

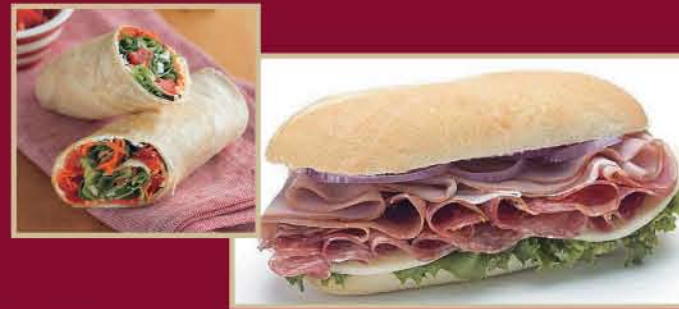
*(R) Wrap and Focaccia \$5.75*

- R1-Grilled Chicken Caesar wrap
- R2-Grilled Chicken, Arugula, Roasted Peppers, Fresh Mozzarella in Balsamic Dressing Wrap
- R3-Cheese Steak with Fried Onion, Pepper and Mushrooms Wrap
- R4-Smoked Turkey, Provolone Cheese, Romaine Lettuce, Sun Dried Tomato, Honey Mustard Wrap
- R5-Genoa Salami, Fresh Mozzarella, Sun Dried Tomato, Lettuce Wrap
- R6-Roast Beef, Swiss Cheese, Bacon, Roasted Peppers, Lettuce, Mayonnaise Wrap
- R7-Grilled Chicken Provolone and Pesto Sauce Focaccia
- R8-Grilled Eggplant, Roasted Peppers, Fresh Mozzarella and Pesto Sauce Focaccia
- R9-Tuna Salad w/ Lettuce, Tomato in Wrap
- R10-Chicken Salad w/ Lettuce, Tomato in Wrap.
- R11-Egg Salad w/ Lettuce & Tomato ..... \$3.75
- R12-Cheese with Lettuce & Tomato ..... \$3.75
- R13-Low Fat Tuna Salad w/ Lettuce, Tomato in Wrap
- R14-Low Fat Chicken Salad w/ Lettuce, Tomato in Wrap



*(S) Panini Zone \$5.75*

- S1-Italian Panini  
Grilled Chicken, Roasted Pepper, Fresh Mozzarella, Oregano, Red Onion, Lettuce and Mustard on European Flatbread
- S2-Creole Panini  
Roast Beef, Lacey Swiss, Bacon, Lettuce, Tomato on European Flatbread
- S3-American Panini  
Boar's Head Ham, American Cheese, Bacon, Lettuce, Tomato and Mayo on European Flatbread
- S4-Combo Panini  
Pastrami, Corned beef, Swiss Cheese, Russian Dressing and Cole Slaw on European Flatbread
- S5-Cuban Panini  
Roast Pork, Ham, Swiss Cheese, Pickles and Mustard on European Flatbread
- S6-Soho Panini  
Lemon Herb Chicken, Swiss Cheese, Roasted Pepper, Lettuce and Tomato on European Flatbread
- S7-Russian Panini  
Roast Beef, Muenster Cheese, Lettuce, Tomato, Onion, Russian Dressing on European Flatbread
- S8-Chicken Fajita  
Chicken Breast, Marinated Sauce, Basil, Fresh Mozzarella, Parmesan Cheese
- S9-Chicken Florentine  
Chicken Breast, Fresh Baby Spinach, Red Onion, Provolone, Mayo, Olive oil & Balsamic
- S10-Club Panini  
Smoked Turkey, Swiss, Bacon, Lettuce, Tomato & Mayo
- S11-Avocado Chicken  
Chicken breast, Bacon, Avocado, Tomato, Arugula, Olive oil & lemon Juice



*(T) Cold Sandwiches Specialty Subs \$5.75 (Boar's Head)*

- T1-Smoked Turkey, Swiss Cheese, Lettuce, Tomato and Honey Mustard
- T2-Turkey, Pepperoni, Cole Slaw, Lettuce, Tomato and Russian Dressing
- T3-Turkey & Ham, Provolone Cheese, Sun Dried Tomato, Lettuce & Honey Mustard
- T4-Honey Turkey, Fresh Mozzarella, Sun Dried Tomato & Balsamic Vinegar
- T5-Fresh Mozzarella, Roasted Peppers, Sun Dried Tomato, Olive Oil & Vinegar
- T6-Cajun Turkey Provolone Cheese, Roasted Peppers, Lettuce & Tomato
- T7-Roast Beef, Swiss Cheese, Cole Slaw, Lettuce, Tomato & Honey Mustard
- T8-Pastrami, Swiss Cheese, Cole Slaw & Russian Dressing

