## Pasta

**Choose your pasta:** rigatoni, penne, bowtie, spaghetti, cappellini, fettuccine
**Choose your sauce:** pesto, fresh tomato, vodka, puttanesca, carbonara, alfredo, bolognese . . $9.95

**Choose any additions:** broccoli, roasted peppers, cherry tomato, tomato, sundried tomato, mushrooms, sweet peas, asparagus, spinach, ham, zucchini, squash, cauliflower, or pancetta . $.75
Fresh mozzarella, artichoke hearts, broccoli rabe, olives, or portobello mushroom . . . . . $2.00
Grilled Chicken, Tuna, chicken cutlet or Homemade Meatballs . . . . . $3.00
Shrimp, Scallops & Lobster . . . . . $5.00

1. Penne, pancetta, asparagus, and saffron in a cream sauce . . . . . $11.75
2. Orecchiette with broccoli rabe, garlic, extra virgin olive oil, sun dried tomato, grilled chicken, sausage and black olives . . . . . $12.75
3. Bowtie Pasta with pesto, string beans, potato, and a touch of cream . . . . . $11.75
4. Gnocchi with gorgonzola cream and walnut . . . . . $13.00
5. Whole Wheat Linguini w/fresh salmon, fresh asparagus, chopped tomato, olives, garlic & oil . . . . . $14.50
8. Orecchiette with mushrooms and sausage in a light brown sauce . . . . . $14.50
9. Bowties with artichoke hearts, sun-dried tomato, asparagus, garlic and oil . . . . . $13.00
10. Penne with shrimp and truffle oil in a porcini cream sauce . . . . . $13.50
11. Fettuccine with pesto and shrimp . . . . . $15.75
12. Fettuccine with chicken, zucchini, sun-dried tomato, anchovies, garlic and oil . . . . . $13.50
13. Spinach and Ricotta Filled Ravioli in a light cream sauce made with ham and sage . . $12.75
14. Rigatoni with smoked salmon, sweet peas in a light cream sauce . . . . . $13.50
15. Linguini with baby shrimp, arugula, cherry tomato and cherry pepper . . . . . $13.50
16. Penne, tomato, fresh mozzarella and basil . . . . . $11.00
17. Rigatoni with vodka sauce and fresh mozzarella . . . . . $11.00

Macaroni & Cheese . . . . . $7.99

## Beverages

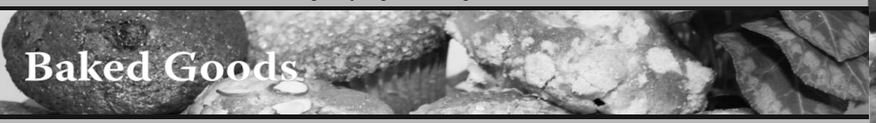
### COFFEES

| | Small | Med | Large | | Small | Med | Large |
|---|---|---|---|---|---|---|---|
| Regular | 1.45 | 1.75 | 2.00 | Cappuccino | 3.25 | 3.50 | 3.95 |
| Decaf | 1.45 | 1.75 | 2.00 | Café au Lait | 3.25 | 3.50 | 3.95 |
| Flavored | 1.45 | 1.75 | 2.00 | Café Latte | 3.25 | 3.50 | 3.95 |
| Ciders | 1.50 | 1.75 | 1.95 | Caramel Macchiato | 3.50 | 3.75 | 4.25 |
| Gourmet Tea | 1.50 | 1.75 | 1.95 | Café Mocha | 3.50 | 3.75 | 4.25 |
| Iced Coffee | 2.00 | – | 3.00 | Homemade Hot Chocolate | 2.00 | 2.50 | 2.75 |
| Homemade Iced Tea | 2.00 | – | 3.00 | Iced Frappuccino | 3.95 | – | 4.95 |
| Espresso | 2.00 | – | 2.50 | Extra Shot Espresso | .50 | .50 | .50 |

