

Check Out Our Catering Menu

Specializing In:
 Breakfast Meetings and Business Luncheons
 Call 24-48 Hours Ahead To Schedule Delivery
 0-3 Miles \$75 Minimum \$7 Delivery
 4-6 Miles \$125 Minimum \$12 Delivery
 7-9 Miles \$175 Minimum \$17 Delivery

Some Restrictions Apply
 Cancellations must be communicated to GCBC staff as soon as possible - late cancellation may result in a 50% cancellation fee

Ask About Monthly Specials

- Salad
- Sandwich
- Smoothie
- Latte
- Nutrition Shake
- Dessert

Try Out Nutrition Zone

Detox Trim Recover
 Our New Line Of Pure Whole Fruit and Vegetable Shakes, Plus A Full Line Of Supplements To Customize Your Shake
 To Your Health Needs
 • Monthly 1/2 Price Supplement Add-Ins

Catering Menu

BEVERAGES

Bistro Box (coffee to go).....	12.49
Service includes: half and half, sugar, Sweet and Low, Equal, Splenda, cups and lids (serves 8 people). Choose from our specialty house roast, decaf, flavored coffees, tea, hot chocolate or vanilla cappuccino	
Orange Juice (pint).....	2.25 (1/2 gallon)..... 4.99
Apple Juice	1.55
Assorted Turkey Hill (pint).....	1.89
Bottled Water	1.55 (case)..... 19.99

BREAKFAST SELECTIONS

Bagel Packs	
#1. One Dozen Bagels	14.25
one tub of cream cheese, one tub of butter	
#2. Two Dozen Bagels	28.49
two tubs of cream cheese, one tub of butter and preserves	
#3. Three Dozen Bagels	46.75
four tubs of cream cheese, two tubs of butter and preserves Above available sliced on platters for an additional 3.00 per platter.	

Pastry and Bagel Platter (per person)..... 2.99
 Assortment of freshly baked bagels and our large pastries served on a tray with cream cheese, butter and preserves (minimum 12 people)

Assorted Pastry Platter (per person)..... 2.99
 Assortment of our large muffins, Danish, crumbcake, twists and scones (minimum 12 people)

Fruit and Yogurt Parfait (per person)..... 3.49
 Lowfat vanilla yogurt with strawberries and granola

Fresh Fruit Cups (per person)..... 3.49
 Pineapple, honeydew, cantaloupe and red grapes

Fresh Fruit Salad (by the pound)..... 6.49

Fresh Fruit Trays Large (20+ people)..... 53.99

Small (up to 20 people)..... 43.99
 Chunks of pineapple, honeydew, cantaloupe, red grapes and strawberries served with a creamy dip

Baked Oatmeal with Berries and Nuts (up to 16 people)..... 43.99
 Baked oatmeal served with fresh strawberries, walnuts, steamed milk and brown sugar

Whole Quiche (serves 16)..... 29.99
 Choose from our selection of house specialty quiches.

Smoked Salmon Display (per person)..... 8.25
 Nova lox garnished with lettuce, lemon, tomatoes, red onion and capers served with freshly baked bagels and cream cheese. (Minimum 10 people)

Hot Breakfast Sandwiches (per person)..... 4.25
 Egg and cheese sandwiches with an assortment of bacon, ham and sausage on our freshly baked bagels. Available on a tray, \$3 extra

Mini Pastry Tray..... 26.99
 An assortment of 24 mini pastries arranged on a tray

Bagel Bite Tray (serves 24)..... 29.99
 An assortment of 7 dozen bagel bites on a tray with two tubs of cream cheese

Specializing in breakfast meetings and office luncheons

LUNCH SELECTIONS

Café Sandwich Tray (per person).....	7.99
An assortment of our oven roasted turkey, ham, chicken salad and tuna salad served on bagels and wraps. Served with pickles, chips, macaroni salad, coleslaw and condiments	
Signature Sandwich Tray (per person).....	8.99
Assorted signature sandwiches, Rockefeller, Tribeca Club, Broadway, Greenwich, Times Square, 5th Ave. and Lady Liberty on our signature rolls, focaccia, wraps and bagels. Served with pickles, chips, macaroni salad, coleslaw and condiments	
Mix It Up Tray (per person).....	8.49
An assortment of all of the above	

SOUP

Tomato Bisque Soup (per person)..... 3.79
 Our house signature soup served with fresh homemade croissants and cheddar cheese. Minimum 10 people

LARGE SALADS FOR A GROUP (SERVES 15)

