

Cereal with fresh fruit? How about a bagel with one of our delicious organic spreads? Or an omelet made from the freshest ingredients obtained from local farms? What a better way to start your day!

We offer dishes made from certified organic meat, vegetables and other produce at affordable prices.

Our burgers are freshly-made from organic meat and poultry. Sizzled over a charcoal grill to your taste, we serve them with organic lettuce, organic tomatoes and onions on toasted whole wheat buns.

Our 100% organic beef is not only richer in Omega 3's and CLA's, but has less fat, calories and cholesterol than chicken. Our 100% organic beef has been university tested and found to be more tender and flavorful than nonorganic beef. And most importantly, our beef comes from cows that lived on green pastures and were fed the healthiest foods.

A large assortment of sandwiches is available to please even the pickiest eater. And you don't have to feel bad about consuming our food because you can rest assured that everything we have is made from the healthiest and most natural ingredients. So go ahead. Enjoy.

All of our coffee and teas are organic. We are socially and ecologically minded and believe in fair trade, which means that the farmers are paid fairly, allowing them to continue providing us with this top-quality drink.



**ORGANIQUE**  
110 East 23rd Street, NYC 10010

07/2009

*Welcome to*

**ORGANIQUE**

**110 East 23rd Street (near Park Avenue)**

*Gourmet Foods for  
Health, Indulgence, Convenience*

**Place your order at:**

**[www.OrganiqueOnline.com](http://www.OrganiqueOnline.com)**

We make every effort to use the finest organic ingredients to provide you with food that is good for both your health and your soul.



**212-674-2229**

## BREAKFAST

- |  |               |              |
|--|---------------|--------------|
| 01. Oat Meal                                     | <b>Small</b>  | <b>Large</b> |
| with Milk, Honey and Cinnamon                    | \$2.00        | \$2.75       |
| (with Fresh Fruit, or Nuts or Raisins            | \$0.75 extra) |              |
| 02. Assorted Cold Cereals with:                  |               |              |
| Skim Milk, Lactose Free Low Fat Milk or Soy Milk | \$4.75        |              |
| (with Fresh Fruit, Nuts or Raisins               | \$0.75 extra) |              |
| 03. Fresh Fruit Salad                            | \$3.95        |              |
| 04. Mixed Fruit, Nonfat Yogurt, and Granola      | \$3.95        |              |

## PASTRIES & BAGELS

- |   |        |
|---|--------|
| 05. Freshly Baked: Croissants, Scones, Danish and Muffins                                 | \$2.25 |
| 06. Bagels: Whole Wheat, Pumpernickel, Plain, Everything, Sesame Seed and Cinnamon Raisin |        |
| A) with Butter or Jelly   | \$1.59 |
| B) with Cream Cheese  | \$1.89 |
| C) with Lowfat Cream Cheese   | \$1.89 |
| D) with Flavored Cream Cheese   | \$2.69 |
| E) with Flavored Lowfat Cream Cheese  | \$2.69 |
| F) with Tofu  | \$1.89 |
| G) with Flavored Tofu   | \$2.69 |
| H) with Peanut Butter and Jelly   | \$2.59 |
| I) with Peanut Butter and Banana  | \$3.04 |
| J) with Smoked Salmon, Cream Cheese and Capers.   | \$6.79 |

## EGG SANDWICHES

We Serve Only Organic Eggs

- |  |        |
|--|--------|
| 07. 1 Egg on a Roll, Bagel or English Muffin                               | \$1.84 |
| 08. 1 Egg White on a Roll, Bagel or English Muffin                         | \$2.09 |
| 09. 1 Egg with Cheese on a Roll, Bagel or English Muffin                   | \$2.59 |
| 10. 1 Egg with Bacon, Ham or Sausage on a Roll, Bagel or English Muffin    | \$3.84 |
| 11. 1 Egg with Turkey or Roast Beef on a Roll, Bagel or English Muffin     | \$3.84 |
| 12. Egg Benedict: Poached Egg, Ham, Hollandaise Sauce on an English Muffin | \$5.99 |
| (Substitute Thinly-Sliced Smoked Salmon for Ham \$2.00 extra)              |        |