### SMOOTHIES

**Made with all natural fresh fruit - 16 oz. $4.95 / 24 oz. $5.95**

**Sweet Carrot:** oranges, carrots
**Strapple:** strawberry, apple, vanilla syrup
**Morning Pick-Me-Up:** banana, mango, orange honey, wheat bran, oatmeal
**Very Berry Drink:** strawberry, raspberry, red grapes, blueberry
**Breakfast in A Glass:** banana, maple syrup, milk
**Healthy Drink:** raspberry, oatmeal, honey, yogurt
**Grapple:** red grape, red apple
**Tropical Drink:** peaches, pineapple, coconut banana
**Peanut Butter Lovers Drink:** banana and peanut butter



## Baked Goods

### BAKED GOODS AND DESSERTS

**Baked Fresh Daily at Our Bakery**

Danish, Scones, Croissants . . . . . $2.25
Brownie . . . . . $2.99
Assorted Fruit Tarts . . . . . $3.95
Chocolate Chip Cookies . . . . . $2.00
Black and White Cookies . . . . . $2.00
Homemade Muffins . . . . . $2.25
Sprinkle Cookies . . . . . $2.00
Pound Cake Slice . . . . . $2.00
Apple, Orange, or Banana . . . . . $1.00
Fruit and Cheese Cup . . . . . $3.95
Rice Pudding . . . . . $3.99
Homemade Chicken Pot Pie . . . . . $8.99
Quiche Lorraine . . . . . $5.50
Quiche Broccoli and Cheese . . . . . $5.50
Quiche Spinach and Cheese . . . . . $5.50
Fresh Sliced Seasonal Fruits . . Sm. $3.99
. . . . . Lg. $8.99
Low Fat parfait . . . . . $4.49

Come visit our Catering Department for further information and our Pastry Shoppe

**La Bonne Boulangerie**

next door...

# Messina Market & Caterers

**Full Service Caterers...**

**Including Rentals & Staffing**

Gift Baskets For All Occasions
Gift Cards
Boxed Lunches
Candy & Nut Platters
Fresh Fruit Baskets
Boxed Specialty Chocolates
Cookie Platters
Gourmet Coffee & Tea Assortments
Our "Famous" Hand Dipped Chocolate Pretzel Tray

# Café Menu

Dine In • Take Out • Catering
FREE LOCAL DELIVERY

Visit our Chopped Salad Station, Pasta Station, Omelet Station, Panini Grill, Prepared Foods, Burgers, Pizza, Desserts & More

**"Terrific Take Out from Messina Market..."**
**- Newsday**

Visit our New Location at
Nubest Salon & Spa
1482 Northern Blvd. Manhasset
(516) 472-0414

**516-624-6800 tel 516-624-6808 fax**
6255 Northern Blvd. • East Norwich, NY 11732
**www.messinamarket.com**

**Mon. - Sat. 7a.m. - 8 pm. • Sun. 8 a.m. - 6 p.m.**

# Breakfast

## Omlette Station
**Includes four Toppings**

**Choose from:** turkey, ham, sausage, bacon, peppers, onions, spinach broccoli, broccoli rabe, tomatoes, sun dried tomatoes, mushrooms, portobello mushrooms, asparagus, potato, olives, feta cheese, American cheese, cheddar cheese, mozzarella cheese . . . . . $7.00
**Egg whites or additional toppings add $1.00 each**

## Our Famous Crepes
**The Jericho Crepe:** Crepe filled with cream cheese smoked salmon and dill . . . . . $8.50
**The Classic Crepe:** Crepe filled with 2 eggs, ham and American cheese. . . . . $8.50
**The Healthy Crepe:** Crepe filled with peanut butter, apple, and granola . . . . . $8.50
**The Yummy Fruity Crepe:** Crepe filled w/mixed seasonal berries and fresh whipped cream . $8.50

## Pancakes
**Create your own pancakes with our delicious fresh ingredients of the day**
Classic Homemade buttermilk Pancake . . . . . $5.00
**Choose from:** banana, fresh blueberry, strawberry, chocolate chip add $1.00 each
**Please inquire about our daily specials**

