

Green Symphony

255 W 43rd St 10036-3917 · +16466495074 · Updated: Jan 14, 2026

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SENSIBLE SALADS 8

Basic Greens	\$3.75
green leaf lettuce, cucumber, tomatoes, carrots, and red onions	
The Health Salad	\$8.50
with basic greens, avocado, sprouts, sunflower seeds raisins, pumpkin seeds, and hummus	
Symphony Salad	\$8.50
natural-fed chicken breast, sun-dried tomatoes, basic greens, roasted red peppers, alpine swiss, grilled eggplant and grilled zucchini	
Sesame Tofu Steak Salad	\$7.50
our famous garlic & pepper flavored tofu, seaweed, shiitake mushroom, sesame seeds plus basic greens	
Tuna Platter	\$8.50
basic greens, tongol tuna mixed with non-dairy cholesterol free vegan mayo(low-fat), avocado and tomatoes	
Greek Salad	\$7.95
mounds of feta cheese, olives, tomato, cucumber, red peppers, red onions, greens	
Chicken Curry Salad	\$8.95
with basic greens, sun-dried tomatoes, mixed with non dairy cholesterol free vegan mayo (low-fat), raisins, cashew nuts	
Cobb Salad	\$9.50
chopped grilled chicken, tomatoes, hass avocado, crumbled bleu cheese, organic turkey bacon, boiled egg, greens	

VEGETABLE RICE BOWL 5

Tofu Mania	\$6.50
organic brown rice, organic sesame-baked tofu, bean sprouts, spinach, carrots, wild-root, shiitake mushroom, chopped greens and kimchee, and egg	
Veggie Fuel	\$7.50
organic brown rice, sesame seeds, seaweed, bean sprouts, spinach, carrots, wild-roots, shiitake mushrooms, chopped greens, soy-meat, kimchee, and egg	
Chicken	\$8.50
organic brown rice, free-range chicken, spinach, bean sprouts, carrots, wild-root, shiitake mushroom, chopped greens, kimchee, and egg	
Tuna Bowl	\$7.50
organic brown rice, tuna salad, spinach, bean sprouts, carrots, wild-root, shiitake mushroom, chopped greens, and egg	
Bacon Bowl	\$7.50
organic brown rice, chopped greens, tomatoes, organic turkey bacon, avocado, kimchee, and egg	

MANDOO BOWL 6

Seoul	\$7.50
organic brown rice, steamed vegetables, dumplings, sesame-ginger tamari sauce	
Temple	\$7.50
organic brown rice, organic chunky tofu, dumplings, pumpkin seed, sesame-ginger tamari sauce	
New Yorker	\$8.95
organic brown rice, steamed vegetables, free-range chicken, dumplings, sesame-ginger tamari sauce	
Nude Noodle	\$7.95
mixed greens, soba noodles, soybeans sprouts, seaweed, pumpkin seeds, carrots, dumpling, sesame-ginger tamari sauce	
Santa-fe Chili	\$9.50
served with organic brown rice, 3 bean vegan chili, free-range chicken, dumpling, sesame-ginger tamari sauce	
Dalai Lama	\$8.50
organic brown rice, chopped greens, spinach, carrots, shiitake mushrooms, kimchee, soy bean sprouts, seaweed, dumpling, sesame-ginger tamari sauce	

CREATIVE EXPRESS WRAPS 11

Heavenly Veggie Burger	\$5.95
organic soy, cheddar cheese, organic bbq sauce, tomato, red onion, and fresh greens	
Parisian Dream	\$5.95
oven-roasted turkey, french brie cheese, honey mustard, and granny smith apple	
Puebla-style Chicken Burrito	\$5.95
organic brown rice, black beans, grilled white meat chicken breast, and fire roasted salsa picante	
Leaning Tower Of Pesto	\$5.49
white meat chicken, sun-dried tomato, and mesclun greens, and non-dairy pesto sauce (blended with pumpkin seeds)	
Avocado Delights	\$4.95
ripe hass avocado, hummus, mesclun greens	
Natural Turkey Salad	\$5.95
white meat turkey salad, fresh tarragon, granny smith apples, pecans, cranberries, non-dairy cholesterol free vegan mayo	
California Style Turkey	\$5.95
stuffed with hass, avocado, organic cholesterol free vegan, mayo, organic alfalfa sprouts, natural-fed, nitrites free, oven roasted turkey	
Chicken Curry	\$5.95
ree range white meat chicken, mesclun salad & roasted tomato, raisins, and cashews	
The Grilled Moroccan Wrap	\$5.95
free-range grilled white meat chicken, roasted sweet potato, and mesclun greens	
Tuna Wrap	\$5.95
low fat non-dairy soy mayo, mesclun greens, and sun-dried tomato	

Faking Blt **\$6.50**
vegan bacon, avocado, tomato, mesclun greens on low carb multigrain bread

FRESH SIGNATURE SANDWICHES 10

Tofu & Avocado **\$5.95**

organic tofu, hass avocado, greens, sunflower seeds, pumpkin seeds, raisins, carrot-tahini sauce on whole wheat wrap

Veggie-melt **\$5.95**

grilled veggies, melted soy mozzarella cheese, sun-dried tomato, carrot tahini sauce on whole wheat wrap

South Asian Tempeh **\$5.95**

organic tempeh salad, celery, broccoli, carrot-ginger sauce on whole wheat wrap with greens

Grilled Free-range Chicken **\$6.75**

green leaf lettuce, cucumber, tomato, dairy-free pesto sauce stuffed on whole wheat pita bread

