



COLD OR HOT PRESSED
SANDWICH STATION

COLD SANDWICH

CAPRESE	5.95
Homemade fresh mozzarella, tomatoes, basil with vinaigrette	
PROSCIUTTO DI PARMA	6.95
Fresh mozzarella, roasted peppers, aioli and fresh basil	
BLACK FOREST SPECIAL	6.95
Black forest ham, cheddar cheese, Russian dressing	
GRILLED VEGETABLES	5.95
Grilled mixed vegetable, goat cheese, with balsamic dressing	
RARE ROAST BEEF	6.95
With caramelized onions, horseradish mayo	
GRILLED CHICKEN BREAST CLUB	6.95
Roasted peppers, arugula, crispy bacon & basil mayonnaise	
TUSCAN SUPREME	6.95
Genoa salami, pepperoni, provolone, roasted peppers, tomato with vinaigrette	

WRAP STATION

VEGETARIAN	5.95
Assorted fresh grilled vegetables, red onions, field greens on a whole-wheat wrap	
GRILLED CHICKEN CAESAR	6.95
Grilled chicken breast, romaine lettuce, tomatoes, Caesar dressing and shaved Parmesan on a white wrap	
SPICY SHRIMP	6.95
Grilled Shrimp, Romaine Lettuce, Fresh Tomatoes, Spicy Dressing on a sun-dried wrap	
FRESH MOZZARELLA	5.95
Fresh mozzarella, basil, roasted peppers, field greens, balsamic vinegar dressing on a whole-wheat wrap	
TUNA SALAD	5.95
Freshly made tuna salad, red onion, lettuce and tomatoes on a spinach wrap	
HUMMAS	5.95
Lemon-olive oil, capers, tomato, field greens on a whole-wheat wrap	



ENTRÉE STATION

All entrees are served with two sides of the day or pasta where noted

ENTRÉES

CHICKEN PARMIGIANA	8.95
Homemade tomato sauce, fresh mozzarella and fresh basil served over spaghetti	
CHICKEN FRANCAISE	8.95
Sautéed in lemon butter and white wine sauce	
SLICED SHELL STEAK ARRIBIATA	10.95
10 oz. shell steak grilled to your liking, sliced over garlic French bread with a tomato sauce with a bite	
EGGPLANT PARMIGIANA	7.95
Homemade tomato sauce, fresh mozzarella and fresh basil served over spaghetti	
VEGETABLE TOFU STIR-FRY WITH RICE	7.95
Broccoli, zucchini, yellow squash, cabbage, carrots, red pepper, marinated in soy dressing	
SHRIMP SCAMPI	10.95
Sautéed w/ lemon, capers, garlic, in a white wine sauce served over linguini	
GRILLED SHRIMP	10.95
Marinated in our secret recipe tamarind sauce, placed over a bed of field greens	

SIDES

ROSEMARY POTATO WEDGES	2.50
RICE OF THE DAY	2.50
TODAY'S VEGETABLES	2.75
<i>(Seasonal daily selection)</i>	



COFFEE BAR

HOT BEVERAGES

featuring Gevalia® Coffee			
	<i>Reg.</i>	<i>Med.</i>	<i>Large</i>
FRESH BREWED COFFEE	1.15	1.35	1.75
FRESH BREWED DECAF COFFEE	1.15	1.35	1.75
FLAVORED COFFEE	1.15	1.35	1.75
HOT TEA (Green, Black, Herbal)	1.15	1.35	1.75
ESPRESSO	1.50	2.25	—
CAPPUCCINO/LATTE	2.50	2.75	3.25
FLAVORED CAPPUCCINO	2.95	3.25	3.50
CAFÉ MOCHA	2.95	3.25	3.50
HOT CHOCOLATE	1.25	1.50	1.75

COLD BEVERAGES

HOMEMADE ICED COFFEE	1.65
ICED TEA / LEMONADE	1.75
FRESH ORANGE JUICE	2.25
STEWARTS SODAS	1.50
SNAPPLE OR ARIZONA ICE TEA	1.50
GATORADE	1.50
JUICES (Tropicana, Martinelli Apple)	1.75
SODA	1.00 / 1.50 (20oz)
SPRING WATER	1.35 / 2.50 (liter)
SAN PELLEGRINO	1.50 / 2.75 (liter)

ASK US ABOUT OUR WHOLE CAKES FOR THAT
SPECIAL OCCASION

Personalized inscriptions are available at no extra charge

ALL ITEMS SUBJECT TO AVAILABILITY,
PRICES SUBJECT TO CHANGE



Gourmet Market &
Catering Co.

