



*Chill Factor*

**FROZEN DRINKS**

<b>Espresso Smoothie</b> .....	3.25	.....	3.75	.....	4.25
Our house espresso blended with lowfat frozen yogurt Flavors: mocha, caramel, vanilla, vanilla hazelnut					
<b>Fruit Blast</b> .....	3.00	.....	3.50	.....	4.00
Fruit puree blended with ice Flavors: strawberry, strawberry/banana, Superfruit, mango					
<b>Fruit Smoothie</b> .....	3.25	.....	3.75	.....	4.25
Lowfat frozen yogurt blended with our fruit puree Flavors: strawberry, strawberry/banana, Superfruit, mango					
<b>Chai or Green Tea or Almond Smoothie</b> ..	3.25	.....	3.75	.....	4.25
Frozen chai/green tea or almond smoothie					

*On The Rocks*

<b>Iced Latte - Caramel, Vanilla, etc.</b> .....	2.90	.....	3.40	.....	3.90
<b>Iced Mocha</b> .....	3.00	.....	3.50	.....	4.00
<b>Iced Coffee</b> .....	1.32	.....	1.56	.....	1.70
<b>Italian Soda</b> .....	1.25	.....	1.50	.....	1.75
<b>Fresh Brewed Iced Tea (one size)</b> .....	1.59				
<b>Fountain Soda (one size)</b> .....	1.59				

*House Favorites*

**ESPRESSO DRINKS**

*Available in decaf or made with skim upon request.  
Made with soy milk, Half & Half or extra shot - add .50*

<b>Classic Café Mocha</b> .....	3.00	.....	3.50	.....	4.00
For the true blue chocolate lover, sweet ground Ghirardelli chocolate, whipped cream and chocolate sauce					
<b>Sugar Free Mocha</b> .....	3.00	.....	3.50	.....	4.00
All of the rich chocolate flavor with none of the sugar, topped with whipped cream					
<b>Irish Mocha</b> .....	3.00	.....	3.50	.....	4.00
Sweet ground Ghirardelli chocolate, Irish cream syrup, topped with whipped cream and sprinkles					
<b>White Chocolate Mocha</b> .....	3.00	.....	3.50	.....	4.00
Ghirardelli white chocolate, topped with whipped cream and cinnamon					
<b>Caramel Cream</b> .....	3.00	.....	3.50	.....	4.00
Rich caramel sauces with a kiss of vanilla, topped with whipped cream and caramel					
<b>Raspberry Truffle</b> .....	3.00	.....	3.50	.....	4.00
Ghirardelli white chocolate and raspberry syrup, topped with whipped cream					
<b>Cinnamon Honey Latte</b> .....	3.00	.....	3.50	.....	4.00
Cinnamon spice with nature's sweet honey, topped with whipped cream and cinnamon					
<b>Chai or Green Tea Latte</b> .....	3.00	.....	3.50	.....	4.00

*The Classics*

**TRUE BREWS**

*Add a flavor for .40. French vanilla, caramel, raspberry, Irish cream, hazelnut, almond.  
Most flavors available in sugar free.*

<b>Coffee</b> .....	1.32	.....	1.56	.....	1.70
<b>Gourmet Hot Chocolate</b> .....	2.35	.....	2.85	.....	3.25
Made with Ghirardelli sweet ground chocolate					
<b>Steamer</b> .....	1.85	.....	2.10	.....	2.25
Steamed milk with your choice of flavored syrup					
<b>Tea (one size, assorted selections)</b> .....	1.56				
<b>Espresso</b> .....	1.75	.....	2.25	.....	2.75
<b>Cappuccino</b> .....	2.50	.....	3.00	.....	3.50
<b>Latte</b> .....	2.50	.....	3.00	.....	3.50
<b>Americano</b> .....	1.75	.....	2.25	.....	2.75
<b>Café au Lait</b> .....	1.75	.....	2.25	.....	2.75

*Breakfast Grill*

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

<b>The Classic</b> .....	3.59				
Meat, egg and cheese on your choice of bagel					
<b>Focaccia Grill</b> .....	3.89				
Meat, egg, cheese and roasted red peppers on grilled focaccia					
<b>Focaccia Grill (no meat)</b> .....	2.89				
<b>Omelet Wrap</b> .....	4.19				
3 eggs, meat and cheese in a wrap					
<b>Omelet Wrap (no meat)</b> .....	3.19				
<b>Meat and Egg Bagel</b> .....	3.39				
<b>Meat on Bagel</b> .....	3.09				
<b>Egg on Bagel</b> .....	1.99				
Add Cheese..... .50					
<b>Hash Browns</b> .....	.99				

