

EAT. DRINK. SOCIALIZE.

BNY 240 GREENWICH

Monday - Friday

Breakfast 7:00am - 10:00am | Lunch 11:00am - 2:00pm

Grab N Go 2:00pm - 7:00pm

WEEK OF AUGUST 18TH



RISE & SHINE

BREAKFAST SPECIALS

FLAME - tortilla wrap filled with eggs, ham, peppers, mushrooms, swiss cheese & potatoes	10.05
CREATE - herbed bulgar with chickpeas, tomatoes, cucumbers, kalamata olives, fried egg, feta cheese with tahini sauce	10.05
CREATE (FRIDAYS ONLY) - choice of pancake, waffle or french toast with strawberries, roasted bananas, mixed berries, chocolate chips	7.69

MON

BIBIMBAP - chicken bowl with mezze rice, cucumbers, tomatoes, red onions, kalamata olives, feta cheese, hummus & greek salad	14.39
THAI & TRUE - shrimp & pineapple curry with jasmine rice, eggplant, snow peas & spinach with peppers, bamboo shoots & green beans	15.65
GRAZE - chicken marsala, tomato basil baked cod, tofu, broccoli rabe with garlic & lemon, garlic roasted potatoes, italian vegetables, mixed greens salad & arugula parmesan salad	.79/oz

TUES

PICCOLA ITALIA PICCATA - choice of chicken, shrimp or tofu with linguine or capellini, piccata sauce & prosciutto, parmesan cheese, broccoli, roasted peppers & artichokes	14.39
ROOFTOP SERIES - pad thai bowl with rice noodles, peanuts, eggs, onions & bean sprouts with spring roll & sweet chili sauce	12.00
GRAZE - malai lamb, spicy chicken curry, bombay spiced tofu, vegetable paleo rice, spinach dal, vegetable samosa, kachumbar salad, cilantro chutney, naan bread	0.79/oz

WED

LITTLE LIME - choice of pork carnitas, beef barbacoa, beyond steak asada, chicken fajita or tex-mex zucchini & peppers with a choice of rice bowl, salad bowl or burrito	13.50
BUTCHER & BAKER CARVERY - roasted turkey with fresh spinach, sliced cucumbers, gorgonzola cheese & honey mustard on telera bread	11.75
GRAZE - filipino style bbq chicken, crispy pork belly, gochujang tofu, eggplant & long bean adobo, lo mein noodles, stir fried bok choy, garlic fried rice & jicama pepper salad	.79/oz

THURS

THAI & TRUE - green curry tofu with jasmine rice, eggplant, snow peas & spinach with peppers, bamboo shoots & green beans	12.65
BIBIMBAP - beef & vegetable bowl with mezze rice, greek salad, kalamata olives, red onions, tomatoes, feta cheese & hummus	14.39
GRAZE - braised top round, roasted turkey breast, salt & pepper tofu, roasted vegetables, roasted asparagus, garlic mashed potatoes, wild rice pilaf, garden salad, grain salad	.79/oz

FRI

PICCOLA ITALIA - get your favorite slice of plain, pepperoni or mushroom pizza	4.60
FLAME - chicken philly meat with peppers & onions with provolone cheese on a hoagie roll with french fries & a choice of either bubly or smart water alkaline	9.00
GRAZE - roasted lamb tagine, marinated tofu, chicken & apricot tagine, lemon basmati rice, seven vegetable tagine, chickpea vegetable tagine, artichoke, sugar snap pea salad	.79/oz

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WEEKLY FEATURES

ITEMS AVAILABLE ALL WEEK

ROOTS & SEEDS

fresh tomato, potatoes, red onions, red peppers with grilled chicken	13.65
mesclun salad mix topped with asparagus, edamame, fresh radish with dill & farro	11.99
blackened salmon with fresh arugula & fennel topped with fresh grapefruit	15.40

BUTCHER & BAKER

grilled chicken with artichoke hearts, marinara sauce with provolone cheese & parmesan cheese on a hoagie roll	10.95
white bean hummus with arugula, tomatoes, cucumbers, spinach, artichoke & roasted red peppers on multigrain bread	10.95
roast beef with tomatoes, lettuce, onions, provolone cheese & horseradish sour cream in a tortilla wrap	10.95

WEEKLY SOUP MENU

MONDAY

clam chowder	5.00
vegetable minestrone	5.00

TUESDAY

curried rice & lentil	5.00
vegetarian chili	5.00

WEDNESDAY

baked stuffed potato	5.00
moroccan tomato lentil	5.00

THURSDAY

broccoli cheddar	5.00
hearty beef & vegetable	5.00

FRIDAY

garden vegetable	5.00
tomato basil	5.00

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BNY EVERETT

Monday – Friday

Breakfast 7:00am – 10:00am | Lunch 11:00am – 2 :00pm

WEEK OF AUGUST 18TH



RISE & SHINE

BREAKFAST SPECIALS

Monday - cinnamon raisin french toast	\$6.49
Tuesday - spicy chicken pico pepper jack breakfast sandwich	\$6.49
Wednesday - grilled pear pancakes	\$6.49
Thursday - broccoli & gouda egg bite strata	\$6.49
Friday - western omelet flatbread	\$6.49

MON

FLAME - fish & chip basket	\$9.59
LITTLE LIME - taco salad or loaded nachos	\$11.99
DELI - "build your own" sandwich bar	\$8.99

