

## ●●● LUNCH STUFF ●●●

### HOMEMADE SOUPS OF THE DAY 5.00

Served with our house bread. Ask server for daily flavor (always one vegan flavor each day).

### LIGHT LUNCH COMBO 8.50

Any combination (of two) of the following: small garden salad, half sandwich or soup

### CIAO'S EXCLUSIVE STIR FRIED VEG & GRAINS 8.00

Hand chopped daily & cooked to order. Ask server for flavor of the day or have it plain. Available week days 11-6

Add chicken — \$2

Tamari Tofu — \$1.50

### THE CIAO QUESADILLA 8.00

Flour tortilla filled with our black beans, cheddar cheese and baby spinach leaves grilled and served with fresh guacamole and salsa.

Add chicken — \$2

### ASK ABOUT OUR DAILY LUNCH SPECIALS

## ●●● SALADS ●●●

\$8.00

All of our salads are made with the Ciao extreme greens which is our own crunchy and refreshing blend of romaine, baby arugula, baby spinach, sweet pea shoots and bull's blood micro greens.

### CIAO HOUSE

Ciao extreme greens with goat cheese, dried cranberries, toasted pecans and an infused orange olive oil dressing.

### ASIAN CHOP

Ciao extreme greens with marinated tofu, carrot, edamame and tamari almonds with our Sesame dressing on the side.

### COBB SALAD

Organic chicken and egg, corn, blue cheese, bacon (optional), tomato over greens.

Served with creamy basil dressing on the side

### ROASTED BEET

Ciao extreme greens with roasted beets, goat cheese, red onion and pecan and an infused orange oil dressing.

### CIAO GARDEN IN TWO SIZES

As a side — \$4, main — \$7

Ciao extreme greens with cucumber, sweet corn, carrot and grape tomato, with creamy basil dressing.

Add to your salad:

- Chicken — \$2
- Tamari Tofu — \$1.50
- Hard cooked egg — \$1
- Avocado — \$1
- Blue cheese or goat cheese — \$2
- Tamari almond, pistachio or pecan — \$1
- Bacon — \$1



Visit our other locations

**THE CIAO AT SUSTAINABLE NYC**

139 Avenue A, between 8th & 9th Streets

**WEST SIDE CAFE**

107 West 10th Street, between 6th Avenue & Greenwich Avenue.

## ●●● BRUNCH ●●●

Weekends 9-4 — \$9.50

All brunch is made to order and includes a glass of fresh squeezed orange juice and fresh fruit.

Brunch to go is an additional \$1

### GRANDMA LINDA'S PANCAKES WITH PURE MAPLE SYRUP

#### PICK N' MIX PANCAKES

Add any of these ingredients to Grandma Linda's pancakes for \$0.75 each:

strawberries, walnuts, peanut butter, bananas, pecans, raspberry jam, blueberries, chocolate chips, sauteed apples, cranberries, white chocolate chips.

#### ALMOND BRIOCHE FRENCH TOAST

A great twist on an old standard, served with pure maple syrup and butter.

#### GYPSY TOAST

A savory French toast served with fresh chive and cheddar with chef's own red onion confit.

#### HUEVOS VERDES

Our salsa verde with zucchini, red pepper, sweet corn, black beans and baby spinach in corn tortilla with two scrambled eggs and cheddar. Served with sour cream and salsa.

#### THE HUNGBUSTER

Hand grated potato, rosti style with two sunnyside up eggs on top. Add pork, chicken or veggie sausage or bacon — \$2

#### OMELETTES

##### THE MANHATTAN

Artichoke heart, spinach and mushrooms.

##### EXTREME GREEN

A gorgeous green blend of blanched baby spinach, asparagus, leek and broccoli.

##### THE ITALIAN JOB

Red pepper, leek, and zucchini with your choice of: pork, chicken or veggie sausage.

Add swiss or cheddar to any omelette — \$1

#### THE REFRESHER PLATE

Fresh fruit, low fat organic vanilla yogurt and our Ciao granola.

#### THE UNDER 12 SET

5.00

Includes a small orange juice and fruit.

##### THREE LITTLE PANCAKES

##### SCRAMBLED EGGS WITH TOAST

##### HALF PORTION OF ALMOND BRIOCHE FRENCH TOAST

## ●●● SIDES ●●●

2 SLICES OF TOAST	1.50
EGG WHITE ONLY	2.00
EXTRA SUNNYSIDE UP EGG	1.00
PORK, CHICKEN, VEGGIE SAUSAGE	2.00
SIDE SALAD	4.00
BACON	2.00



