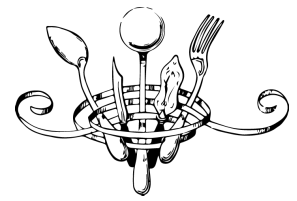


EFFY'S KITCHEN



1393B SECOND AVE 10021

Breakfast Platters

SHAKSHUKA \$11.95

Two Eggs Cook In Stewed Tomato Sauce - Serves With Hummus, Chopped Salad and Whole Wheat Pita

GREEN SHAKSHUKA \$12.95

Two Eggs Cook In Stewed Tomato Sauce With Spinach and Feta - Served With Hummus, Chopped Salad and Whole Wheat Pita

AVOCADO TOAST AND EGGS \$12.95

Avocado Salad On Toasted Pita With Two Eggs Sunny Side Up - Served With Side Chopped Salad

MIDDLE EASTERN BREAKFAST \$13.95

Two Eggs Any Style, Hummus, Labneh, Grilled Halloumi, Chopped Salad and A Whole Wheat Pita

EFFY'S BREAKFAST \$13.95

Two Eggs Any Style - Served With Hummus, Spicy Eggplant Salad, Babaganoush, Tuna Salad, Labneh, Feta, Chopped Salad and A Whole Wheat Pita

CHALLAH FRENCH TOAST \$10.95

Served With Seasonal Berries and Banana

BUTTERMILK PANCAKE \$10.95

Served With Seasonal Berries and Banana

BLUEBERRY PANCAKE \$11.95

Served With Seasonal Berries and Banana

CHEDDAR PANCAKE AND AND CHICKEN

SCHNITZEL \$13.95

Served with Spicy Syrup

Omelette

Choice of Two Side Dishes : Whole Wheat Toast, Baguette, Home Fried, Chopped Salad or Multigrain Toast