*(U) Seafood Dishes \$6.95*

Flounder Fillet - Tilapia - Salmon - Shrimp - Crab Cakes - Served with Choice of (Scampi or Francaise or Piccata Sauce) over (Rice - Ziti - Spaghetti - Linguini)

*(V) Vegetarian \$5.50*

- U1-Grilled Veggie Delight  
Zucchini, Yellow squash, Eggplant, Fresh Mozzarella, Roasted Pepper in Pesto Sauce
- U2-Veggie Burger Wrap  
California Veggie Burger with Lettuce, Tomato, Onion & Mayo
- U3-Falafel in Pita ..... \$3.95  
Middle Eastern Falafel with Lettuce, Tomato, Onion & Tahini (Sesame) Sauce



*(D) Desserts*

- Chocolate Cake - Cheese Cake - Carrot Cake
- Crumb Cake - Tiramisu - Jello - Rice Pudding

*Drinks*

- Hot Drinks:**  
Coffee, Flavored Coffee, Cappuccino, Tea, Herbal Tea, Hot Chocolate
- Cold Drinks:**  
Tropicana, Snapple, Soda, Water, Vitamin Water, Arizona, Mistic, Gatorade

Designed and printed by nymetropronto.com 212-518-8897 @2011



*Cafe & Catering*

48 Academy Street  
Newark, NJ 07102

Mon-Fri: 6am-4pm  
Call: 973-424-9500  
Fax: 973-982-2234

Free Delivery (\$10 min.)  
Corporate Accounts Welcome  
Catering For All Occasions  
Event Planning

WWW.PRONTOCAFE.COM  
E-mail: prontocafe@verizon.net

DAILY HOT FOOD SPECIAL MENU  
AVAILABLE THROUGH FAX ON DEMAND  
PRICES ARE SUBJECTED TO CHANGE WITHOUT NOTICE.

## (A) Breakfast Sandwiches

Choice of meat (Taylor ham, Turkey Bacon, Turkey Sausage, Bacon, Sausage, Steak add \$1.50)

A1-Double Egg .....	\$1.75
A2-Double Egg & Meat .....	\$3.25
A3-Double Egg & Cheese .....	\$2.50
A4-Double Egg, Meat & Cheese .....	\$3.95
A5-Taylor Ham & Cheese.....	\$3.25
A6-Croissant .....	\$1.95
A7-Bagel with Butter .....	\$1.25
A8-Bagel with Cream Cheese .....	\$1.95
A9-Egg White on Wheat .....	\$1.95
A10-Cheese Omelet with Meat on Wrap .....	\$3.95
A11-Newark's Famous Oatmeal .....	\$2.75
A12-Gourmet Yogurt Muffin .....	\$1.95
A13-Yogurt .....	\$1.25
A14-Cinnamon Roll .....	\$1.95
A15-Danish (Apple turnover) .....	\$1.95
A16-Grilled Cheese w/Tomato.....	\$2.50
A17-BLT .....	\$3.75

Choice of Bread (Rolls, White, Rye, Whole wheat )  
Croissant or Wrap add 50¢



## (B) Breakfast Platters

(Served with Home Fries & Toast)

B1-Two Eggs any Style .....	\$3.50
B2-Two Eggs with Meat.....	\$4.95

## (C) Omelet Platters, Pancakes or French Toast

(Only Omelets served with Home Fries & Toast)

C1-Plain Omelet .....	\$3.75
C2-Cheese Omelet .....	\$4.25
C3-Cheese Omelet & Meat .....	\$4.95
C4-Western Omelet(Ham, Peppers & Onions) .....	\$5.25
C5-Pancakes or French Toast .....	\$3.50
C6-Pancakes or French Toast with Meat .....	\$4.75
C7-Pancakes or French Toast with Meat, Egg & Cheese ....	\$5.95
C8-Vegetarian Omelet .....	\$4.75