## MENU

523 EAST 12TH STREET  
BETWEEN AVENUES A & B  
NEW YORK, NY 10009

CIAOFORNOW.NET

MONDAY-FRIDAY 7:30-6

SATURDAY 8-6

SUNDAY 9-6

212.677.2616

**WE ARE CIAO FOR NOW.** A SMALL, FRIENDLY CAFE THAT BEGAN IN THE EAST VILLAGE OF NEW YORK CITY. WE STRIVE TO CREATE ORIGINAL, DELICIOUS FOOD WITH THE BEST AVAILABLE INGREDIENTS. WE USE LOCAL VENDORS FOR OUR ORGANIC CHICKEN, GRASS FED BEEF AND HORMONE FREE, FREE RANGE TURKEY, NITRITE FREE BACON, FRESH MOZZARELLA, HAND MADE LASAGNA NOODLES AND LOCAL TOMATOES. ALL OF OUR BAKED GOODS ARE PREPARED FRESH EVERY DAY ON SITE. WE USE ORGANIC EGGS, HUDSON VALLEY FRESH MILK AND LOCAL AND ORGANIC PRODUCE WHENEVER SEASONAL. WE MAKE MANY OF OUR SANDWICH BREADS. THE COFFEE WE SERVE IS ORGANIC AND PROVIDED BY INK COFFEE. THE ICED COFFEE WE SERVE IS COLD BREWED DAILY PRODUCING A LOWER ACID DELICIOUS COFFEE.

WE USE QUADRUPLE FILTERED WATER FOR ALL OF OUR COOKING, BAKING AND BEVERAGES, INCLUDING CAPPUCINOS AND LATTES.

ALL OF OUR FOOD WASTE IS COMPOSTED AND WE USE AN ELECTRIC CAR FOR OUR LOCAL DELIVERIES.

WE HOPE YOU ENJOY YOUR SNACK, DRINK OR MEAL!

CHEERS!

KEVIN, AMY, DJANGO, OPAL, ATLAS, AND  
THE GREAT STAFF OF CIAO FOR NOW.

## ●●● BREAKFAST ●●●

<b>ORGANIC STEEL CUT OATS</b>	<b>4.25</b>
With choice of currants, raisins, maple syrup, cranberries and brown sugar. Add pecans — \$0.50. Add milk — \$0.50, soy milk or rice milk — \$0.75	
<b>HOMEMADE GRANOLA</b>	<b>2.75</b>
Oatmeal, currants, apricot, wheat germ, flax seed, pure maple syrup & canola oil. Add milk — \$0.50, soy milk or rice milk — \$0.75	
<b>FRUIT CUP</b> (seasonal fruit)	<b>4.00</b>
<b>NOT-A-FRITTATA</b>	<b>3.50</b>
Eggs, swiss cheese, spinach, roasted potato & caramelized onion. With bacon — add \$0.25	
<b>EGG WRAP</b>	<b>4.25</b>
Scrambled eggs with cheddar cheese, caramelized onions with sausage (or vegetarian sausage).	
<b>QUICHE OF THE DAY</b>	<b>P/A</b>
<b>INDIVIDUAL YOGURT</b>	<b>1.75</b>
<b>BREAKFAST PARFAIT</b>	<b>5.00</b>

## ●●● PASTRIES ●●●

<b>POTATO PUFF</b>	<b>3.00</b>
Filled with goat cheese and roasted red pepper.	
<b>APPLE TURNOVER</b>	<b>3.00</b>
<b>MAPLE PECAN STICKY BUN</b> (weekends only)	<b>3.50</b>
<b>MUFFINS</b>	<b>2.00</b>
Golden pineapple, corn, polenta with lemon and lavender glaze mango strawberry, sugar free bran.	
<b>MUFFINS WITH NUTS</b>	<b>2.50</b>
Vegan banana crunch, blueberry, morning glory.	
<b>PUMPKIN LOAF</b>	<b>2.50</b>
<b>SCONES</b>	<b>2.50</b>
Blueberry, raspberry, spelt with date and apricot, apple oat with maple vanilla glaze.	
<b>SAVORY BISCUITS</b>	<b>2.50</b>
Spinach and feta, bacon and cheddar, cheddar and herb.	
<b>COFFEE CAKE OF THE DAY</b> (per slice)	<b>2.50</b>
<b>VEGAN COFFEE CAKE OF THE DAY</b>	<b>3.25</b>
<b>COOKIES</b>	<b>1.50</b>
Chocolate chunk, peanut butter, oatmeal currant, gingersnaps.	
<b>VEGAN CHOCOLATE ESPRESSO COOKIE</b>	<b>2.00</b>
Made with spelt flour.	
<b>MINI COOKIES</b>	<b>0.75</b>
Melt in your mom's mouth sugar cookie, monster, chocolate crackle.	
<b>LARGE CUPCAKES</b>	<b>2.00</b>
chocolate, vanilla, red velvet and carrot	
<b>MINI CUPCAKES</b>	<b>1.25</b>
chocolate, vanilla, red velvet, carrot	

