

## GOOD MORNING BREAKFAST

Served from 7:00 am to 10:30 am

- ONE EGG ON A ROLL** .....1.50  
With Bacon, Ham, Sausage, Taylor Ham or Turkey Bacon 2.50
- TWO EGGS ON A ROLL** ..... 2.00  
With Bacon, Ham, Sausage, Taylor Ham or Turkey Bacon 3.00  
With Nova Salmon and Tomato ..... 6.99
- EGG WHITES ON A ROLL** ..... 2.00

- BREAKFAST PLATTER** ..... 4.50  
Two Eggs Any Style w/Choice of Any Breakfast Meat & Home Fries + Choice of Toast

- SIDE OF BACON, TURKEY BACON, HAM OR SAUSAGE** ..... 3.00

- EXTRA PER ITEM:**  
Lettuce, Tomatoes or Onions ..... 0.25  
Grilled Tomatoes, Grilled Onions or Cheese ..... 0.50  
Ham, Bacon, Sausage, Turkey Bacon, Taylor Ham or Slice Deli Meat .....1.00  
Substitute Roll w/Bagel or English Muffin ..... 0.50  
Substitute Roll w/Hero, Wraps or Croissant ..... 1.00

## OMELETTE

Served with Home Fries + Toast w/Butter

- WESTERN** ..... 4.99  
Black Forest Ham, Onions & Bell Pepper
- GREEK** ..... 4.99  
Spinach, Tomatoes & Feta Cheese
- CHEESE** ..... 4.50  
Choice of American, Swiss, Alpine Swiss, Cheddar, Alpine Cheddar, Muenster, Jalapeño Jack, Mozzarella or Provolone

## CREATE YOUR OWN OMELETTE

Served with Home Fries + Toast w/Butter

- THREE EGGS W/THREE TOSS-INS** ..... 4.99
- TOSS-INS:** Bell Peppers, Broccoli, Mushrooms, Onions, Scallions, Tomatoes, Spinach, Black Olives or Jalapeños
- ADD MEAT** ..... 1.00
- ADD CHEESE** ..... 0.50
- ADDITIONAL EGG OR EGG WHITES** ..... 0.50



## HEALTHY BREAKFAST

Served from 7:00 am to 10:30 am

- GOING HEALTHY PLATTER** ..... 5.99  
Five Egg Whites, Turkey Bacon and Alpine Swiss or Alpine Cheddar, Served w/Whole Wheat Toast

## HEALTHY WRAPS

- ENERGY WRAP** ..... 4.75  
Egg Whites, Alpine Swiss and Avocado

- VEGGIE WRAP** ..... 4.75  
Egg Whites, Spinach, Broccoli, Mushrooms and Muenster Cheese

- MEXICO WRAP** ..... 4.75  
Egg Whites, Ham, Bell Peppers, Onions, Jack Cheese and Chipotle Sauce

- HEALTHY WRAP** ..... 4.75  
Egg Whites, Turkey, Roasted Red Peppers and Onions on a Whole Wheat Wrap

## HEALTHY OATMEAL

- Creamy Homestyle Oatmeal w/Skim Milk ..... 3.00  
Maple Apple Oatmeal w/Skim Milk ..... 3.00  
Additional Toppings ..... 0.50

## BAGELS

- PLAIN, SESAME, POPPY, CINNAMON RAISIN, WHOLE WHEAT, ONION, EVERYTHING, BIALY** ..... 1.00  
Butter or Jelly ..... 0.25  
Plain/Low Fat Cream Cheese ..... 1.00  
Vegetable/Scallion/Lox Spread ..... 1.25  
Peanut Butter ..... 1.25

## PASTRIES, CROISSANTS AND POUND CAKES

- Cheese Danish, Fruit Danish, Cinnamon Bun, Chocolate Cigar, Apple Turnover, Chocolate Croissant, Strawberry Cheese Croissant, Almond Croissant, Plain Croissant ..... 2.25

- POUND CAKE:** Plain, Marble, Chocolate and Red Velvet 2.25

## REGULAR MUFFINS

- Corn, Blueberry, Bran 2.00

## YOGURT MUFFINS

- Blueberry Crumb, Cranberry Orange, Chocolate French Vanilla, Double Chocolate, Banana Walnut, Cappuccino 2.00