## French Toast
Old Fashioned American French Toast . . . . . $6.95

## Belgian Waffles
With assorted fresh fruit . . . . . $8.00
Hot Oatmeal . . . . . $3.95
**With available toppings add $1.00 . . . . . Sides; bacon, sausage, or ham add $2.00**

# Salads

**Classic Chef Salad, Greek Salad or Garden salad** . . . . . $7.99

**Asian Sesame Chicken Salad:** grilled teriyaki sesame chicken, mixed field greens, glazed walnuts, broccoli, water chestnuts, baby corn, sliced almonds, chow mein noodles topped with our Special Asian Sesame Ginger Dressing. . . . . $7.99

**Grilled Portobelo Salad:** marinated portobello mushroom, fresh mozzarella, artichoke hearts, asparagus, cherry tomato, homemade croutons upon a bed of romaine lettuce and balsamic vinaigrette . . . . . $7.99

**Tuna Nicoise:** delicious tuna, imported olives, baby red potato, fresh string beans, dijon mustard, hard-boiled egg, anchovy fillets, capers, and roasted peppers upon a bed of romaine lettuce . . . . . $7.99

**Couscous Salad:** a delicious couscous salad with strips of turkey, sweet raisins, crunchy walnut, shredded carrots, soy lime vinaigrette upon a bed of arugula salad . . . . . $7.99

**Messina Market:** Vermont goat cheese, shredded carrot, dried cranberry, cucumber, walnuts, celery, with a light raspberry vinaigrette upon a bed of field greens. . . . . $7.99

**Grilled Chicken Caesar:** marinated, grilled chicken, homemade croutons, imported shaved permission cheese, traditional caesar salad dressing upon a bed of romaine lettuce . $7.99

**Caprese Salad:** fresh buffalo mozzarella, beefsteak tomato, extra virgin olive oil, avocado and fresh basil . . . . . $9.50

**Autumn Salad:** spinach, Vermont goat cheese, sliced apples, grapes and walnuts . . . . . $7.99

**Cobb Salad:** romaine lettuce, turkey, bacon, avocado, blue cheese . . . . . $7.99

**Thai Salad:** mixed field greens, grilled chicken, sliced almonds, red onion, cherry tomato and special peanut sauce . . . . . $7.99

**Oriental Salad:** mixed field greens, carrots, broccoli, cabbage, almonds and sesame Asian chicken . $7.99

**Strawberry Passion Salad:** baby spinach, cajun chicken, fresh strawberries, sliced almonds, and raspberry vinaigrette . . . . . $7.99

**Choose Your Own Salad:** . . . . . $4.99 Small – $5.99 Medium – $7.25 Large

**Dressings:** Balsamic vinaigrette, blue cheese, caesar, french, honey mustard, Italian, oil and vinegar, raspberry vinaigrette, Russian, sesame ginger, fat free Italian, and fat free raspberry

# Sandwiches

**The Millneck:** broccoli rabe, roasted peppers on top of a lightly breaded chicken cutlet on ciabatta bread . . . . . $7.99

**The Laurel Hollow:** prosciutto, mortadella, capicollo, sopressata, roasted pepper, provolone, balsamic vinaigrette on semolina bread . . . . . $7.99

**The Huntington:** grilled flank steak grilled eggplant, lettuce balsamic on french baguette bread . . . . . $7.99

**The Gold Coast:** grilled chicken, pesto, lettuce, fresh mozzarella, roasted pepper on focaccia bread . . . . . $7.99

**The Center Island:** roast beef, American cheese, lettuce and tomato on brioche roll . . . . . $7.99

**The Muttontown:** smokey turkey, lettuce, cucumber, and mayo on french baguette bread $7.99

**The Oyster Bay Cove:** portobello mushroom, zucchini, tomato, and Vermont goat cheese with balsamic vinegar on country whole wheat bread . . . . . $7.99

**The Syosset:** black forest ham, with American cheese, lettuce, tomato, and honey mustard on french baguette . . . . . $7.99

