspberry florentine 2.25
- rice crispy treats 2.50
- peanut butter sandwich cookie 2.00

brownies and bars

- valrhona chocolate • marble cream cheese • rocky road 2.75



we are very proud

to introduce a new line of organic and whole grain staples.

in fact, we're gradually replacing conventional ingredients in all of our recipes with organic whole wheat, organic oatmeal, organic eggs, organic grains, brown rice, fruits, vegetables and organic agave nectar.





juices, smoothies, shakes and drinks

small (12 oz.) 5.00 • medium (16 oz.) 6.00 • large (20 oz.) 7.00

juices

freshly squeezed seasonal fruits and vegetables

sunriser carrot, apple, pineapple

eye opener carrot, apple, celery, lemon

virgin mary plum tomato, celery, tabasco, lemon, spices

pick me up apple, carrot, orange

strawberry patch apple, strawberry, lemon

afternoon lift carrot, tomato, spinach, celery, ginger

big red v plum tomato, carrot, beet, parsley, garlic, celery

juicy lucy passion fruit, strawberry, apple

ambrosia banana, strawberry, orange

yogurt shakes

fresh fruit, low fat vanilla yogurt, crushed ice

tutti frutti strawberry, banana

zinger mango, banana, ginger

very berry strawberry, blueberry, black currant

passion zone passion fruit, mango, banana

mocha blast espresso, chocolate, vanilla syrup

honey pear honey, ripe bartlett pear

frulatti cantaloupe, mango, banana

monsoon banana, lychee

chai latte homemade chai made with fresh spices

tobago banana, natural sugar free peanut butter

add to a drink of your choice2.00

powerhouse whey protein, ginseng, ginkgo biloba

cold fighter vitamin c, echinacea, bee pollen

supplementsea. 1.00

ginseng, whey protein, bee pollen, ginkgo biloba, vitamin c,

echinacea

smoothies

fruit, fresh squeezed juices, crushed ice

bermuda peach, banana, pineapple, coconut

caribbean mango, blueberry, banana, orange

pink sunset guava, banana, apple

aqua fresca strawberry, orange, pineapple

summer breeze apple, strawberry, banana

peachy lychee peach, lychee, orange

tropical passion fruit, mango, apple, banana

aruba strawberry, pineapple, coconut, orange

big apple whole green apple, vanilla

bahama pineapple, orange, guava

cassis lemonade, black currant, vanilla

frozen "hot" cider fresh apple cider with chai spices

antigua guava, coconut, strawberry, apple

katmandu lychee, orange, banana

key largo cantaloupe, guava, papaya, orange

indian mango lassi

fresh mango, low fat real yogurt, splenda, crushed ice

bubble tea

fruit flavored jasmine green tea, chewy tapioca pearls, mini tropical fruit jellies

your choice of fruit flavor: peach, mango or lychee4.50

catering and delivery: dishes 45th st. 212.687.5511 • dishes park ave. 212.421.5511

ask to receive our daily specials by fax or email

or order online at dishestogo.com



we offer free delivery for breakfast orders of 6.00 or more and for lunch orders of 10.00 or more

DISHES 45TH ST. FREE DELIVERY AREA
3RD AVENUE TO BROADWAY • 39TH STREET TO 52ND STREET

DISHES PARK AVE. FREE DELIVERY AREA
2ND AVENUE TO 6TH AVENUE • 49TH STREET TO 61ST STREET

delivery to all other parts of the city can be specially arranged

we accept all major credit cards, cash and company checks • we welcome corporate accounts

prices are subject to change without notice