## FRUIT SALAD BOWL

- Fresh Fruit Salad 3.75

## YOGURT PARFAIT

- Strawberry or Vanilla 4.25

## BEVERAGES

- HOT BEVERAGES** ..... **12OZ** ..... **16OZ**
- House Blend ..... 1.60 ..... 2.25  
Decaffeinated ..... 1.60 ..... 2.25  
Regular and Decaf Lipton Tea ..... 1.25 ..... 1.50  
Herbal Tea ..... 1.50 ..... 2.00  
Hot Chocolate ..... 2.25 ..... 2.75

- COLD BEVERAGES** ..... **16OZ** ..... **24OZ**
- Iced regular and Decaf Coffee ..... 2.00 ..... 2.50  
Iced Tea ..... 1.50 ..... 2.00  
Lemonade ..... 1.99 ..... 2.50

- FRESH SQUEEZED ORANGE JUICE** ..... **SM.** ..... **LG**
- ..... 3.00 ..... 4.00



## SIGNATURE COLD SANDWICH

Slice Bread & Roll 7.50 • Wrap & Hero 8.50

- C1. THE GODFATHER**  
Salami, Pepperoni, Sopressata w/Provolone Cheese, Lettuce, Tomatoes, Onions, Hot Peppers, Olive Oil and Vinegar

- C2. DOWNTOWN**  
Turkey Breast and Roasted Beef w/Finlandia Swiss Cheese, Lettuce, Tomatoes and Horseradish

- C3. JACK STYLE**  
Cracked Pepper Turkey and Pastrami Turkey w/Jalapeño Jack Cheese, Lettuce, Tomatoes, Onions and Capers

- C4. SMOKEY**  
Smoked Ham and Smoked Turkey w/Finlandia Swiss Cheese, Coleslaw and Russian Dressing

- C5. LIBERTY STYLE**  
Virginia Ham, Black Forest Ham w/American Cheese, Lettuce, Tomatoes and Mayo

- C6. MONTE CRISTO**  
Ham, Smoked Turkey, Finlandia Swiss Cheese, Cheddar, Lettuce, Tomatoes and Honey Mustard

- C7. LENNY'S COMBO**  
Bologna, Salami w/Tomatoes, Mozzarella and Honey Mustard

- C8. TURKEY CLUB:** Turkey Breast w/Lettuce, Tomato, Bacon and Avocado

- C9. NOVI:** Smoked Nova w/Cream Cheese, Tomatoes, Onions on a Bagel

- C10. ST STYLE:** Sopressata and Turkey Breast w/Provolone Cheese, Roasted Red Peppers, Lettuce, Tomatoes, Onions, Capers, Balsamic Vinegar and Olive Oil

- C11. DYNAMIC DUO:** Roast Beef and Turkey Breast/Muenster Cheese, Shredded Red Cabbage, Avocado, Roasted Red Peppers, Lettuce, Tomatoes and Onions



## SIGNATURE HOT SANDWICH

Slice Bread & Roll 7.50 • Wrap & Hero 8.50

- H1. I♥NY:** Grilled Pastrami and Corned Beef w/Finlandia Swiss Cheese, Coleslaw and Russian Dressing

- H2. SPICY ROAST BEEF:** Grilled Roast beef w/Melted Jack Cheese, Romaine Lettuce, Tomatoes, Grilled Onions, Hot Peppers and Hot Sauce

- H3. TURKEY REUBEN:** Grilled Turkey and Corned Beef w/Melted Swiss Cheese, Sauerkraut and Mustard

- H4. SOPHI SWEET HEART:** Breaded Chicken Cutlet w/Melted Mozzarella Cheese, Grilled Onions, Sweet Peppers and Honey Mustard

- H5. WHITE COLLAR PHILLY:** Grilled Roasted Beef w/Fresh Mozzarella, Grilled Onions and Roasted peppers

- H6. JOURNAL SQUARE:** Grilled Cracked Pepper Turkey w/Melted Jalapeño Jack Cheese, Grilled Onions, Romaine Lettuce and Spicy Mustard

- H7. CHICKEN TANDORI:** Grilled Chicken w/A Blend of Eastern Spices and Roasted Red Peppers w/Vinaigrette

- H8. PHILLY STYLE:** Grilled Roast Beef w/America Cheese, Grilled Onions, Lettuce and Tomatoes

- H9. CUBAN:** Grilled Ham, Grilled Turkey, Sliced Pickles, Swiss Cheese and Russian Dressing