**The Old Brookville:** grilled chicken, tomato, fresh mozzarella, arugula and balsamic vinaigrette on focaccia bread . . . . . $7.99

**The Centerport:** ham, muenster, watercress swiss on muslei bread . . . . . $6.95

**The Bayville:** old fashioned grilled cheese on our all natural white bread filled with bacon and tomato for an additional $1.00 . . . . . $4.75

**East Norwich:** fresh turkey, cream cheese, and cranberry sauce, on a delicious whole wheat bread . . . . . $6.95

**Healthy and Fit:** fresh turkey, low fat alpine lace on eight grain bread . . . . . $6.95

**Ciabatta:** grilled chicken, mozzarella, roasted peppers on ciabatta . . . . . $7.99

**Tuna Melt:** tuna, melted American cheese on a roll . . . . . $6.95

## Soups
**Messina Market's Homemade Soups Are Made Fresh Daily And Are The Perfect Accompaniment to Gourmet Sandwiches! Please inquire about our daily specials**

## HOT SANDWICHES
**Chicken Margherita Hero:** delicious breaded chicken cutlet, topped with fresh tomato sauce, fresh mozzarella cheese, and fresh basil . . . . . $8.99

**Meatball Parmigiana:** homemade meatballs, topped with our special fresh tomato sauce, fresh homemade mozzarella cheese, fresh basil . . . . . $8.99

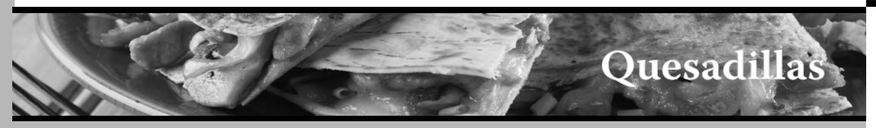
**Philly Cheese Steak:** grilled steak, sauteed peppers & onions, melted provolone & steak seasoning on a toasted hero . . . . . $8.99

**Chicken Fajita:** sauteed picante chicken breast, peppers, onions monterey jack, cheddar & fresh tomato salsa on a wrap . . . . . $8.99

**Steak Fajita:** steak, peppers, onions, monterey jack, cheddar & fresh tomato salsa on a wrap. . . . . $8.99

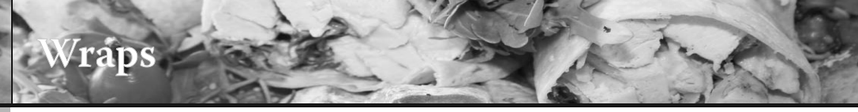
**Chicken BLT:** breaded chicken cutlet, bacon, cheddar, lettuce & tomato on a hero . . . . . $8.99

**Boon:** breaded chicken cutlet, bacon, melted american cheese, russian dressing . . . . . $8.99



# Quesadillas

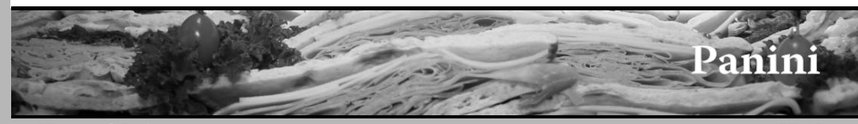
**Choice of Plain or Whole Wheat Tortilla**
**Steak & Cheese** . . . . . $9.99
**Cheese:** monterey jack & cheddar cheese . . . . . $7.99
**Chicken & Cheese:** grilled chicken, monterey jack & cheddar cheese . . . . . $9.99
**Vegetable:** assorted grilled vegetables with cheddar cheese . . . . . $9.99