*Fresh Baked*

**BAGELS, BREADS & SWEETS**

<b>Bagels each</b> .....	.79				
<b>Baker's Dozen</b> .....	8.99				
<b>Bagel's With:</b>					
<b>Plain Cream Cheese</b> .....	2.09				
<b>Lite Plain Cream Cheese</b> .....	2.39				
<b>Flavored Cream Cheese</b> .....	2.49				
<b>Lox Spread</b> .....	2.59				
<b>Butter of Margarine</b> .....	1.39				
<b>Peanut Butter</b> .....	1.99				
<b>Jelly</b> .....	1.39				
<b>Hummus</b> .....	2.49				
<b>Super Cinnamon Bagel</b> .....	1.09				
<b>Artisan Rolls and Breads</b> .....	1.09				
<b>Baked Oatmeal</b>					
Sugar free or fruited					

**Bagel Flavors:**  
blueberry, chocolate chip, cinnamon raisin, egg, everything, seven grain, garlic, harvest, jalapeño cheddar, multigrain, onion, plain, poppy, pumpernickel, rye, salt, sesame, spinach, sundried tomato, super cinnamon, whole wheat, seasonal varieties

**Cream Cheese Flavors:**  
plain, lite plain, strawberry, blueberry, apple raisin cinnamon, garlic and herb, sundried tomato, chives, vegetable, lite vegetable, lox, seasonal varieties

*Prices subject to change.*

245 Centerville Road  
Lancaster, PA 17603

MON.-FRI. 6AM-4PM • SAT. & SUN. 7AM-3PM

**717.299.0700**  
FAX 717.299.7006



*Lite Fare*

SOUP AND SALAD

*Dressings: Lite Italian, Lite French, Ranch, Bleu Cheese, Caesar, Oriental Sesame, 1000 Island, Balsamic Vinaigrette and Raspberry Vinaigrette*

<b>Grilled Chicken Caesar</b> .....	7.39
Mixed greens, chicken breast, tomato, red onion and Caesar dressing topped with shredded Italian cheese and fresh homemade croutons	
<b>Chef Salad</b> .....	7.39
Mixed greens, turkey, ham, hard boiled egg, cheddar cheese, tomato, black olives and red onion topped with fresh homemade croutons and your choice of dressing	
<b>Club Salad</b> .....	7.39
Mixed greens, grilled chicken breast, bacon, hard boiled egg, cheddar cheese, tomatoes and red onion topped with fresh homemade croutons and your choice of dressing	
<b>Buffalo Chicken Salad</b> .....	7.39
Mixed greens, cucumber, tomato, spicy Buffalo chicken, red onion, coleslaw and bleu cheese dressing topped with fresh homemade croutons	
<b>Garden Salad</b> .....	5.59
Mixed greens, cucumber, tomato, green pepper, hard boiled egg and red onion topped with fresh homemade croutons and your choice of dressing	
<b>Add a scoop of Chicken Salad or Tuna salad for</b> .....	2.00
<b>Small Side Salad</b> .....	3.19
<b>Soup of the Day</b> .....	3.79
Served with fresh homemade croutons or crackers	
<b>Quiche of the Day</b> .....	4.49
<b>Yogurt and Fruit Parfait</b> .....	2.95
<b>Fresh Fruit Cup</b> .....	2.95