## CREATE YOUR OWN WRAP

All Salads Are Chopped

- Romaine  Baby Spinach  Mixed Greens

Select Unlimited Toppings 6.99

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Broccoli        | <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Green Peas         |
| <input type="checkbox"/> Celery          | <input type="checkbox"/> Cherry Tomatoes | <input type="checkbox"/> Black Olives       |
| <input type="checkbox"/> Corn            | <input type="checkbox"/> Cucumber        | <input type="checkbox"/> Red Beets          |
| <input type="checkbox"/> Carrots         | <input type="checkbox"/> Green Olives    | <input type="checkbox"/> Onions             |
| <input type="checkbox"/> Chickpeas       | <input type="checkbox"/> Kidney Beans    | <input type="checkbox"/> Artichoke Hearts   |
| <input type="checkbox"/> Hot Peppers     | <input type="checkbox"/> Black Beans     | <input type="checkbox"/> Sun Dried Tomatoes |
| <input type="checkbox"/> Red Peppers     | <input type="checkbox"/> Croutons        | <input type="checkbox"/> Hearts of Palm     |
| <input type="checkbox"/> Yellow Pepper   | <input type="checkbox"/> Mandarin Orange | <input type="checkbox"/> Mixed Pepper       |
| <input type="checkbox"/> Green Pepper    | <input type="checkbox"/> Apple (Green)   | <input type="checkbox"/> Radish             |
| <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Mushrooms       | <input type="checkbox"/> Chinese Noodle     |

Add Toppings 1.00 Each

- |                                     |  |   |
|-------------------------------------|--|---|
| <input type="checkbox"/> Avocado    | <input type="checkbox"/> Walnuts           | <input type="checkbox"/> Mozzarella           |
| <input type="checkbox"/> Tofu       | <input type="checkbox"/> Dried Cranberries | <input type="checkbox"/> Crumbled Blue Cheese |
| <input type="checkbox"/> Bacon      | <input type="checkbox"/> Cheddar Cheese    | <input type="checkbox"/> Egg Whites           |
| <input type="checkbox"/> Portobello | <input type="checkbox"/> Feta Cheese       | <input type="checkbox"/> Hard Boiled Egg      |
| <input type="checkbox"/> Mushroom   | <input type="checkbox"/> Jack Cheese       |   |

Add Additional Protein 2.00 Each

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Fried Chicken   | <input type="checkbox"/> Regular Turkey | <input type="checkbox"/> Cracked Pepper Turkey |
| <input type="checkbox"/> Grilled Chicken | <input type="checkbox"/> Smoked Turkey  | <input type="checkbox"/> Dry Tuna              |
| <input type="checkbox"/> Pesto Chicken   | <input type="checkbox"/> Ham            |  |

Regular Dressings

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Balsamic Vinaigrette | <input type="checkbox"/> Ranch                 |
| <input type="checkbox"/> Creamy Ranch     | <input type="checkbox"/> Blue Cheese          | <input type="checkbox"/> Honey Mustard         |
| <input type="checkbox"/> Caesar           | <input type="checkbox"/> Olive Oil            | <input type="checkbox"/> Lemon Pepper          |
| <input type="checkbox"/> Italian          |   | <input type="checkbox"/> Raspberry Vinaigrette |
| <input type="checkbox"/> Vinegar          |   |  |

100% Organic Dressing

- Sesame Ginger

Low Fat Dressing

## SPECIALTIES CHOPPED SALAD WRAP 7.50

### CLASSIC WRAP

Baby Spinach, Mushrooms, Red Onions, Hard Boiled Egg and Bacon with Low Fat Honey Mustard

### APPLE TURKEY

Mixed Greens, Honey Turkey, Green Apple, Crumble Blue Cheese, Green Olives, Dried Cranberry, Walnuts, Red Onions with Italian and Balsamic Vinaigrette

### SANTA FE

Romaine Lettuce, Avocado, Tomato, Corn, Pepper Jack Cheese, Grilled Onions, Black Beans with Low Fat Lemon Pepper Dressing

### MEDITTANEAN

Mixed Greens, Cucumber, Feta Cheese, Black Olives, Sun Dried Tomato, Red Onions, Chick Peas with Olive Oil

### CRISPY ASIAN CHICKEN 8.50

Romaine Lettuce, Grilled Chicken, Almonds, Mandarin Orange, Bell Peppers, Chinese Noodle with 100% Organic Sesame Ginger Dressing

All Ingredients Are Chopped • All Wraps are Whole Wheat



PLAZA 5  
160 Greene Street  
Jersey City, NJ 07311  
Tel: 201.333.9977  
Fax: 201.333.7707