TUES

BUTCHER & BAKER - greek salad w/ chicken wrap	\$12.39
PICCOLA ITALIA - turkey or beef meatballs in marinara w/ rigatoni & caprese salad	\$11.99
FLAME - my hammy grilled cheese	\$9.59

WED

BUTCHER & BAKER - mediterranean club on wheat	\$12.39
BIBIMBAP - gochuchang chicken or tofu rice bowl	\$11.99
FLAME - white truffle veggie burger w/ bacon, goat cheese & red onion jam	\$9.59

THURS

BUTCHER & BAKER - roasted pork w/ mushroom, caramelized onion, and jack cheese	\$12.39
PICCOLA ITALIA - assorted flatbread pizza & caesar salad	\$11.99
FLAME - grilled salmon w/ guacamole & iceberg on a whole wheat bun	\$9.59

FRI

FLAME - pesto grilled chicken w/ bruschetta on brioche	\$9.59
DELI - "build your own" sandwich bar	\$8.99

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WEEKLY FEATURES

ITEMS AVAILABLE ALL WEEK

graze available all week

WEEKLY HIGHLIGHT

piccola italia station takeover on tuesday & thursday!

chef's table featuring "thai & true" signature crying tiger beef salad

WEEKLY SOUP MENU

MONDAY

garden vegetable 4.99/6.09

TUESDAY

chicken, lemon, orzo 4.99/6.09

WEDNESDAY

southwest chicken tortilla 4.99/6.09

THURSDAY

tomato bisque 4.99/6.09

FRIDAY

clam chowder 4.99/6.09

EAT. DRINK. SOCIALIZE.

BNY JERSEY CITY

Monday – Friday

Breakfast 7:00am – 10:00am | Lunch 11:00am – 2:00pm

Coffee 2:00pm – 4:00pm

WEEK OF AUGUST 18TH



RISE & SHINE

BREAKFAST

BYO breakfast sandwiches and omelets	
pancakes	3.27
breakfast potatoes	1.65
french toast	3.27
tater tots	1.65

SPECIALS

denver hash breakfast wrap	5.95
chicken philly cheese steak	5.95
my hammy grilled cheese sandwich	8.25

MON

GRAZE BREAKFAST- cheesy eggs, pork sausage patties, tater tots 0.71/oz

GRAZE EXPRESS- chicken marsala, tomato basil baked cod, vegan tofu filling, broccoli rabe with garlic & lemon, creamy asparagus pasta, garlic roasted potatoes, Italian blend vegetables, mixed green salad, arugula parmesan salad 0.71/oz

BUTCHER & BAKER- tuscan vegetable sandwich on multigrain 8.05

FLAME- chicken philly cheese steak 8.25

TUES

GRAZE BREAKFAST- egg white strata, broccoli & gouda egg bite strata 0.71/oz

GRAZE EXPRESS- malai lamb, spicy andhra chicken curry, bombay spiced tofu, spicy andhras vegetable curry, vegetable pilaf rice, spinach dal, samosa, kachumbari salad, chutney, tamarind chutney, cilantro and naan 0.71/oz

BUTCHER & BAKER- chicken artichoke Italian sub 8.05

CARVERY- carved turkey, gorgonzola cheese and honey mustard 9.10

WED

GRAZE BREAKFAST- egg white strata, western omelet flatbread, corned beef hash 0.71/oz

GRAZE EXPRESS- filipino style bbq chicken, chon kawali, gochujang tofu, eggplant long bean adobo, ginisang bok choy, vegetable pancit, sinangag, vegetable pancit canton, achar 0.71/oz

BUTCHER & BAKER- beef & provolone horseradish cream wrap 8.05

CARVERY- carved turkey, gorgonzola cheese and honey mustard 9.10

THURS

GRAZE BREAKFAST- bacon egg and cheese flatbread, biscuits sausage & gravy 0.71/oz

GRAZE EXPRESS- braised top round, roasted turkey breast, salt & pepper tofu, roasted vegetables, roasted asparagus, garlic mashed potatoes, wild rice pilaf, cucumber kale parsley grain salad 0.71/oz

BUTCHER & BAKER- tuscan vegetable sandwich on multigrain 8.05

FLAME- chicken philly cheese steak 8.25

FRI

GRAZE BREAKFAST- cheesy eggs, sausage patties, tater tots 0.71/oz

GRAZE EXPRESS- roasted lamb tagine, chicken & apricot tagine, marinated tofu, tagine couscous, lemon basmati rice, seven vegetable tagine, chickpea vegetable tagine, artichoke & sugar snap pea salad, harissa sauce, tagine starter sauce 0.71/oz

BUTCHER & BAKER- chicken artichoke italian sub 8.05

FLAME- chicken philly cheese steak 8.25

WEEKLY FEATURES

ITEMS AVAILABLE ALL WEEK

tuscan vegetable sandwich on multigrain	8.05
chicken artichoke italian sub	8.05
beef & provolone horseradish cream wrap	8.05
peach & barley	0.71/oz
local kale	0.71/oz
grilled asparagus	0.71/oz
cucumber dill salad	0.71/oz

WEEKLY SOUP MENU

MONDAY

chicken noodle	5.56
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TUESDAY

curried rice and lentil	5.56
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WEDNESDAY

vegetarian chili	5.56
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THURSDAY

baked stuffed potato soup	5.56
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FRIDAY

broccoli cheddar	5.56
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