

Create your Own 7.00

Bread: French, whole wheat, marble rye, panini, pretzel, flatbread, croissant (add .50)

Meat: house-roasted turkey, house-roasted chicken, smoked ham, roast beef, corned beef, pastrami, salami, finocchiona, prosciutto, serrano, hot coppa, lemon-dill tuna salad, watercress chicken salad, smoked salmon

Cheese (add .50): Provolone, cheddar, swiss, muenster, havarti

Premium Cheese (add 1.00): Bleu spread, goat cheese, manchego, brie, fresh mozzarella, pecorino, mascarpone-asparagus-artichoke spread

Veggies: Mixed greens, romaine, fresh or roasted tomato, cucumber, onion, bell pepper, dill pickles, Z&H giardiniera

Condiments: Plain, curried, or chipotle mayo*, dijon, honey mustard, balsamic vinaigrette, mustard aioli*

Additions (add .50): Quince paste, pesto (N), tomato chutney, roasted red peppers, guacamole, bacon, Kmac red pepper & walnut spread (N), caramelized onion

Veggies - Create your Own 7.00

Includes 1 **Cheese**, 1 **Addition** and selection of any condiments and veggies! (All other additions and premium cheeses as listed above)

Kid's Meal! 6.00

Create any kid-size sandwich using deli meat or cheese (grilled cheese is delicious!) with a side of raisins or snack crackers and single-serve Organic Valley milk.

Breakfast Sammis (grilled)

Tenzing Norgay – Neuske's Bacon, ham, farmstead cheese, and a Milo's Organic egg on wheat 4.75
On a croissant 5.25

The Alpiner – La Quercia prosciutto and triple crème cheese on a croissant 4.00

A Jackie Treehorn Production – Pâté of the day and Brie cheese on a croissant 6.50

The Fleegle – Nutella and banana on a croissant (N,V) 3.75

The Snorky - Guittard chocolate, peanut butter, and banana on croissant (N,V) 3.75

The Nordalbingia – Roasted tomato, a Milo's Organic egg and Gruyère cheese on challah bread (V) 3.75

The Daniel Tamayo - Upton's Natural Chorizo-style seitan, a Milo's Organic egg, tomato and cranberry chipotle cheddar on flatbread (V) 4.50

Oatmeal – 12oz bowl of hot oatmeal with your choice of toppings 3.50

Bagels:

With cream cheese 2.25
With lox and veggies 6.00

Also Offered Daily: muffins, scones, croissants, biscotti, Sam's cookies, brownies, lemon pound cake, fresh baguettes, granola and yogurt parfait

Catering

Please ask to see our Catering Menu for breakfast, lunch and evening options.

*Raw Egg Warning – Made with pasteurized raw eggs
(N) – Contains Nuts (V) – Vegetarian

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MarketCafe

Zaleski & Horvath
MarketCafe

1126 East 47th Street

Hours: Mon-Fri 7am-5pm; Weekends 8am-6pm

&

1323 East 57th Street

Hours: Mon-Fri 7am-7pm; Weekends 8am-6pm

ph: 773.538.7372

fax: 773.538.8151

www.zhmarketcafe.com

phone or email or fax your order*

Delivery available with minimum order of \$50

*Orders placed with less than 24 hours notice may incur a surcharge

We use only the freshest ingredients, so please allow at least **48 hours** when placing your order to ensure availability of all menu items.

Sammiss (cold sandwiches)

The Butcher's Wife – Mortadella, hot coppa, salami, provolone, romaine, red onion, tomato, and balsamic on French 7.50

The Godfather – La Quercia prosciutto, fresh mozzarella, mixed greens, fresh basil, roasted tomato, and balsamic on French 7.50
Veggie (Sans Prosciutto) 6.50

Jamon, Jamon – Serrano ham, manchego cheese, quince paste, dijon, mixed greens, and roasted tomato on French 7.50

The Mae Wilson – Roasted turkey, cheddar, bacon, guacamole, chipotle mayo*, and romaine on whole wheat 7.50

Bleu Moo – Roast beef, bleu cheese, red onion, tomato, mixed greens, and mayo* on French 7.75

Down on the Farm – Goat cheese, Kmac red pepper spread, carrots, raisins, mixed greens, and honey mustard on French (N) (V) 7.25

The Argonaut – Hummus, feta, cucumber, shaved carrots, mixed greens & lemon herb vinaigrette on wheat (V) 7.00

The Kristen – Watercress chicken salad*, red onion, and tomato on whole wheat 7.25

Spring Lake Hotel Salmon Sammi – smoked salmon, red onion, asparagus-artichoke-mascarpone spread, mixed greens on French 7.50

Hot Hot Hot Sammiss (hot sandwiches)

The Daley Dip – Roast beef, jus, goat cheese, Dijon, Z&H giardiniera on French 7.75

Mahatma-strami – Pastrami, havarti, caramelized onion, roasted tomato, mustard aioli*, on French 7.50

"I have known many meat eaters to be far more nonviolent than vegetarians." - Mahatma Gandhi

Panini (grilled sandwiches)

Hot sandwiches take some additional time to make them ...well...hot, but oh so worth it.

Lil' Smoky & O'Malley – house-roasted turkey, brie, curried mayo*, tomato chutney, on wheat 7.50

The Marty – Grilled eggplant, roasted tomato, Kmac red pepper spread, muenster, and caramelized onion Panini (N) (V) 7.25

The Bernita – Manny's corned beef, swiss, tomato chutney, and dijon on rye 7.50

Pollo del Mar – Lemon-dill tuna salad* made with wild tuna, manchego and pickles
On whole wheat 7.50
On a croissant 8.00

A Little Pecorino – House-roasted turkey, roasted tomato, roasted red peppers, pecorino, mayo*, and pesto on flatbread (N) 7.50

Pig on a Pretzel – Smoked ham, muenster cheese, honey mustard, dill pickles, on pretzel bread 7.50

Old Major – Ham, goat cheese, red onion, curried mayo*, tomato, and Kmac red pepper spread on Panini (N) 7.50

90 Miles to Mosak – pulled pork shoulder, onion, ham, swiss, pickle, mayo*, yellow mustard on French 7.50

The Hennessy – pulled pork shoulder, coleslaw, tomato chutney, cheddar on marbled rye 7.50

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(N) – Contains Nuts (V) – Vegetarian**

Salads

Karen's Caesar – Romaine, parmesan, croutons, and Caesar dressing* 6.50
Add chicken 7.50

Ducky – Smoked duck breast, goat cheese, candied walnuts, and pickled grapes on a bed of mixed greens with balsamic vinaigrette (N) 7.50

Fishy (in a good way) – Smoked salmon, goat cheese, cucumber, and croutons on a bed of mixed greens with lemon-herb vinaigrette 7.50

Left at Laos – Roasted chicken, sesame thingies, bell pepper, and red onion on a bed of mixed greens with sesame peanut dressing (N) 7.50

Italian Chop – Mortadella, hot coppa, salami, provolone, tomato, red onion, and croutons on romaine with balsamic vinaigrette 7.50

Caprese – Fresh mozzarella, tomato, and basil on a bed of mixed greens with balsamic vinaigrette 7.50

Chicken the Red – Roasted chicken breast, red onion, bell pepper, tomato, and croutons on romaine with green peppercorn dressing 7.50

Soups & Chili & Combos

Daily soups or vegetarian chili with bread
Small – 8oz: 3.00 Large – 12oz: 4.00
Small Soup and half sandwich 8.00
Small Soup and half salad 8.00