Free Delivery or Call Ahead For Your  
Pick Up Order

**CREATE YOUR OWN SANDWICH**

Avocado .....	4.25
Black Forest Ham .....	5.75
Boiled Ham .....	5.75
Taylor Ham .....	5.75
Bologna .....	4.00
Brisket Beef .....	6.25
Chicken or Tuna Salad .....	5.75
Breaded Chicken Cutlet .....	6.25
Corned Beef .....	5.75
Cracked Pepper Turkey .....	5.75
Fresh Oven Roasted Turkey .....	6.25
Genoa Salami .....	5.50
Grilled Chicken Breast .....	6.25
Honey Turkey .....	5.75
Hummus .....	4.25
Pastrami (Hot) .....	5.50
Prosciutto .....	6.00
Roast Beef .....	6.00
Smoked Nova .....	6.25
Sopressata .....	6.00
Turkey Pastrami .....	5.75
Virginia Ham (Honey Baked) .....	5.75
Pepperoni .....	6.00
Peanut Butter and Jelly .....	2.50

**Add 1.00 for Grilled Meat**

**VARIETY OF CHEESE AS MAIN ITEM**

American, Cheddar, Finlandia Swiss Cheese & Mozzarella	3.50
Jalapeño Monterey Jack, Muenster, Provolone, Alpine, Fresh Mozzarella .....	4.75

**Add 0.50 for Grilled Cheese or Grilled Tomato**

**BREAD:** Hero, Italian Hero, Brick Oven, Whole Wheat Hero, Rye, Marble Rye, Pumpnickel, Sourdough, 7 Grain Whole Wheat, White, Kaiser Roll, Whole Wheat Roll, Bagel, Wrap, Whole Wheat Wrap, Ciabatta, Brioche. **Add \$1.50 Hero, \$1.00 For Croissants or Wrap, \$0.50 for Bagel or Ciabatta**

**ADD CHEESE:** Alpine Cheddar, Alpine Swiss, America, Cheddar, Finlandia Swiss, Jalapeño Monterey Jack, Mozzarella, Muenster or Provolone .....

0.50	
Fresh Mozzarella .....	1.00

**EXTRAS:** Alfalfa Sprouts, Apple, Basil, Capers, Carrots, Coleslaw, Cucumber, Horseradish, Hot Pepper, Roasted Red Pepper, Romaine Lettuce, Sauerkraut, Shredded Red Cabbage, Slice Pickle or Sweet Pepper .....

0.50	
Bacon, Portabello Mushrooms, Slices Avocado or Sundried Tomato .....	1.00

**Choice of Dressing Available, Shredded lettuce, Slice Tomato and Onion at NO EXTRA CHARGE**

**PLEASE ASK FOR OUR SANDWICH OF THE MONTH!**

**HOMESTYLE**

*Slice Bread & Roll 7.75 • Wrap & Hero 8.75*

**EVERYDAY THANKSGIVING**  
Fresh Oven Roasted Turkey w/Stuffing, Cranberry Sauce and Gravy

**GRANDSMA TURKEY**  
Fresh Oven Turkey w/Crispy Bacon, American Cheese, Grilled Onions, Lettuce and Tomatoes

**BRISKET**  
Brisket w/Melted Fresh Mozzarella Cheese, Grilled Onions, Romaine Lettuce and Gravy

**CHIVITO**  
Brisket w/Melted Cheddar Cheese, Crispy Bacon, Hot Peppers, Romaine Lettuce and Gravy

**ENTRÉE SALADS**

**CAESAR SALAD** ..... 4.95 w/Grilled chicken ..... 7.95  
Romaine Lettuce, Shaved Parmesan Cheese and crouton

**GARDEN SALAD** ..... 4.95 w/Grilled chicken ..... 7.95  
Romaine Lettuce, Tomatoes, Carrots, Cucumber, Green Peppers, Yellow Peppers, Red Peppers, Black Olives, Red Cabbage and Radish

**GREEK SALAD** ..... 5.95 w/Grilled chicken ..... 8.95  
Garden Salad w/Feta Cheese

**COB SALAD** ..... 9.95  
Grilled Chicken, Avocado, Bacon, Bits, Hard Boiled Egg, Tomato, Crumbled Blue Cheese

**SPRING SALAD** ..... 9.95  
Mesclun, Walnuts, Dried Cranberry, Red Onions, Grapes and Crumbled Blue Cheese

**CHOICE OF DRESSING:** Balsamic Vinegar, Creamy Ranch, Caesar, Italian and Balsamic Vinaigrette, Blue Cheese, Olive Oil

**LOW FAT DRESSING:** Lemon Pepper, Raspberry Vinaigrette, Honey Mustard, Ranch.

**100% ORGANIC DRESSINGS:** Sesame Ginger

**GOURMET SOUPS**

We Take Our Soups Seriously. *We Make Them Fresh Daily.*  
Ask About Our Daily Soup Specials

