

SALADS



Garden Harvest Salad Bar - using Iceberg, Romaine or Field Greens

Small Salad with 5 toppings & dressing \$ 5.09*
Large Salad with 5 toppings & dressing \$ 6.09*
*Add \$1.75 for a protein selection and \$0.50 for each additional topping or dressing

Toppings:

Celery - Carrots - Cucumbers - Tomatoes - Onion - Broccoli - Beets - Mushrooms
Chick Peas - Bell Peppers - Pepperoni - Black Olives - Green Olives - Bacon Bits
Raisins - Sunflower Seeds - Green Peas - Banana Peppers - Egg
Cheddar - Parmesan - Feta - Crumbly Blue

Protein Choices: (\$1.75 each)

Grilled Chicken - Buffalo Chicken - Chicken Salad - Turkey - Tuna Salad - Ham
Hummus - Balsamic Infused Tofu

Dressings:

Italian - Blue Cheese - 1000 Island - Ranch - Caesar - Balsamic Vinaigrette - Honey
Mustard - Honey French - Parmesan Peppercorn - Greek - Lite Italian

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|-----------------|-------|---------|-------|---------|
| Pasta Salad | Small | \$ 2.50 | Large | \$ 5.00 |
| Specialty Salad | Small | \$ 2.75 | Large | \$ 5.50 |
| Fresh Fruit Cup | | \$ 3.50 | | |
| Grapes & Cheese | | \$ 2.99 | | |



COMBOS

| | |
|----------------------------|---------|
| Small Salad & cup of Soup | \$ 7.75 |
| Small Salad & bowl of Soup | \$ 8.75 |
| Large Salad & cup of Soup | \$ 8.75 |
| Large Salad & bowl of Soup | \$ 9.75 |

Want Chili instead? Add \$0.50

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|-----------------------|---------|
| Cup of Soup & Slider | \$ 4.25 |
| Bowl of Soup & Slider | \$ 5.50 |
| Small Salad & Slider | \$ 6.25 |
| Large Salad & Slider | \$ 7.35 |

Slider Options: Chicken Salad, Tuna or Egg Salad, Ham or Turkey



Tel: 454-4890

Catering

Box Lunches, Sandwich & Wrap Trays, Salads and Desserts

Please see our Catering Menu.



Ordering Tips

Have your orders ready before calling them in.

Please be specific when placing your orders.

Please fax orders of 6 or more with a contact name & telephone number.

We accept all major credit cards & corporate checks.
(\$5 minimum purchase required)

We do not accept personal checks or foreign currency.



At Grill & Greens, we strive to meet each of our customers individual needs. However, because many of our products are homemade, occasionally we will run out of an item. We are sorry for any disappointment this may cause.

If for some reason you are dissatisfied with your purchase, please let us know. We kindly ask that any unwanted items be returned. We will make every attempt to ensure a satisfied and repeat customer.



Prices & availability subject to change.
Prices do not include sales tax where applicable.

GRILL & GREENS



39 State Street
Rochester, NY 14614

Tel: 454-4890
Fax: 454-2568

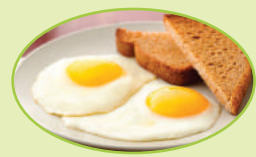
www.grillandgreens.com

Hours

Monday thru Friday
8:00 a.m. to 2:30 p.m.

Also visit us at:
220 Alexander Street
Rochester, NY 14607
Tel: 232-6312

****Menu Items Can Vary Per Location ****



BREAKFAST

served 8 a.m. - 10:45 a.m.

| | |
|-----------------------|---------|
| 1 Egg & Toast | \$ 2.25 |
| 2 Eggs & Toast | \$ 3.25 |
| Ham, Bacon or Sausage | \$ 2.25 |
| Home Fries | \$ 2.75 |



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| Big Breakfast | \$ 6.25 |
| <i>3 Eggs, Cheese, Meat, Toast & Home Fries</i> | |



Breakfast Sandwiches

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|--------------------|---------|
| Egg & Cheese | \$ 3.50 |
| Meat, Egg & Cheese | \$ 4.25 |