## OMELETTES SERVED WITH TOAST

- |  |        |
|--|--------|
| 13. Ham and Cheese   | \$5.34 |
| 14. Mushroom Omelet  | \$3.09 |
| 15. Egg Whites, Turkey, Onions, Tomatoes and Roasted Red Peppers | \$6.84 |
| 16. Lox, Tomato and Onion Omelette                               | \$7.09 |
| 17. Two Eggs (Any Style)   | \$2.59 |
| 18. Extras:  |        |
| a. Mushrooms, Peppers, Onion, Broccoli, Spinach                  | \$0.50 |
| b. Smoked Turkey, Canadian Bacon, Ham or Prosciutto              | \$2.00 |

## CROISSANT SANDWICHES

- |  |        |
|--|--------|
| 19. Gouda, Grated Parmesan, Genoa Salami, Arugula on Croissant | \$5.95 |
| 20. Ham, Cheese on Croissant                                   | \$4.70 |
| 21. Polenta, Goat Cheese, Sundered Tomato, Basil               | \$5.99 |

## PANINI

- |   |        |
|---|--------|
| t. Goat Cheese, Roasted Red Peppers Grilled on Sourdough                                  | \$7.45 |
| u. Vermont Cheddar, Granny Smith Apples and Vidalia Onions on Seven-Grain                 | \$6.95 |
| v. Grilled Breast of Chicken, Fresh Mozzarella, Sun Dried Tomatoes and Basil on Sourdough | \$7.95 |
| z. Grilled Vegetables with Smoked Mozzarella and Basil Mayo on Focaccia                   | \$7.45 |

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Prices are subject to change.

## HAMBURGERS

- |   |         |
|---|---------|
| a. Beef Burger with Pickles, Ketchup, Mustard and Mayonnaise  | \$7.45  |
| b. Double Beef Burger with Pickles, Ketchup, Mustard and Mayonnaise   | \$10.45 |
| c. Beef Burger, Cheese, Ketchup, Mustard and Mayonnaise<br>Your choice of Melted Cheese:<br>Swiss, Cheddar or All Natural American        | \$7.95  |
| d. Double Beef Burger, Cheese, Ketchup, Mustard and Mayonnaise<br>Your choice of Melted Cheese:<br>Swiss, Cheddar or All Natural American | \$10.95 |
| e. Beef Burger with Sharp Blue Cheese and Green Peppercorn Mayonnaise   | \$7.95  |
| f. Beef Burger with Mozzarella Cheese, Pickles and Thousand Island Dressing   | \$7.95  |
| g. Beef Burger with Crisp Bacon, Cheddar Cheese and BBQ Sauce   | \$8.45  |
| h. Beef Burger with Roasted Onion, Cheese and BBQ Sauce   | \$7.95  |
| i. Beef Burger with Portobello Mushrooms, Roasted Onions, Cheese and Steak Sauce  | \$8.45  |
| j. Turkey Burger with Roasted Onions and Honey Dijon Sauce  | \$6.95  |
| k. Salmon Burger with Tartar Sauce  | \$9.95  |
| l. Tuna Burger with Wasabi Mayonnaise and Pickled Cucumber Ginger Relish  | \$9.95  |
| m. Boca Burger made with Soy with Blue Cheese and Pickles   | \$7.45  |

Organique Fries \$2.75 Kosher

Delicious fries you can feel good about! AIR BAKED, NOT FRIED.  
No hydrogenated oils or preservatives used.