# Wraps

**Wrap flavors available: plain, whole wheat**

**South Beach:** turkey, bacon, alpine lace . . . . . $7.99
**Low-fat Tuna**. . . . . $7.99
**Grilled Chicken Caesar Wrap:** traditional Caesar salad with strips of grilled chicken . . . . . $7.99
**Classic Turkey Wrap:** fresh turkey, lettuce and tomato . . . . . $7.99
**Cobb Salad Wrap:** oven gold turkey, romaine lettuce, bacon, avocado & blue cheese dressing . . . . . $7.99
**Health Wrap:** chick peas, kidney beans, black beans, sprouts, lettuce, tomato, onion, carrots, cannelloni beans in red wine vinaigrette . . . . . $7.99
**Veggie Wrap:** grilled balsamic vegetables . . . . . $7.99
**French Turkey Wrap:** turkey, french brie, honey mustard and baby arugula . . . . . $7.99
**Chicken Teriyaki Wrap:** grilled chicken teriyaki, sesame seeds, carrots, broccoli, and alfalfa sprouts . . . . . $7.99
**Steak and Cheese Wrap:** steak with cheddar, lettuce, tomato, caramelized onion and steak sauce . . . . . $7.99
**Garden Wrap:** spinach, tomato, mushroom, carrot, lettuce and vinaigrette . . . . . $7.99
**Asian Teriyaki Wrap:** grilled chicken, carrots, broccoli, crunchy noodles, & sesame ginger dressing . . $ 7.99
**Thai Style Wrap:** grilled chicken, mixed greens, almonds, peanut sauce . . . . . $7.99
**Chicken, Cranberry, Apple Salad and lettuce** . . . . . $7.99



# Panini

Ham and Swiss . . . . . $7.49
Grilled Chicken topped with portobello mushroom, fresh mozzarella, tomato and baby spinach. . . . . $7.49
Grilled Eggplant, sun-dried tomato, fresh mozzarella, and romaine lettuce with a drizzle of balsamic vinegar . . . . . $7.49
Mixed roasted Vegetables, fresh mozzarella, and balsamic vinaigrette. . . . . $7.49
Prosciutto, fresh mozzarella, roasted pepper, balsamic vinaigrette . . . . . $7.49
Roast Beef, jack cheese, romaine lettuce, tomato, Bermuda onion, horseradish sauce . . . . . $7.49

# Burgers

**Deluxe Meal: includes Hand Cut French Fries add $1.95**

**All American Burger:** . . . . . $7.50
**Old Fashioned Cheeseburger:** . . . . . $7.50
**Napoli Burger:** mozzarella cheese and marinara sauce . . . . . $7.50
**Moscow Burger:** grilled peppers, onions, mushrooms, muenster cheese, russian dressing . . $7.50
**Cancun Burger:** guacamole, swiss, tortilla chips . . . . . $7.50
**Tahiti Burger:** mozzarella, bacon, teriyaki sauce . . . . . $7.50
**El Paso Burger:** jalapeno peppers, monterey jack cheese and bbq sauce . . . . . $7.50
**St. Tropez Burger:** french brie, smoked ham and beefsteak tomato . . . . . $7.50
**Tijuana Burger:** hot cherry peppers, beefsteak tomatoes, Bermuda onions and melted cheddar . . $7.50
**Geneva Burger:** sauteed mushrooms, swiss cheese and balsamic mayonnaise . . . . . $7.50

# Pizza

**An individual Delicious Baby Grilled Pizza**

**Vesuvio:** fresh mozzarella, prosciuto, baby arugula and fresh tomato . . . . . $8.99
**BBQ Chicken:** . . . . . $8.99
**Mediterranea:** fresh pesto sauce, fresh mozzarella, and sun dried tomato . . . . . $8.99
**Margherita:** fresh tomato, fresh mozzarella, and fresh basil. . . . . $8.99
**Quattro Formaggi:** fresh mozzarella, gorgonzola, fontina, shaved parmigiana . . . . . $8.99
**Napoletana:** broccoli rabe, sausage, cherry tomato . . . . . $8.99
**Positano:** fresh mozzarella with assorted vegetables . . . . . $8.99
**Mozzarella Sticks** . . . . . $.75 ea
**Rice Ball** . . . . . $2.95 ea
**Potato Croquettes** . . . . . $2.95 ea

**Come Visit Our Fresh Omelet, Salad & Pasta Stations**