Grand Central salads provide yet another fresh alternative to the standard lunch options. Served with our fresh homemade croissants and assorted dressings:
 Dressings: Italian, Bleu Cheese, Caesar, Oriental, 1000 Island, Balsamic Vinaigrette, Raspberry Vinaigrette and Ranch

Garden Salad	54.99	Club Salad	74.99
Fresh greens, cucumber, tomato, green pepper, hard boiled egg, red onion, fresh homemade croissants and choice of dressing			
Chicken Caesar Salad	64.99	Romaine lettuce, chicken breast, fresh homemade croissants, red onion, tomato, parmesan cheese and Caesar dressing	

DESSERT SELECTIONS

Ask about our dessert of the month

Cookies by the Dozen	7.49
Assorted Bar Tray (per person) minimum 12 people.....	2.50
Brownies, Tandy Cakes, Rice Krispies treats, seasonal specialty	

GRAND CENTRAL CAFÉ'S POLICIES:
 Thank you for giving us the opportunity to work with you. The following policies have been developed to ensure that we have time to coordinate your event so it meets your expectations.

1. Catering orders require a minimum of 24-42 hours
2. Orders require a minimum of 48 hour advance notice; therefore, place your order as early as possible.
3. All cancellations should be communicated to Grand Central Catering staff as soon as possible. Should you need to cancel a function, please note that same-day cancellations may result in a 50% cancellation fee.
4. Payment can be made by cash, check or any major credit card to Grand Central Catering.

GOOD MORNING DELICIOUS!



Welcome to Grand Central Bagel Café where neighbors meet and become friends. Here at Grand Central we love our customers and greatly value your patronage. Our promise to you is to always give you our best service and the finest, freshest, quality products. Our bagels are baked fresh daily along with a wide variety of delectable baked goods. We serve Boar's Head quality meats and cheeses with no artificial flavors, colors or byproducts — quite a big deal in today's market where everybody's looking to cut corners. Our coffee is freshly roasted for us and delivered to us the next day.

Come in and enjoy our warm cozy atmosphere for breakfast, a snack or lunch. Meet with friends over a hot and steamy mocha or hold a business meeting using our free wireless access. Our staff is here to make your experience enjoyable.

Grand Central also specializes in catering breakfast meetings and office luncheons. We offer bagel and pastry trays, fresh fruit trays, baked oatmeal, quiches, soup, salads, sandwiches and desserts. Call and talk to one of our catering consultants.

We look forward to serving you.

GRAND CENTRAL BAGEL CAFE

245 CENTERVILLE RD. • LANCASTER, PA 17603
 Mon.-Fri. 6am-4pm • Sat.-Sun. 7am-3pm
717-299-0700
 FAX 717-299-7006
 WWW.GRANDCENTRALBAGEL.COM

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GCBC EST 1995

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CHILL FACTOR FROZEN DRINKS

	small	medium	large
Espresso Smoothie	3.75	4.25	4.75
Our house espresso blended with lowfat frozen yogurt Flavors: mocha, caramel, vanilla, vanilla hazelnut			
Fruit Blast	3.25	3.75	4.25
Fruit puree blended with ice Flavors: strawberry, strawberry/banana, mango			
Fruit Smoothie	3.75	4.25	4.75
Lowfat frozen yogurt blended with our fruit puree Flavors: strawberry, strawberry/banana, mango			
Chai or Green Tea Smoothie	3.75	4.25	4.75

ON THE ROCKS

	medium	large
Iced Latte - Caramel or Vanilla	4.00	4.50
Iced Mocha	4.00	4.50
Iced Coffee	1.80	2.00
Italian Soda		2.50
Fresh Brewed Iced Tea (one size)		1.89
Fountain Soda (one size)		1.89

HOUSE FAVORITES ESPRESSO DRINKS

ASK ABOUT OUR MONTHLY DRINK SPECIALS

Available in decaf or made with skim upon request.
Made with soy milk, half and half or extra shot add .50