*From The Grill*

GRILLED SANDWICHES

*All sandwiches served with your choice of side and a pickle*

<b>Grand Central Chicken</b> .....	7.09
Grilled chicken breast, roasted red peppers, Monterrey Jack cheese and tomato garlic sauce on an Asiago roll	
<b>Chinatown Chicken</b> .....	6.79
Grilled chicken breast, grilled red onion, lettuce, cucumbers and sesame dressing on a sesame roll	
<b>Buffalo Chicken</b> .....	7.09
Grilled chicken breast, spicy Buffalo sauce, bleu cheese dressing, lettuce and coleslaw on a sesame roll	
<b>Cuban Chicken</b> .....	7.39
Grilled chicken breast, ham, Swiss cheese, pickles, mayo and deli mustard on a French roll	
<b>Noho Salsa Turkey</b> .....	6.99
Grilled turkey, lettuce, tomato, cheddar cheese and tangy salsa in a wrap	
<b>Brooklyn BBQ Beef</b> .....	6.99
Grilled sliced steak, grilled onion and green pepper, cheddar cheese and BBQ sauce on a French roll	
<b>Bronx Beef</b> .....	6.99
Grilled sliced steak, grilled onion, Monterrey Jack cheese and A1 sauce on French roll	
<b>Carnegie Hall Pastrami</b> .....	6.79
Hot pastrami, grilled onions, Swiss cheese and deli mustard on your choice of bagel	
<b>Metropolitan Tomato Grill</b> .....	6.19
Grilled tomatoes, Monterrey Jack cheese, scallion cream cheese, cucumbers and lettuce on your choice of bagel	
<b>Chicken Quesadilla</b> .....	7.39
Grilled chicken, red onion, green peppers and cheddar cheese in a crispy flour tortilla served with salsa & sour cream	

*Prices subject to change.*

*Deli Board*

COLD SANDWICHES

*We only serve Boar's Head*

<b>Long Island Lox</b> .....	7.09
Lox, cream cheese, tomato and red onion on choice of bagel	
<b>Rockefeller Roast Beef</b> .....	6.99
Roast beef, provolone cheese, horseradish sauce, lettuce, red onion and tomato on a cheddar roll	
<b>Greenwich Village</b> .....	6.29
Roasted red peppers, lettuce, tomato, green pepper, red onion, cucumber, veggie cream cheese and chipotle mayo on focaccia	
<b>Fifth Avenue Turkey</b> .....	6.29
Turkey breast, lettuce, tomato, red onion and chipotle mayo on focaccia	
<b>Mediterranean Turkey</b> .....	7.19
Turkey breast, feta cheese, black olives, cucumber, red onion, lettuce, tomato and Italian dressing in a wrap	
<b>The Grand Club</b> .....	7.29
Ham, roast beef or turkey, bacon, lettuce, tomato, red onion, mayo and cheese on your choice of bagel	
<b>Chicken Caesar Wrap</b> .....	6.79
Chicken breast strips, Caesar dressing, red onion, parmesan cheese, lettuce and tomato in a wrap	
<b>Union Square</b> .....	6.59
Ham, Swiss cheese, lettuce, tomato, red onion and deli mustard on a French roll	
<b>Seaport Tuna</b> .....	6.39
Tuna salad, cucumber, lettuce and tomato in a wrap	
<b>Turkey Pesto</b> .....	6.29
Turkey breast, lettuce, tomato, red onion and pesto mayo on an asiago roll	

*Create Your Own*

MADE TO ORDER

*Bread choices: bagel, French roll, sesame roll, cheddar roll, asiago roll, focaccia or wrap*

<b>BLT</b> .....	5.99
<b>Egg Salad</b> .....	5.99
<b>Chicken Salad</b> .....	6.09
<b>Chicken Salad Melt</b> .....	6.79
<b>Tuna Salad</b> .....	6.09
<b>Tuna Salad Melt</b> .....	6.79
<b>Turkey</b> .....	6.09
<b>Ham</b> .....	6.09
<b>Pastrami</b> .....	6.29
<b>Roast Beef</b> .....	6.29
<b>Grilled Chicken Breast</b> .....	6.29

**Bagel Flavors:**

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

**Cream Cheese Flavors:**

plain, lite plain, strawberry, blueberry, apple raisin cinnamon, garlic and herb, sundried tomato, chives, vegetable, lite vegetable, lox, seasonal varieties

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## Catering Menu

Specializing in breakfast meetings and office luncheons.

### Beverages

**Bristo Box (coffee to go)** ..... 12.49  
 Service includes: whole milk, Half & Half, sugar  
 Sweet & Low, Equal and Splenda (serves 8 people)

Choose from our speciality house roast, decaf, flavored  
 coffees, tea, hot chocolate or vanilla cappuccino

**Orange Juice (pint)** ..... 1.75  
**Apple Juice** ..... 1.55  
**Assorted Turkey Hill (pint)** ..... 1.55  
**Bottled Water** ..... 1.55

### Breakfast Selections

#### Bagel Packs:

**#1. One Dozen Bagels** ..... 11.99  
 1/4 lb. butter, one tub cream cheese

**#2. Two Dozen Bagels** ..... 22.99  
 1/4 lb. butter, two tubs cream cheese

**#3. Three Dozen Bagels** ..... 37.99  
 1/2 lb. butter, four tubs cream cheese  
 Above available sliced on platters for an additional 3.00 per platter