## ●●● BARS ●●●

\$2.50

<b>SUPER FUDGE BROWNIE</b>	
<b>BLONDIE</b> (with white chocolate and pecan)	
<b>RASPBERRY BAR</b>	
<b>VEGAN SNACK BAR</b>	
Oats, oat bran, natural peanut butter, agave, dried fruit, sesame seeds & dairy free chocolate.	
<b>SPELT AND DATE BAR</b>	
<b>PEANUT BUTTER AND JELLY BAR</b>	
<b>VEGAN SPELT BAR</b>	
<b>VEGAN BROWNIE</b>	

## ●●● COLD DRINKS ●●●

<b>COLD BREWED ICED COFFEE</b> (reg or decaf)	<b>2.25</b>
<b>ICED AMERICANO</b>	<b>3.25</b>
<b>ICED LATTE</b>	<b>4.50</b>
<b>ICED CAPPUCCINO</b>	<b>4.50</b>
<b>ICED MOCHA</b>	<b>5.00</b>
<b>ICED GREEN TEA WITH HONEY, LEMON &amp; GINGER</b>	<b>2.25</b>
<b>HERBAL ICED TEA</b>	<b>2.25</b>
<b>ICED BLACK TEA</b>	<b>2.25</b>
<b>LEMONADE</b>	<b>2.50</b>
<b>STRAWBERRY LEMONADE</b>	<b>2.50</b>
<b>PASSIONFRUIT LEMONADE</b>	<b>2.50</b>
<b>FRESH SQUEEZED ORANGE JUICE</b>	<b>2.25</b>
<b>FRESH SQUEEZED GRAPEFRUIT JUICE</b>	<b>2.25</b>
<b>APPLE JUICE BOX</b>	<b>1.50</b>
<b>BOTTLED WATER</b>	<b>1.75</b>
<b>ORGANIC MILK</b> (plain or chocolate)	<b>1.50</b>
<b>VANILLA SOY MILK BOX</b>	<b>1.50</b>

## ●●● HOT DRINKS ●●●

	<b>S</b>	<b>L</b>
<b>ORGANIC COFFEE</b>	<b>1.75</b>	<b>2.00</b>
<b>ESPRESSO</b>	<b>2.25</b>	<b>2.75</b>
<b>CAFÉ AU LAIT</b>	<b>2.00</b>	<b>2.25</b>
<b>AMERICANO</b>	<b>2.25</b>	<b>2.75</b>
<b>MACCHIATO</b>	<b>2.25</b>	<b>2.75</b>
<b>LATTE</b>	<b>3.50</b>	<b>4.00</b>
<b>CAPPUCCINO</b>	<b>3.50</b>	<b>4.00</b>
<b>MOCHA</b>	<b>4.00</b>	<b>4.50</b>
<b>VALRHONA HOT CHOCOLATE</b>	<b>3.00</b>	<b>3.50</b>
<b>CHAI LATTE</b>	<b>3.50</b>	<b>4.00</b>
<b>TWO LEAVES AND A BUD TEAS</b>	<b>2.00</b>	

Soy and rice milk are available for an additional charge

## ●●● SANDWICHES ●●●

\$8.00

<b>CIAO HEALTH CLUB</b>	
3 slices hearty bread toasted with hummus, guacamole, carrot, red pepper, & cucumber. Add chicken — \$2 Add bacon — \$1	
<b>AVOCADO SANDWICH</b>	
Avocado, cheddar, tomato, carrot and cucumber on nine grain.	
<b>CIAO BLT</b>	
Bacon, lettuce and tomato on brioche with red pepper mayo. Add avocado — \$1	
<b>GRILLED CHEESE</b>	
Cotswold cheese on hearty bread with tomato and red onion confit. Add bacon — \$1	
<b>ORGANIC CHICKEN SALAD ON BRIOCHE</b>	
A grilled brioche roll with our home made chicken salad and arugula.	
<b>THE TURKEY SANDWICH</b>	
Sliced turkey on nine grain with dijonnaise, baby arugula & tomato. Add avocado — \$1	
<b>TUNA SALAD SANDWICH</b>	
Our tuna salad on nine grain or Make it a tuna melt (heat it up with cotswold cheese and tomato) Add — \$1	
<b>MOZZARELLA AND ROASTED VEGGIES</b>	
Roasted zucchini, eggplant and red pepper on our house semolina roll with fresh basil and lemon mayo.	
<b>KID'S SANDWICHES</b> (on white or wheat)	<b>5.00</b>
<b>TURKEY AND CHEESE</b>	
<b>GRILLED CHEDDAR CHEESE</b>	
<b>KID'S QUESADILLA</b>	<b>4.00</b>
Just cheddar.	

### CAKES

We make lots of delicious cakes for any special occasion. We have a variety of sizes and shapes to fit your needs. All of our cakes are custom made for your order, and we will include a simple message if you request it. Feel free to give us a call if you have questions or want to design your own cake. We happily make vegan and gluten-free cakes.

### CATERING

Ciao For Now caters to many occasions: photo shoots, weddings and intimate events as well as local meetings for various organizations. Call or email us with questions:  
212.835.2595 or kevin@ciaoformnow.net