EAT-IN ~ TAKE-OUT ~ DELIVERY

Breakfast ~ Lunch ~ Dinner ~ Brunch
~ Marketplace ~

Fall/Winter 2005-06

34 Greene Street
(The Liberty Towers)
Jersey City, NJ 07302
www.thegreencow.com

Phone: 201.434.1547 Fax: 201.434.1548

Hours:
Monday thru Friday 6:30am – 9pm
Saturday 8:00am – 5pm
Sunday 8:00am – 3pm





BREAKFAST MENU		
Served till 11:00AM and 2:00PM on Weekends		
EGG SANDWICH	2.95	
Two eggs on sandwich or wrap <i>bacon, ham, taylor ham or sausage - add 1.50 each</i>		
SOUTHWESTERN WRAP	3.25	
Scrambled eggs, peppers, onions, cheddar cheese & salsa in a whole wheat wrap		
HEALTHY WRAP	3.25	
Scrambled egg whites w/mixed vegetables in a spinach wrap		
CREATE YOUR OWN OMELETE	3.95	
Three eggs with three fillings		
Fillings: Bell peppers, broccoli, mushrooms, onions, olives, tomatoes, spinach		
Cheeses: American, swiss, cheddar, feta, blue cheese		
FRENCH TOAST	3.25	
Texas style toast with cinnamon and sugar accompanied with fresh fruit		
BUTTERMILK PANCAKES	3.25	
Warm buttermilk pancakes accompanied with fresh fruit <i>bacon, ham, taylor ham or sausage - add 1.50 each</i>		
BAGELS and ROLLS	.95	
Plain, cinnamon raisin, poppy seed, onion, sesame seed and everything <i>Butter 1.15 - Plain cream cheese 1.45 - Flavored cream cheese 1.65</i>		
DANISH	1.75	
Cheese, poppy, cinnamon swirl, pecan coffee ring		
HOMEMADE MUFFINS	1.50	
Corn, blueberry, double chocolate, orange cranberry, honey oat		
CROISSANT	1.75	
SCONES	1.75	
Blueberry, chocolate chip, orange		
YOGART PARFAIT	3.25	
Served with delicious honey granola		
FRESH FRUIT SALAD	3.25	
HEARTY OATMEAL OR CREAM OF WHEAT	2.50	
Toppings Include: cinnamon, brown sugar, granola, honey <i>(choose any two)</i>		



CREATE YOUR OWN SALAD STATION		
Step 1 SELECT YOUR TYPE OF GREENS		
Romaine Lettuce – Spinach – Organic Mesclun Greens		
\$5.95 (Regular) - \$7.95 (Large)		
Step 2 SELECT FROM THE MANY TOSS-IN SELECTIONS (Select 4 Items)		
Chick Peas	Corn	Hard Boiled Egg
Cherry Tomatoes	Sweet Peas	Kidney Beans
Broccoli	Cucumber	Celery
Shredded Carrots	Olives	Roasted Peppers
Mushrooms	Sunflower Seeds	Sliced Beets
Pasta	Baby Mozzarella	Bacon
Sundried Tomatoes	Asparagus	Feta
Sesame Noodles	Avocado	Blue Cheese
Step 3 SELECT YOUR MAIN INGREDIENT (Select 1 Item)		
Albacore Tuna (no mayo) – Grilled Chicken		
Smoked Turkey – Portobello Mushrooms – Grilled Shrimp		
Step 4 SELECT YOUR DRESSING		
Oil and vinegar, ranch, low fat ranch, blue cheese, creamy Italian, low fat Italian, vinaigrette, french, thousand island, caesar, honey dijon		
croutons, red onions are complimentary		
Add an additional .75 per Toss-In Item		
Add an additional 1.50 per Main Ingredient		
FRESH AND HEARTY SOUP STATION		
Choose from our fresh daily variety of homemade soups served with choice of oyster crackers or bread		
Soup \$3.95		
Add cookie & fruit \$4.95		