	small	medium	large
Classic Café Mocha	3.75	4.25	4.75
For the true blue chocolate lover, sweet ground Ghirardelli chocolate, whipped cream and chocolate sauce			
Sugar-Free Mocha	3.75	4.25	4.75
All of the rich chocolate flavor with none of the sugar, topped with whipped cream			
Irish Mocha	3.75	4.25	4.75
Sweet ground Ghirardelli chocolate, Irish cream syrup, topped with whipped cream and sprinkles			
White Chocolate Mocha	3.75	4.25	4.75
Ghirardelli white chocolate, topped with whipped cream and cinnamon			
Caramel Cream	3.75	4.25	4.75
Rich caramel sauce with a kiss of vanilla, topped with whipped cream and caramel			
Raspberry Truffle	3.75	4.25	4.75
Ghirardelli white chocolate and raspberry syrup, topped with whipped cream and sprinkles			
Cinnamon Honey Latte	3.75	4.25	4.75
Cinnamon spice with nature's sweet honey, topped with whipped cream and cinnamon			
Chai Latte	3.75	4.25	4.75
Black tea blended with ginger, honey, vanilla and rare spices			

nutrition ZONE TRIM

DETOX and REFRESH

Sm. (12oz) 3.95 • Lg. (20oz) 4.95

Green Giant
Crushed pineapple with ripe banana, kale, spinach and a hint of real lemon

Carrot Top
Pink and white guava blended with passion fruit, carrots, banana and real orange

Apple Zinger
Delicious tree-ripened apples with the zing of fresh ginger, wheatgrass and a hint of real lemon

Berry Patch
Antioxidant-rich raspberries, strawberries, blackberries and blueberries—simple and naturally sweet
Extra fruit or veggies add 50¢

BUILD and RECOVER

Sm. (12oz) 4.95 • Lg. (20oz) 5.95

Mocha Melt
Rich Ghirardelli Chocolate blended with espresso, skim milk, 20g vanilla protein and "Burn Fat Burn"

Berry Lean
Raspberries, strawberries, blackberries and blueberries blended with banana, flaxseed oil and "Burn Fat Burn"

Cardo King
20g of protein blended with skim milk, flaxseed oil, fiber blend, strawberries and agave

Almond Banana Bolt
40g of protein blended with skim milk, almond butter and a whole banana

Green Goddess
Almond milk with 20g vanilla whey protein, banana, spinach, kale, avocado and flaxseed oil sweetened with agave

Balance it out...

Add 20g pure natural protein for 1.25
Essential amino acid to rebuild the body.
Whey or soy - chocolate or vanilla

THE CLASSICS

Add a flavor for .50. French vanilla, caramel, raspberry, Irish cream, hazelnut, almond. Most flavors available in sugar free.

	small	medium	large
Coffee	1.75	1.95	2.15
Gourmet Hot Chocolate	3.00	3.25	3.50
Made with Ghirardelli sweet ground chocolate			
Steamer	3.00	3.25	3.50
Steamed milk with your choice of flavored syrup			
Tea (one size, assorted selections)		1.89	
	single	double	triple
Espresso	2.00	2.50	3.00
Cappuccino	3.00	3.50	4.00
Latte	3.00	3.50	4.00
Americano	2.25	2.75	3.25
Café au Lait	2.25	2.75	3.25

TRUE BLUES

FRESH BAKED BAGELS, BREADS AND SWEETS

Bagels Each99	Jelly	1.65
Baker's Dozen	10.25	Hummus	2.99
Bagels with:		Super Cinnamon Bagel	1.29
Plain Cream Cheese	2.49	Artisan Rolls and Breads	1.49
Flavored Cream Cheese	2.69	Baked Oatmeal Daily Varieties	
Butter or Margarine	1.65	Sugar free or fruited	
Peanut Butter	2.49		

Bagel Flavors:

blueberry, chocolate chip, cinnamon raisin, egg, everything, 7 grain, garlic, harvest jalapeño cheddar, multigrain, onion, plain, poppy, pumpernickel, rye, salt, sesame, spinach, sun-dried tomato, super cinnamon, whole wheat, seasonal varieties



LITE FARE SOUP AND SALAD

Dressings: Italian, Ranch, Bleu Cheese, Caesar, 1000 Island, Balsamic Vinaigrette and Raspberry Vinaigrette

Grilled Chicken Caesar	8.99	Chicken Taco	9.49
Mixed greens, chicken breast, tomato, red onion and Caesar dressing topped with shredded Italian cheese and fresh homemade croutons			
Strawberry Salad	9.49	Garden Salad	6.49
Fresh spinach, grilled chicken breast, strawberries, feta cheese, and red onions topped with candied almonds and celery seed vinaigrette			
Club Salad	9.49	Add a Scoop of Chicken Salad or Tuna Salad	2.50
Mixed greens, grilled chicken breast, bacon, hard boiled egg, cheddar cheese, tomato and red onion topped with fresh homemade croutons and your choice of dressing			
Buffalo Chicken Salad	9.49	Small Side Salad	4.49
Mixed greens, cucumber, tomato, spicy Buffalo chicken, red onion, coleslaw and bleu cheese dressing topped with fresh homemade croutons			
Soup of the Day	4.79	Yogurt and Fruit Parfait	3.49
Served with fresh homemade croutons or crackers			
Quiche of the Day	5.69	Fresh Fruit Cup	3.49

The FDA advises consuming raw or undercooked meats, poultry, seafood or eggs increases your risk of foodborne illness. Prices subject to change without notice.