Omelettes

Served with Toast

| | |
|--|---------|
| 3 Cheese | \$ 5.25 |
| Western (Ham, Pepper & Onions) | \$ 6.00 |
| Cheese with Choice of Meat (Ham, Bacon or Sausage) | \$ 6.00 |
| Veggie | \$ 6.00 |
| Add Home Fries | \$ 2.50 |



BURGERS

Fresh Quarter Pound Burgers on a Toasted Hard Roll
Dressed w/Lettuce & Tomato & a side of House Chips
Add Fries for ONLY \$ 2.00 or Onion Rings \$ 2.50

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|---|---------|
| Hamburger | \$ 5.75 |
| Cheeseburger | \$ 6.25 |
| Bacon Cheeseburger | \$ 7.25 |
| Patty Melt | \$ 6.75 |
| Turkey Burgers .. your choice of Greek, Italian, Smoke or Carribean | \$ 6.75 |



SOUP & CHILI

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|-------------|---------|------------------------|----------|
| Soup | | Chili/Seafood Chowders | |
| 10 oz. Cup | \$ 3.00 | 10 oz. Cup | \$ 3.50* |
| 16 oz. Bowl | \$ 4.25 | 16 oz. Bowl | \$ 4.75* |

Vegan or Vegetarian Soups offered daily

*Cheddar or Sour Cream add \$0.50

LUNCH

Available in Sandwiches - Hoagies - Wraps



| | Sandwiches* | Hoagies | Wraps** |
|--------------------------|-------------|---------|---------|
| Roasted Turkey | \$ 4.95 | \$ 5.95 | \$ 6.75 |
| Shaved Ham | \$ 4.95 | \$ 5.95 | \$ 6.75 |
| Tuna Salad (solid white) | \$ 5.50 | \$ 6.50 | \$ 6.99 |
| Chicken Salad | \$ 4.95 | \$ 5.95 | \$ 6.75 |
| Egg Salad | \$ 4.95 | \$ 5.95 | \$ 6.75 |
| Veggie | \$ 4.95 | \$ 5.95 | \$ 6.75 |

SPECIALTY WRAPS**

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| Sun Dried Tomato Turkey - Turkey, Sun Dried Tomato Spread, Tomatoes, Mixed Greens, Cheese & Condiment Choice | \$ 6.99 |
| Avocado Turkey - Turkey, Fresh Avocado Slices, English Cucumbers Craisins, Mixed Greens, Cheese & Condiment Choice | \$ 7.79 |
| Healthy Buffalo Style - Chicken, Green Onions, Tomatoes, English Cucumbers, Mixed Greens, Mayo, Hot Sauce & Cheese | \$ 6.99 |
| Positive Pesto - Chicken, English Cucumbers, Tomatoes, Mixed Greens, Pesto Mayo & Cheese | \$ 7.49 |
| Spicy Tuna - White Albacore Tuna mixed with Mayo, Wasabi, English Cucumbers, Sesame Seed, Mixed Greens & Cheese | \$ 7.49 |
| Asian - Mandarin Oranges, Green Onions, Sunflower Seeds, Mixed Greens, Asian Dressing, choice of Protein*** | \$ 6.99 |
| Greek - English Cucumbers, Tomatoes, Feta Cheese, Mixed Greens, Greek Dressing, choice of Protein*** | \$ 6.99 |
| Italian - English Cucumbers, Tomatoes, Basil, Shredded Parmesan, Mixed Greens, Balsamic Vinaigrette, choice of Protein*** | \$ 6.99 |
| Raspberry Almond - Sliced Almonds, Craisins, Feta Cheese, Mixed Greens, Raspberry Vinaigrette, choice of Protein*** | \$ 6.99 |
| Veggie - choice of 4 Veggies from our Garden Salad Bar, Mixed Greens, Balsamic Vinaigrette, choice of Protein*** | \$ 6.99 |