CALIFORNIA OMELETTE \$12.95

With Tomato, Avocado And Cheddar

GREEK OMELETTE \$11.95

With Spinach, Olive and Feta

ITALIAN OMELETTE \$11.95

With Pesto, Tomato and Mozzarella

GOAT CHEESE OMELETTE \$12.95

With Spinach and Tomato

SMOKED SALMON OMELETTE \$14.95

With Smoked Salmon, Red Onion, And Brie Cheese

VEGGIE OMELETTE \$12.95

Spinach, Onion, Tomato and Avocado

MIDDLE EASTERN OMELETTE \$14.95

Halloumi, Spinach and Sautéed Onion

HEALTHY GREEN OMELETTE \$14.95

Egg White, Spinach, Kale, and Avocado

Small Plates

EGGS & TOAST \$4

BRIOCHE EGGS SANDWICH \$4

Add Cheddar or Mozzarella \$1 Turkey Bacon \$2

EGGS, TOAST & HOME FRIES \$6

OATMEAL \$6

Make With Almond Milk - Serves With Berries and Banana

FRUIT SALAD \$5

LABNEH EGGS SANDWICH 7

Eggs, Labneh, Zaatar, Tomato, Olive Oil on Brioche Bun

Eggs Wrap

On A Whole Wheat Wrap - Serve With Side Salad or Home Fries

RISE AND SHINE \$8.95

Egg White, Mozzarella, Tomato and Avocado

ENERGY WRAP \$9.95

Egg, Spinach, Cheddar, Smoked Turkey

SMOKED SALMON WRAP \$10.95

Egg, Romain, Tomato, Red Onion, Caper and Cream Cheese

HEALTHY ITALIAN WRAP \$9.95

Egg, Kale, Mozzarella, Tomato Salsa

TEL AVIV WRAP \$9.95

Egg, Sauteed Onion, Home Fried and Turkey Bacon

Avocado Toast

On 7g Bread

CLASSIC \$5

ITALIAN \$6

With Tomato and Mozzarella

EGG \$6

With Sunny Side Up Egg

GOAT CHEESE \$6

GREEK \$7

Feta and Sunny Side Up Egg

Side Order

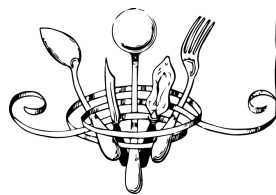
TWO EGGS \$3

HOME FRIES \$5

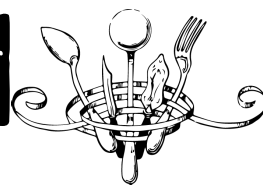
FRENCH FRIES \$5

TURKEY BACON \$5

CHICKEN SAUSAGE \$5



EFFY'S KITCHEN



Sandwiches

Serve With Side Salad or French Fries or Sweet Potato Fries +\$1

FALAFEL WRAP \$9.95

Hummus, Pickles, Tomato, Cucumber, Red Onion, Tahini on Whole Wheat Wrap

FRESH MOZZARELLA SANDWICH \$9.95

Homemade Pesto, Tomato, and Balsamic Vinaigrette on a Baguette

CLASSIC FISH SANDWICH \$12.95

Grilled Tiliapia , Garlic Aioli, Romain, Tomato and Avocado on a Baguette

TUNA MELT \$12.95

With Cheddar and Avocado on 7g Bread

GRILLED CHICKEN SANDWICH \$12.95

Grilled Chicken , Garlic Mayo, Avocado, Lettuce and Tomato on a Baguette

SPICY CHICKEN WRAP \$12.95

Sauteed Chicken With Onion, Hummus, Tomato, Cucumber, Onion, Homemade Spicy Sauce on Whole Wheat Wrap

TUNISIAN TUNA SANDWICH \$12.95

Boiled Egg, Stewed Tomato, Pickle, Olive on a Baguette

SCHNITZEL CHICKEN SANDWICH \$12.95

Hummus, Pickles, Tomato, Romain on Baguette

TURKEY BLT \$11.95

Turkey Bacon, Tomato, Lettuce, Mayo on Multigrain Bread

SMOKED TURKEY SANDWICH 11.95

Tomato, Lettuce, Brie, With Honey Mustard on Multigrain bread

CHICKEN CAESAR WRAP \$12.95

Romain, Garlic Crouton, Parmesane Cheese on a Whole Wheat Wrap

MEDITERRANEAN GRILLED HALLOUMI WRAP \$12.95

Grilled Halumi, Hummus, Spinach, Avocado, and Grilled Onion on Whole Wheat Wrap

SPICY FISH SANDWICH \$12.95

Fried Tilapia Fillet, Chipotle Mayo, Jalapeno Sauce, Red Onion, Pickle, Romain, Tomato On Brioche Bun

Grilled Cheese

Serve With Side Salad

On Mutligrain Bread Or Challah Bread +\$1

Add Soup / French Fries for Extra \$3

GRILLED CHEDDAR \$7.95

Spinach and Avocado

GRILLED MOZZARELLA \$7.95

Homemade Pesto and Tomato

GRILLED HALLOUMI \$9.95

Avocado, and Tomato

PLAIN GRILLED CHEESE \$5

Cheddar or Mozzarella - No Salad

Salads

ISRAELI SALAD \$9.95

Romain, Tomato, Cucumber, Onion, Parsley With Lemon Juice, Olive Oil & Tahini

EFFY'S SALAD \$10.95

Kale, Roasted Sweet Potato, Almond, Avocado With Balsamic Honey Dressing

GREEK SALAD \$10.95

Romain Lettuce, Tomato, Cucumber, Red Onion, Feta With Virgin Olive Oil & Lemon Juice

GRILLED HALLOUMI SALAD \$13.95

Romain Lettuce, Roasted Sweet Potato, Grilled Red Pepper, Grilled Zucchini, Grilled Eggplant, and Tomato, With Lemon Juice, Olive Oil & Tahini

FALAFEL PLATTER \$12.95

Chopped Salad, Spicy Eggplant Salad, Hummus, Babaganoush, Labneh, Guacamole and Falafel, Served with Whole Wheat Pita

TEL AVIV SALAD \$12.95

Spinach, Tomato, Cucumber, Chickpea, Boiled Egg, Chicken Schnitzel With Lemon Juice, Olive Oil & Tahini

GOAT CHEESE SALAD \$11.95

Spinach, Tomato, Cucumber, Sunflower Seed, Cranberry With Olive Oil and Lemon Juice Dressing

GRILLED SALMON ASIAN SESAME SALAD \$14.95

Spinach, Tomato, Cucumber, Olive, Feta, Sesame Seeds With Asian Sesame Dressing

CHICKEN CAESAR SALAD \$12.95

Kale/ Romain, Garlic Crouton, Pameresane cheese with Homemade Caesar Dressing

TUNA SALAD \$13.95

Spinach, Tomato, Cucumber, Onion, Chickpea, Pesto, with Virgin Olive Oil and Fresh Squeezed Lemon Juice

ADD ON

Grilled Chicken \$4

Chicken Schnitzel \$4

Grilled Salmon \$6

Avocado \$1

3 Falafel Ball \$4

Burger

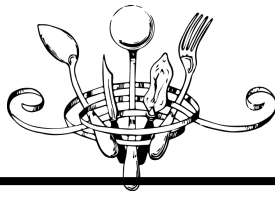
Served On Brioche Bun- With Lettuce, Tomato, Red Onion, Garlic Aioli and French Fries