Oven Roasted Turkey **\$6.95**

nitrites and hormone-free turkey breast, cucumber, mango-cranberry chutney, greens on low carb multi-grain bread

Tongol Tuna **\$6.50**

our famous tuna salad mixed with non-dairy cholesterol free soy mayo, lettuce, tomato, and red onion on low carb multigrain bread

Turkey Club **\$6.95**

nitrites and hormone-free turkey breast, natural turkey bacon, fresh sliced tomato, greens, and organic soy mayo on low carb multigrain bread

Grilled Free-range Chicken Deluxe **\$7.25**

greens, sun-dried tomato, avocado, sprouts, dairy-free pesto, stuffed in whole wheat wrap

Bombay Wrap **\$7.25**

wrapped with organic brown rice, natural fed white meat chicken breast, indian vegetable curry yogurt sauce

Koba Wrap **\$7.25**

korean style spicy barbeque chicken, kimchi, black beans, organic brown rice

WEST COAST SPECIALS 7

Energy Wrap **\$4.49**

w/ wheat free home-made granola, banana, almond, cranberry, organic soy yogurt, tofu cream cheese

Quesadilla **\$5.95**

whole-wheat wrap filled with 4 egg white, avocado, salsa, beans, melted jack cheese

Yummy, Vegetarian Wrap **\$5.95**

with four scrambled egg whites onion, mushroom, peppers, soy meat, melted jack cheese yummy ketchup

Asian Bowl **\$6.50**

brown rice with four egg whites, tomatoes, onions, avocado, seaweed, sesame seeds, yummy tamari sauce

B.L.T. **\$4.50**

w/ turkey bacon, mesclun, tomato, cholesterol free began mayo, low-carb multi-grain bread

Peanut Butter & Jelly

AVAILABLE OPTIONS

organic peanut butter, organic jam, and banana on low-carb multi-grain bread

\$3.95

Replace W/ Almond Butter, Extra:

\$1.00

Homemade Soups & Chili

AVAILABLE OPTIONS

Lg: \$4.50

Sm: \$3.50

HEALTHY DESSERTS 17

Chocolate Banana Cake

\$2.50

fresh banana, oat flour, spelt flour, cane juice, egg white, soy butter, baking soda, sea salt, soy milk, green tea, cinnamon, clove

Home-made Muffins (Please call us for availability)

\$2.00

whole wheat flour, raisins, soya oil, rice syrup, baking soda, sea salt

Vegan Home-made Pecan Square

\$2.95

low-fat soy butter, low-fat soy cream cheese, whole-oat flour, cane juice

Vegan Strawberry Cheese Cake ((Please call us for availability))

\$3.50

oat flour, brown rice syrup, cane juice, agave, organic tofu, arrow root, flax seed, soy flour, fennel seed, nutmeg, vanilla, lemon juice, tahini, strawberries

Oatsome Cookie "It's totally Oatsome!"

\$2.50

spelt flour, pumpkin seeds, sunflower seeds, cranberries, raisin, apple sauce

Oatsome Cookie (Peanut Butter)

\$2.75

Body, mind and well-being. Organic brown rice and pinto bean flour, walnut, apple sauce, fresh apple cinnamon, sea salt, baking soda, raisins, and organic peanut butter

Oatsome Cookie (Spirulina)

\$2.95

Body, mind and well-being. Organic brown rice and pinto bean flour, walnut, apple sauce, fresh apple cinnamon, sea salt, baking soda, raisins and spirulina

BMW Bar

\$3.95

Body, mind and well-being. Organic brown rice and pinto bean flour, walnut, apple sauce, fresh apple cinnamon, sea salt, baking soda and raisins.

Coco Mania Bar

\$2.95

Gluten free flour, organic corn flour, chick pea flour, rice flour, potato flour, canola oil, ginger, soy lecithin, eggs, baking soda, sea salt, coconut flakes, skim milk powder, white chocolate and cocoa.

Blueberry Almond Bar

\$2.95

Soy yogurt, dried blueberries, roasted almond, carob, rice milk, organic oat flour, organic rice syrup and salt.

Energy Bar

\$2.25

Organic bran, oat unbleached flour, almonds, ginger, pumpkin seeds, sunflower seeds, raisin, blueberries, dried apple, organic rice, organic kanmut, brown sugar, oats, cranberry, apple juice and baking powder.

Anytime Bar	\$2.50
Oats, flaxseed, banana, raisins, apple, cinnamon, sea salt and apple sauce.	
NY Naturals Kale Chips	\$8.50
High-Protein Chocolate Almond Bar	\$2.95
Coconut, multigrain granola, whey protein, cane juice, dark chocolate, sesame seed, soy lecithin and pineapple juice.	
Pear Ginger Bar	\$2.95
Whole rolled oat, brown rice flour, milled cane juice, canola oil, flax seed, soy flour, honey, barley malt, cinnamon, fennel seed, nutmeg, sea salt, dried blueberries and dried ginger.	
Apple Cranberry Square	\$2.95
Soy yogurt, oat, spelt flour, brown rice syrup, apple juice and cinnamon.	
Açai Blueberry Bar	\$3.50
Organic almond milk, organic agave, whole rolled oat, brown rice syrup, milled cane juice, canola oil, flax seed, soy flour, honey, barley malt, cinnamon, fennel seed, nutmeg and dried blueberries.	

HEALTH BREAKFAST SELECTION ²

GS! Granola	\$2.50
Organic Oatmeal	AVAILABLE OPTIONS
	\$2.50
	\$3.50