DELI BOARD COLD SANDWICHES

Proud To Serve Board's Head

Long Island Lox	8.49	Tribea Club	8.79
Lox, cream cheese, tomato and red onion on choice of bagel			
Rockefeller	8.49	Lady Liberty	8.49
Roast beef, provolone cheese, horseradish sauce, lettuce, red onion and tomato on a cheddar roll			
Greenwich Village	7.49	Times Square	7.49
Roasted red peppers, lettuce, tomato, green pepper, red onion, cucumber, veggie cream cheese and chipotle mayo on focaccia			
5th Avenue	7.49	Empire Chicken Salad	8.49
Turkey breast, lettuce, tomato, red onion and pesto mayo on an asiago roll			
Seaport Tuna	7.49	Classic salad, bacon, cheddar cheese, lettuce and tomato in a wrap	
Chrysler BLT	7.49	Classic bacon, lettuce, tomato and mayo on choice of bagel	



FROM THE GRILL GRILLED SANDWICHES

All sandwiches served with your choice of side and a pickle

Grand Central Chicken	8.59	Broadway...It's a Wrap	8.29
Grilled chicken breast, roasted red peppers, Monterey Jack cheese and tomato garlic sauce on an Asiago roll			
Upper East Side	9.29	Ellis Island	8.69
Grilled steak and onions with provolone cheese, avocado, roasted red peppers and pesto sauce on parmesan roll			
Buffalo Chicken	8.59	Brooklyn BBQ Chicken	9.19
Grilled chicken breast, spicy Buffalo sauce, bleu cheese dressing, lettuce and coleslaw on your choice of wrap			
Harlem Chicken	8.89	Grilled chicken, onions, bacon, melted cheddar cheese, tomato, lettuce and honey bbq sauce on a wrap	
Bronx Beef	8.49	Grilled sliced steak, grilled onion, Monterey Jack cheese and AI sauce on a French roll	
Carnegie Hall Pastrami	8.29	Hot pastrami, grilled onions, Swiss cheese and deli mustard on your choice of bagel	
Park Ave.	8.49	Grilled ham, Swiss, onions with coleslaw and thousand island dressing	
Queens Quesadilla	9.29	Grilled chicken, red onion, green peppers and cheddar cheese in a crispy flour tortilla served with salsa and sour cream	



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- Dessert

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Trim Recover Our New Line Of Pure Whole Fruit and Vegetable Shakes. Plus A Full Line Of Supplements To Customize Your Shake To Your Health Needs
• Monthly 1/2 Price Supplement Add-Ins

SUPPLEMENTS

75¢ EA.

Daily Essentials
Keep your body running all day with all of the micronutrients the RDA recommends.

Energyizer
Mother Nature's natural zing. Eleuthero, ginkgo, bee pollen, gotu kola, cola nut and white willow bark.

Women's Blend
Anti-aging benefits of aloe, vitamin C and lycopen.

Burn Fat Burn!

Watch the fat MELT away! Chromium picolinate, garcinia, L-carnitine and inulin.

Ultimate Recovery
All the nutrients to recover, while strengthening your immunity, bones and vision.

Flaxseed Oil
The Omega-3 fatty acids your body needs to improve cardio, circulation, immune system and joints.

Joint Blend

For superior joint health: hyaluronic acid, glucosamine, chondroitin sulfate and MSM.

Fiber Blend
Lowers cholesterol, promotes healthy heart and aids in healthy digestion.

Wheatgrass
Rich in vitamins A, B, C and E and all of the known mineral elements; purifies and detoxes the body.

BREAKFAST GRILL

Choice of meat: sausage, bacon, Taylor ham or steak

The Classic	4.25	The Garden	4.25
Meat, egg and cheese on your choice of bagel			
Focaccia Grill	4.49	Omelet Wrap	4.79
Egg, cheese and roasted red peppers on grilled focaccia			
No Meat	3.49	Egg & Cheese Bagel	3.25
3 eggs, meat and cheese in a wrap			
Hash Browns	99		