## SANDWICHES

- |   |         |
|---|---------|
| a. Fresh Mozzarella, Tomato and Basil with Olive Oil on Focaccia                                      | \$7.95  |
| b. Grilled Vegetables with Basil Mayo on Ciabatta   | \$7.95  |
| c. Sliced Hard Boiled Eggs, Avocado, Greens, Tomato and Sprouts with Herb Vinaigrette on Seven-Grain  | \$7.95  |
| d. Roasted Turkey Breast, Coleslaw and Russian dressing on Brioche                                    | \$7.95  |
| e. Roasted Filet of Beef with Caramelized Onions and Horseradish Cream on Sourdough                   | \$16.75 |
| f. Country Ham, Swiss Gruyere, Tomatoes, Greens with Dijon Mayo on French Baguette                    | \$7.95  |
| g. Egg Salad with Watercress on Seven-Grain   | \$7.45  |
| h. Grilled Breast of Chicken with Avocado, Greens and Chipotle Mayo on Baguette                       | \$8.45  |
| i. Chicken Salad with Fresh Tarragon and Greens on Brioche  | \$8.45  |
| j. Herbed Goat Cheese with Roasted Red Peppers and Red Onions on Focaccia                             | \$8.95  |
| k. Ripe Brie, Sliced Apples and Farmhouse Chutney on French Baguette                                  | \$7.95  |
| l. Tuna Salad with Celery, Red Onion and Parsley on Seven-Grain                                       | \$7.95  |
| m. Tuna Salad with Lemon Juice, Capers, Parsley and Olive Oil on Seven-Grain                          | \$7.95  |
| n. Prosciutto de Parma, Fresh Mozzarella and Arugula with Sun dried Tomato Pesto on Semolina Baguette | 8.95    |
| o. Smoked Salmon, Sliced Cucumbers and Dill Cream Cheese on Pumpernickel                              | 8.95    |
| p. Roasted Breast of Turkey with Bacon, Lettuce, Tomato and Mayo on Sourdough Toast                   | \$8.75  |
| r. Feta, Tomatoes, Cucumbers, Onions and Romaine in a Whole Wheat Pita                                | \$7.45  |
| s. Buttered Ficelle with Ham, Salami or Gruyere   | \$6.45  |

Place your order at: [www.OrganiqueOnline.com](http://www.OrganiqueOnline.com)

Free delivery within 10 blocks.

## CREATE YOUR OWN SANDWICH \$8.95

Choose bread, spread and up to three items.  
Add \$1.00 for each additional items.

- Grilled Breast of Chicken
- Fresh Tarragon Chicken Salad
- Roasted Breast of Turkey
- Prosciutto de Parma
- Roast Beef
- Salami
- Ham
- Bacon
- Turkey Bacon
- Smoked Salmon
- Roasted Salmon
- Tuna Salad
- White Tuna Salad
- Egg Salad made with Eggs

### Vegetables

- Arugula
- Alfalfa Sprouts
- Avocado
- Greens
- Cucumber
- Celery
- Lettuce
- Basil
- Parsley
- Watercress
- Portobello Mushrooms
- Onions
- Roasted Red Peppers
- Grilled Vegetables
- Grilled Onion
- Caramelized Onion
- Sun dried Tomato
- Granny Smith Apples

### Choice of Freshly Baked Breads

- Sprouted
- Seven-Grain
- French Baguette
- Semolina Baguette
- Focaccia
- Pumpernickel
- Sourdough
- Croissant
- Ciabatta
- Brioche
- Whole wheat
- Flaxseed
- Sunflower
- Gluten Free Whole Grain
- Multi-Grain Wrap

### Spreads

- Humus
- Shiitake Mushroom Humus
- Sun Dried Tomato Humus
- Sweet Roasted Red Pepper Humus
- Eggplant Spread
- Olive Spread
- Sesame Seed Spread
- Blue Cheese Spread
- Dill Cream Cheese
- Sundered Tomato Spread
- Tofu Spread
- Horseradish Cream
- Farmhouse Chutney
- Pesto
- Dijon Mustard
- Fat Free Mayonnaise
- Canola Mayonnaise
- Dijon Mayo
- Chipotle Mayo
- Basil Mayo
- Olive Oil
- Russian dressing
- Herb Vinaigrette