## (D) New York Style Pizza (19")

Pizza .....	(large 8 slices) \$12.00
Slice .....	\$1.75
with 1 topping .....	\$2.25 & up
Sicilian Pizza .....	\$13.50
Sicilian Slice .....	\$2.00
Deep Dish Pizza ...	\$14.00
Deep Dish Slice ...	\$ 2.00



## (E) Pizza Topping

Meatballs, Broccoli, Onion, Peppers, Fresh Garlic, Sausage, Pepperoni, Eggplant, Spinach, Green Peppers, Ham, Anchovies, Mushrooms, Olives, Artichoke ..... \$4.00 each & up

## (F) Stromboli \$5.50

F1-Chicken, Roasted Pepper & Fresh Mozzarella  
F2-Ham, Pepperoni & Fresh Mozzarella  
F3-Vegetables & Fresh Mozzarella



## (G) Calzones (3 Cheeses)

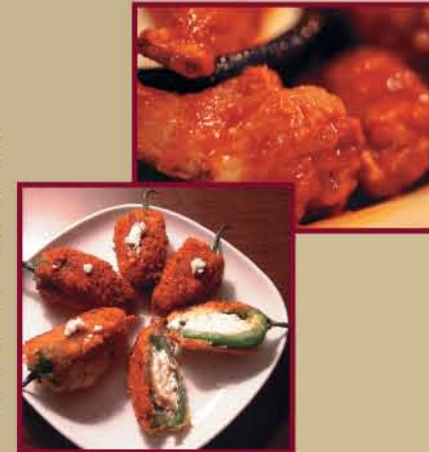
Plain with Mozzarella and Ricotta Cheese ..... \$4.50  
with extra stuffing for meat add \$1.00, for vegetable \$ 0,50  
Stuffing: Ham, Sausage, Meatball, Mushrooms, Broccoli, Spinach

## (H) Gourmet Pizza

H1-White Supreme - Mozzarella, Ricotta, Broccoli, Tomato, Fresh Garlic (no Sauce) .....	\$15.75
H2-Margherita - Fresh Mozzarella, Tomato, Fresh Basil, and Olive Oil (no Sauce) .....	\$15.75
H3-Vegetarian - Broccoli, Peppers, Onion, Mushrooms, and Fresh Tomato.....	\$19.75
H4-Hawaiian - Ham, Pineapple and Ricotta .....	\$19.75
H5-Eggplant Pesto - Grilled Eggplant, Garlic and Basil Pesto Sauce .....	\$17.75
H6-Grilled Chicken , Roasted Garlic, Pepper and Onion .....	\$18.75
H7-Cheese Steak w/ Cheddar, Pepper & Onion .....	\$19.75

## (I) Appetizers

I1-Chicken Fingers with Honey Mustard .....	\$4.25
I2-French Fries .....	\$1.75
I3-Buffalo wings with Blue Cheese .....	\$4.25
I4-Fried Mozzarella with Tomato Sauce.....	\$4.25
I5-Garlic Bread.....\$1.50 w/Cheese .....	\$2.00
I6-Onion Rings .....	\$2.25
I7-Jalapeno Poppers w/Ranch .....	\$4.25
I8-Shrimp in a basket w/Tartar Sauce.....	\$4.25
I9- Beef Patty .....	\$1.75
I10-Garlik knots (for 3 pcs).....	\$1.00