*Bread Choices: Sandwich Roll, White, Wheat, Rye or 12 Grain

**Wrap Choices: Wheat, Tomato or Pesto Garlic Herb

***Protein Choices: Chicken, Balsamic Infused Tofu, Hummus

All sandwiches and wraps come with a crunchy pickle spear
Request any of the above heated for an additional \$0.50



HOT SELECTIONS



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| Buffalo Chicken - We have proudly become famous for this one! Tender Chicken Fingers smothered in our own Wing Sauce, Lettuce, Tomato & Creamy Blue Dressing on a toasted Hoagie | \$ 7.25 |
| Chicken Fingers - 4 fingers with your choice of sauce | \$ 6.00 |
| Add Fries for \$2.00 | |
| Additional Sauce \$0.50/cup | |
| O'Malley Melt - Grilled Shaved Ham, Melted Mozzarella & Swiss Cheeses, Tomatoes & Horseradish Mayo on a toasted Hoagie | \$ 7.25 |
| Sorry Charlie - Tuna Melt with American Cheese on Whole Wheat Bread | \$ 6.50 |
| Grilled Cheese | \$ 3.75 |
| Bacon, Lettuce & Tomato (BLT) | \$ 5.25 |
| Turkey, Bacon & Cheddar Melt - served with Lettuce, Tomato & Mayo on a toasted Hoagie | \$ 7.25 |
| Reuben - Corned Beef, Swiss Cheese, Sauerkraut, 1000 Island Dressing on grilled Rye Bread | \$ 7.25 |
| Grilled Chicken - marinated & grilled with Lettuce, Tomato, Mayo or Honey Mustard on a toasted Roll | \$ 6.75 |
| Thai Chicken - Grilled Chicken, Stir Fried Veggies & Spicy Peanut Sauce in a Garlic/Herb Wrap | \$ 7.25 |
| Chicken Caesar - Chicken Strips, Romaine, Tomato, Red Onion Parmesan Cheese, Caesar Dressing in a Garlic/Herb Wrap | \$ 7.25 |
| Chicken Fajita - Chicken Strips with Grilled Onions, Hot & Sweet Peppers, Lettuce, Tomato, Cheddar Cheese, Guacamole & Sour Cream in a Garlic/Herb Wrap | \$ 7.25 |
| Steak Fajita - Shaved Steak with Grilled Onions, Hot & Sweet Peppers, Lettuce, Tomato, Cheddar Cheese, Guacamole & Sour Cream in a Garlic/Herb Wrap | \$ 7.25 |
| French Fries | Single \$ 2.75 Double \$ 5.00 |
| Onion Rings | \$ 3.25 |
| House Chips | \$ 1.75 |



SHAKE IT UP!!! POSITIVELY PROTEIN

\$ 4.25 for 16 oz.



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| Summer Vacation - Banana, Strawberries, Vanilla Almond Milk, Vanilla Whey Protein |
| Acai Passion - Acai Berry, Banana, Mango Juice, Vanilla Protein |
| Maui Mango - Strawberries, Peaches, Banana, Mango Juice, Vanilla Protein |
| Raspberry Mango Tango - Raspberries, Banana, Mango Juice, Vanilla Protein |
| Pineapple Breeze - Pineapple, Banana, Strawberries, Orange Juice, Vanilla Protein |
| Berry-Good Time - Raspberries, Blueberries, Strawberries, Vanilla Almond Milk, Vanilla Whey Protein |
| Spring Break - Blueberries, Peaches, Pineapple, Orange Juice, Vanilla Whey Protein |
| Peanut Butter Cup - Peanut Butter, Chocolate Almond Milk, Chocolate Whey Protein |
| Banana Cream Bliss - Banana, Oats, Peanut Butter, Cinnamon, Vanilla Almond Milk, Vanilla Whey Protein |
| Banagara Falls - Banana, Peaches, Blueberries, Vanilla Almond Milk, Vanilla Whey Protein |
| Mocha Morning - Coffee, Strawberries, Banana, Chocolate Almond Milk, Chocolate Whey Protein |
| Autumn Sunrise - Coffee, Banana, Cinnamon, Vanilla Almond Milk, Vanilla Whey Protein |