### Cheese

- Ripe Brie Cheese
- Plain Goat Cheese
- Herbed Goat Cheese
- Blue Cheese
- Swiss Gruyere Cheese
- Fresh Mozzarella Cheese
- Smoked Mozzarella Cheese
- All Natural American Cheese
- Monterey Jack
- Feta Cheese
- Shaved Parmegiano Reggiano Cheese
- Reduced Fat Swiss cheese

## SOUPS

No MSG, yeast, extracts or any type of flavor enhancers.  
No modified food starches or gums.

Small (12 oz): \$3.99

Large (16 oz): \$4.99

## ORGANIQUE TEA

	Small	Large
Certified Organic Full-Leaf Teas	\$1.50	\$1.95



## CREATE YOUR OWN SALAD

A: Choose Your Greens:	Small	Large
Crispy Romaine, Fresh Mesclun, Baby Spinach or Arugula	\$3.50	\$4.50

### B: Choose Your Toppings:

#### \$0.75 Toss-In Choices

- Alfalfa Sprouts
- Beets
- Broccoli
- Shredded Carrots
- Celery
- Grape Tomatoes
- Chickpeas
- Sesame Sticks
- Cucumbers
- Diced Tomatoes
- Haricot Vert Beans
- Mushrooms
- Onions
- Tri-Colored Peppers
- Watercress
- Red Radish
- Scallions
- Pears

#### \$1.00 Toss-In Choices

- Crumbled Blue Cheese
- Parmegiano Reggiano Cheese
- Sun dried Cranberries
- Dried Fruits
- Egg Whites Only
- Feta Cheese
- Hard Boiled Egg
- Cheddar Cheese
- Kalamata Olives
- Oranges
- Corn
- Roasted Peppers
- Tofu
- Raisins
- Edamame
- Sun dried Tomatoes
- Sunflower Seeds
- Almonds
- Walnuts

#### \$1.75 Toss-In Choices

- Artichoke Hearts
- Avocado
- Oranges
- Bacon
- Fresh Mozzarella
- Roasted Asparagus
- Pecans

#### \$2.25 Toss-In Choices

- Baked Salmon
- Shrimp
- Tuna Salad with Celery
- Grilled Chicken Breast
- Fresh Tarragon Chicken Salad
- Turkey
- Mushrooms
- Tuna Salad with Capers

### C: Choose Your Dressing:

- Olive Oil & Balsamic Vinaigrette
- Sesame Tamari
- Sesame Goddess Vinaigrette
- Herbs De Provence Vinaigrette
- Miso Ginger Vinaigrette
- Orange Cranberry Vinaigrette
- Sundered Tomato & Garlic Vinaigrette
- Tarragon Dijon Vinaigrette
- Blue Cheese
- Fat-Free Lemon Herb
- Thousand Island dressing
- Ranch Dressing
- Russian dressing
- Red Wine Vinegar

Extra Dressing: \$0.75

## ORGANIQUE COFFEE

Choice of regular milk, soy milk or lactose free low fat milk

	Small	Large
Fresh Brewed Coffee	\$1.50	\$1.95
Decaffeinated Coffee	\$1.60	\$2.05
Flavored Coffee	\$1.60	\$2.05
Cafe Latte		\$3.25
Vanilla Coffee Latte	\$3.45	\$3.95
Chai Tea Latte	\$3.25	\$3.75
Cappuccino		\$2.95
Mocha	\$3.50	\$3.75
Caramel Mocha	\$3.75	\$4.25
Espresso	\$1.95	\$2.45
Espresso Macchiato	\$2.05	\$2.55
Americano	\$2.05	\$2.55
Hot Chocolate	\$2.75	\$2.95
Iced Coffee	\$1.95	\$2.15
Iced Americano	\$2.25	\$2.75
Iced Mocha	\$3.85	\$4.15
Iced Latte	\$3.85	\$4.45