**Pastry and Bagel Platter (per person)** ..... 2.49  
 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)** ..... 2.49  
 Assortment of our large muffins, Danish, crumbcake, twists and scones  
 (minimum 12 people)

**Fruit and Yogurt Parfait (per person)** ..... 2.95  
 Lowfat vanilla yogurt with strawberries and granola

**Fresh Fruit Cups (per person)** ..... 2.95  
 Pineapple, honeydew, cantaloupe and red grapes

**Fresh Fruit Salad (by the pound)** ..... 5.49

**Fresh Fruit Trays Large (20+ people)** ..... 49.99

**Fresh Fruit Trays Small (up to 20 people)** ..... 39.99  
 Chunks of pineapple, honeydew, cantaloupe, red grapes and  
 strawberries served with a creamy strawberry dip

**Baked Oatmeal with Berries and Nuts (up to 15 people)** ..... 41.99  
 Baked oatmeal served with fresh strawberries, walnuts and steamed milk  
 (brown sugar and sweeteners)

**Whole Quiche (serves 16)** ..... 28.99  
 Choose from our selection of house speciality quiches

**Smoked Salmon Display (per person)** ..... 6.59  
 Lowfat vanilla yogurt with strawberries and granola

**Hot Breakfast Sandwich Display (per person)** ..... 3.59  
 Egg and cheese sandwiches with an assortment of bacon, ham and sausage on our  
 freshly baked bagels. (Minimum 10 people)

**Mini Pastry Tray** ..... 22.99  
 An assortment of 24 mini pastries arranged on a tray

**Bagel Bite Tray (serves 24)** ..... 22.99  
 An assortment of 7 dozen bagel bites on a tray with two tubs of cream cheese

Prices subject to change.

## Soup

**Tomato Bisque Soup (per person)** ..... 2.99  
 Our house signature soup served with fresh homemade  
 croutons and cheddar cheese. Minimum 8 people.

## Lunch Selections

**Café Sandwich Tray (per person)** ..... 6.75  
 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)** ..... 7.75  
 Assorted signature sandwiches, Rockefeller roast beef, Grand Club, Chicken Caesar  
 wrap, Greenwich veggie, Mediterranean turkey, turkey pesto and Union Square on  
 our signature rolls, focaccia, wraps and bagels. Served with pickles, chips, macaroni  
 salad, coleslaw and condiments

**Mix It Up Tray (per person)** ..... 7.25  
 An assortment of all of the above.

### Last Minute Lunch

Let us save the day. Give us a call and we can throw together an assortment of our  
 box lunches.

## Fresh Salads For a Group

Grand Central salads provide yet another fresh alternative to the standard lunch options.  
 Served with our fresh homemade croutons and assorted dressings.

### Dressings:

Lite Italian, Lite French, Bleu Cheese, Caesar, Oriental, 1000 Island, Balsamic  
 Vinaigrette and Raspberry Vinaigrette - Server 15 people

**Garden Salad:** ..... 54.99  
 fresh greens, cucumber, tomatoes, green pepper, red onion, hard boiled egg, fresh  
 homemade croutons and choice of dressing

**Chicken Caesar:** ..... 64.99  
 romaine lettuce, chicken breast, fresh homemade croutons, red onion, tomato,  
 parmesan cheese can Caesar dressing

**Club Salad:** ..... 74.99  
 fresh greens, grilled chicken breast, bacon, hard boiled egg, cheddar cheese, toma-  
 toes and red onion topped with fresh homemade croutons and choice of dressing

## Dessert Selections

Ask about our dessert of the month.

**Cookies by the Dozen** ..... 6.60

**Assorted Bar Tray (per person) minimum 12 people** ..... 1.75  
 Brownies, Tandy Cakes, Rice Krispies treats, seasonal speciality

## Grand Central Café's Policies

Ask about our dessert of the month.

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 should be place Monday thru Friday from 7am to 3pm.
2. Orders require a minimum of 24 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 cancel-  
 lation may result in a 50% cancellation fee.
4. Payment can be made by cash, check or any major credit card to Grand Central  
 Catering.
5. Grand Central also provides corporate accounts. Please ask for a corporate account  
 application.