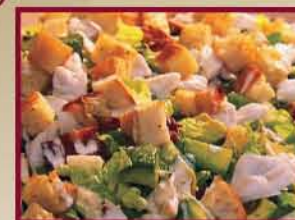


## (J) Fresh Salad \$6.25

J1- <b>Cold Antipasto Salad</b> Ham, Salami, Provolone, Roasted Peppers, Olives, Lettuce, Tomato, Cucumber	
J2- <b>Grilled Chicken Caesar</b> Fresh Romaine Lettuce, Crouton, Parmesan Cheese & Caesar Dressing	
J3- <b>Fresh Mozzarella</b> with Roasted Peppers, Olives and Fresh Tomato	
J4- <b>California Salad</b> Grilled Chicken and Fresh Mozzarella, Roasted Peppers, Lettuce, Tomato, Cucumber, & Sliced Egg	
J5- <b>Tuna Salad</b> Lettuce, Tomato, Cucumber, Pepper & Sliced Egg	
J6- <b>Shrimp Salad</b> Fresh Lettuce, Tomato, Cucumber, Pepper & Sliced Egg	
J7- <b>Chef Salad</b> Turkey, Roast Beef, Ham, Swiss Cheese, Lettuce, Tomato, Cucumber, Pepper & Sliced Egg	
J8- <b>Greek Salad</b> Lettuce, Cucumber, Pepper, Tomato, Red Onion, Feta Cheese, Olives & Grape Leaves	
J9- <b>Tossed Salad</b> Lettuce, Tomato, Cucumber, Pepper & Carrots .....	\$4.25
J10- <b>Caesar Salad</b> Fresh Romaine Lettuce, Crouton, Parmesan Cheese & Caesar Dressing .....	\$4.25

## (K) Create Your Own Salad \$4.25

(including 4 toppings) Choose from over 30 toppings,  
add 50¢ each vegetable topping, \$1.50 for Meat



## (L) Soup Of The Day Sm \$2.25 Lg 3.05

Chicken Noodle	Cream of Turkey	Vegetable	Split Pea w/ Ham
Cream of Broccoli	Cream of Mushroom	Pasta Faggioli	Lentil
Cream of Lobster	Cream of Potato	Minestrone	Beef Barley

## (M) Pasta

M1-Spaghetti Marinara .....	\$5.50
M2-Linguini Bolognese (Meat Sauce) .....	\$6.50
M3-Spaghetti with Meatballs or Sausage ....	\$6.50
M4-Linguini with Garlic and Oil .....	\$5.50
M5-Linguini W/Red or White Clam Sauce .	\$6.50
M6-Cavatelli and Broccoli Garlic Oil .....	\$6.50

## (N) Baked Dishes

N1-Baked Ziti .....	\$5.50
N2-Cheese Ravioli .....	\$5.50
N3-Lasagna .....	\$6.50
N4-Stuffed Shells or Manicotti ..	\$5.50



## (O) Main hot Dishes \$6.50

(Choice of Linguini or Ziti or Spaghetti or Rice)

O1-Chicken Francaise - Lemon Butter and White Wine Sauce
O2-Chicken Marsala - Sautéed with Mushrooms in Marsala wine Sauce
O3-Chicken Piccata - Sautéed in Lemon Butter and Capers and White Wine Sauce
O4-Chicken Parmigiana-Breaded Chicken Breast topped w/ Red Sauce & Mozzarella Cheese
O5-Chicken Scampi - Sautéed in Garlic Butter and White Wine Sauce
O6-Chicken Murphy - Sautéed with Mushrooms, Vinegar Peppers, Potatoes in White Wine Sauce

## (P) Hot Sandwiches \$5.75

P1-Meatball Parmigiana
P2-Sausage Parmigiana
P3-Eggplant Parmigiana
P4-Chicken Parmigiana
P5-Philly Cheese Steak w/ Pepper and Onion
P6-Hot Roast Beef with Gravy
P7-Tuna Melt on Rye P8-Turkey with Gravy
P9-Corned Beef Reuben
P10-Hot Pastrami and Swiss with Mustard on Rye
P11-Beef Gyros with Cucumber Sauce - Lettuce, Tomato and Onion on Pita Bread
P12-Chicken Gyros with Cucumber Sauce - Lettuce, Tomato and Onion on Pita Bread
P13-Chicken Philly Cheese Steak with Pepper and Onion
P14-Italian Sausage with Pepper, Onion and Potato
P15-Salisbury Steak with Gravy on Roll

## (Q) Burgers (Beef or Turkey)

Q1-Hamburger .....	\$3.75	deluxe ..	\$5.25
Q2-Cheese Burger .....	\$4.25	deluxe ..	\$5.75
Q3-Bacon Cheese Burger .....	\$4.95	deluxe ..	\$6.50
Q4-Pizza Burger .....	\$4.25	deluxe ..	\$5.75
Q5-Veggie Burger .....	\$3.95	deluxe ...	\$5.50

(deluxe comes with Lettuce , Tomato, French Fries)