**OUR DAILY SOUP** ..... 3.95



**CHEESE AND VEGGIES**

*Slice Bread & Roll 6.99 • Wrap & Hero 7.99*

**CAPRESSE**  
Fresh Mozzarella Cheese, Basil, Tomato, Balsamic & Oil

**GARDEN**  
Avocado, Romaine Lettuce, Tomato, Carrots, Cucumber, Alfalfa Sprouts, Red Cabbage, Sweet Peppers and Honey Mustard on Whole Wheat Bread

**VEGGIE TERIYAKI**  
Grilled Vegetable w/Melted Fresh Mozzarella and Teriyaki Sauce

**DIET STYLE**  
Grilled Vegetable w/Hummus Alpine Swiss, Avocado, Green Apple, Roasted Red Pepper Cucumber and Mesclun

**MOZZARELLA SUPREME:** Fresh Mozzarella, Roasted Red Peppers, Basil, Capers, Tomato and Balsamic Vinaigrette

**CHICKEN AND TUNA SALAD**

*Slice Bread & Roll 6.99 • Wrap & Hero 7.99*

**TUNA MELT**  
Tuna Salad Melted Cheddar, Romaine and Tomato

**HIPPIE FISH**  
Tuna Salad w/Carrots, Cucumbers, Alfalfa Sprouts and Tomatoes w/Honey Dijon

**CHICKEN SALAD BLT**  
Chicken Salad Romaine Lettuce, Tomato and Crispy Bacon

**CHICKEN SALAD HOUSE**  
Chicken Salad, Cucumber, Red Cabbage, Green Apple, Romaine Lettuce and Tomatoes



**HUDSON'S GRILL GOURMET SALAD**

**(Cold) 3.99 Per 1/2 Lb (1/2 Lb Minimum)**

- Cheese Tortellini**
- Tomato Avocado**
- Tuna Shell Pasta**
- Tomato Mozzarella**
- Macaroni Salad (3.50)**

**GRILLED CHICKEN**

*Slice Bread & Roll 7.75 • Wrap & Hero 8.75*

**HEALTHY GRILLED CHICKEN**  
Grilled Chicken Breast w/Melted Fresh Mozzarella Cheese, Grilled Onions, Romaine Lettuce and Roasted Red Pepper

**SAN FRANCISCO**  
Grilled Chicken Breast w/Avocado, Roasted Red Peppers, Mesclun and Ranch Dressing

**HOT HOT PANTS**  
Grilled Chicken Breast w/Melted Fresh Mozzarella Cheese, Grilled Onions, Romaine Lettuce, Hot Peppers and Tabasco Sauce

**KARATE CHICKEN**  
Grilled Breast w/Melted Fresh Mozzarella Cheese, Grilled Onions, Romaine Lettuce, Tomatoes and Teriyaki Sauce

**PESTO CHICKEN**  
Grilled Chicken Breast w/Fresh Mozzarella Cheese, Basil, Roasted Red Peppers, Grilled Onions, Tomatoes, Romaine Lettuce and Pesto Sauce

**CHICKEN CAESAR WRAP**  
Grilled Chicken Breast, Parmesan Cheese, Croutons, Romaine Lettuce and Caesar Dressing



**BREADED CHICKEN CUTLET**

*Slice Bread & Roll 7.75 • Wrap & Hero 8.75*

**BBQ CHICKEN:** Breaded Chicken Cutlet w/Fresh Mozzarella, Lettuce, Grilled Onions and BBQ Sauce

**CHICKEN CHEDDAR BACON:** Breaded Chicken Cutlet, Melted Cheddar Cheese, Crispy Bacon, Lettuce and Tomato

**CORDON BLUE:** Breaded Chicken Cutlet and Grilled Honey Baked Ham w/Melted Mozzarella Cheese, Grilled Onions, Lettuce and Tomatoes

**CHICKEN PARM:** Breaded Chicken Cutlet w/Fresh Mozzarella Cheese and Homemade Parmesan Sauce

**SMOKED DELUXE:** Breaded Chicken Cutlet and Grilled Pastrami, Smoked Fresh Mozzarella Cheese, Pickles, Lettuce and Tomato

**BUFFALO:** Breaded Chicken Cutlet w/Melted Crumbled Blue Cheese, Spicy Buffalo Sauce and Romaine Lettuce

**FIRE ISLAND:** Breaded Chicken Cutlet, Jalapeño Jack Cheese, Roasted Red Pepper, Grilled Onions and Chipotle Sauce