BRICK OVEN PIZZA STATION		
	Ind.	16"
CLASSIC CHEESE PIZZA (MARGHERITA)	6.95 / 12.95	
Homemade tomato sauce, fresh mozzarella and fresh basil		
BBQ CHICKEN	7.95 / 14.95	
Homemade tangy bbq sauce, smoked mozzarella, & sweet red onions		
GRILLED VEGETABLE PRIMAVERA	7.95 / 14.95	
Portobello mushrooms, red onions, zucchini, eggplant, tomato basil sauce		
GRILLED CHICKEN AND FRESH TOMATO	7.95 / 14.95	
Marinated grilled chicken breast, fresh sliced tomatoes, fresh mozzarella		
BIANCA DIFETTO™	7.95 / 14.95	
Ricotta, parmesan, fresh mozzarella, roasted red pepper & fresh basil		
PEPPERONI	7.95 / 14.95	
Mozzarella, parmesan cheese and fresh basil		
FOUR SEASON	8.95 / 16.95	
Hot sausage, grilled eggplant, artichokes, asparagus, and tomato basil sauce		
SICILIAN PIZZA	- / 16.95	
Square thick crust Chicago style pizza with tomato sauce, mozzarella and basil		
CALZONE, STROMBOLI, SAUSAGE ROLL, CHICKEN ROLL, PEPPERONI ROLL	5.95 each	
ADDITIONAL TOPPINGS:		
\$1.00 each for Individual / \$2.00 each for Large Pizza (Sausage, roasted peppers, red onions, pepperoni, grilled eggplant, mushrooms, olives, spinach, grilled chicken, grilled shrimp)		
FRESH PASTA STATION		
Served with homemade brick oven garlic foccacia		
SPAGHETTI PUTTANESCA	6.95	
Calabrese olives, capers, tomatoes, roasted garlic, chili flakes		
RIGATONI WITH CHICKEN AND BROCCOLI	7.95	
Grilled marinated chicken breast sautéed with broccoli, garlic and oil.		
PENNE WITH BROCCOLI RABE AND ITALIAN SAUSAGE	7.95	
Sautéed broccoli rabe and roasted sausage in a garlic and oil sauce		
LINGUINI WITH CLAM SAUCE (Red/White)	8.95	
Chopped fresh clams sautéed in garlic, oil, and Italian seasonings		
PENNE W/ SHRIMP IN VODKA SAUCE	8.95	
Shrimp sautéed in a vodka cream sauce		
FETTUCINI ALFREDO	7.95	
Light cream, Parmesan and Romano cheese, egg yolks and butter.		



HOT SANDWICH STATION		
FLAME-BROILED		
Accompanied with a side of french fries		
bacon add 1.50		
CHARBROILED HAMBURGER	5.95	
8 oz. ground beef		
THE GREEN COW™	6.95	
8 oz. ground beef on with spicy guacamole, jack cheese and smoked bacon		
VEGGIE BURGER	6.95	
TURKEY BURGER	5.95	
8 oz. ground turkey		
SLICED STEAK SANDWICH	8.95	
8 oz. Shell steak cooked to order with onions with horseradish mayo		
GRILLED PORTOBELLO SANDWICH	5.95	
Balsamic vinaigrette, roasted red peppers, fresh mozzarella and mixed greens		
HOT SANDWICHES		
EGGPLANT PARMIGIANA	5.95	
Homemade tomato sauce, fresh mozzarella and fresh basil		
CHICKEN PARMIGIANA	6.95	
Homemade tomato sauce, fresh mozzarella and fresh basil		
HOT OPEN ROAST BEEF	6.95	
Rare roast beef topped with wild mushroom brown sauce		
BUFFALO CHICKEN	6.95	
Served with caramelized onions and blue cheese		
ROASTED VEGETABLES	5.95	
Served with fontina cheese and pesto spread		
ALL ITEMS SUBJECT TO AVAILABILITY, PRICES SUBJECT TO CHANGE		