BEEF BURGER \$12.95

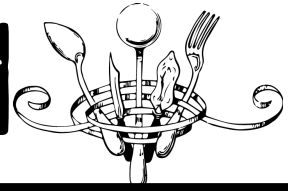
HOMEMADE VEGGIE BURGER \$11.95

TURKEY BURGER \$12.95

Soup of The Day \$5



EFFY'S KITCHEN



To Start

1 For \$6 or 3 For \$16

HUMMUS

Served With Pita

SPICY EGGPLANT

Served With Pita

BABAGANOUSH

Served With Pita

FRIED PICKLES

With Garlic Aioli

FRIED HALLOUMI

With Avocado Dip

MOZZARELLA STICKS

With Marinara Sauce

FALAFEL AND TAHINI

LABNEH

With Zaatar and Extra Virgin Olive Oil

CHICKEN WINGS

With Garlic Aioli

GRILLED HALLOUMI

GRILLED VEGETABLES

With Green Tahini

MIDDLE EASTERN

GUACAMOLE

With Pita

Entree

ROASTED BUTTER LEMON SALMON \$15.95

With Sautéed Kale and Mashed Sweet Potato

CHICKEN SCHNITZEL \$14.95

With Mashed Sweet Potato and Chopped Salad

HERB GRILLED CHICKEN \$14.95

With Mash Sweet Potato and Chopped Salad

FISH AND CHIPS \$14.95

Beer Batter Cod Fillet and French Fries

TURKEY MEATBALL \$14.95

With Basmati Rice and Chopped Salad

MOROCCAN SALMON \$15.95

Baked Salmon With Spiced Tomato Stew, served with Basmati Rice and Grilled Vegetable

Side Order \$5

SAUTÉED SPINACH

SAUTÉED KALE

FRENCH FRIES

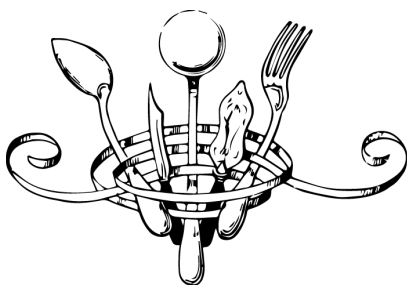
GRILLED VEGETABLES

SWEET MASHED POTATO

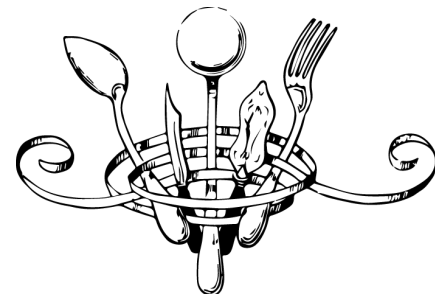
Dessert

CREAMY SPANISH FLAN \$6

With Berries



EFFY'S KITCHEN



Hot Drink

HOUSE BLEND \$2
HOT CHOCOLATE \$4
VANILLA CHAI \$4
AMERICANO \$3.5

LATTE \$5
MOCHA \$5.5
ESPRESSO \$3
CAPPUCCINO \$5

Cold Drink

ICED COFFEE \$3
ICED LATTE \$5.5
ICED AMERICANO \$4
ICED VANILLA CHAI \$5
ICED MOCHA \$5.5

ICED TEA \$3.5
ICED LEMONADE \$3.5
ICED CAPPUCCINO \$5.5
ORGANE JUICE \$5

Smoothie \$6

VERY BERRY
Blueberry, Strawberry, Banana
SMOOTH STRAWBERRY
Banana, Strawberry
TROPICAL BREEZE
Pineapple, Mango and Orange

PINEAPPLE BREEZE
Pineapple and Banana
MUCHO MANGO
Mango and Strawberry
SUPERCHARGED
Peanut Butter and Banana

Juice \$6

DAILY DETOX
Carrot, Ginger, and Celery
SUPER GREEN
Spinach, Kale, Apple, Cucumber and Celery
PURE ENERGY
Carrot and Apple

KALE WHALE
Spinach, Kale, Cucumber, Lemon, Ginger
VERY VEGGIE
Carrot, Spinach, Cucumber, Kale

Soda / Water

SODA \$2
Coke, Diet Coke, Ginger Ale, Seltzer, Sprite

32OZ WATER \$5

32OZ SAN PELLEGRINO SPARKLING WATER \$5