

Strokos Gourmet Deli

1090 Amsterdam Ave 10025-1737 · +12126662121 · Updated: Jan 14, 2026

[View online menu](#)



BREAKFAST 11

Strokos Signature Morning

\$5.95

10 guest minimum. Our collection of fresh baked croissants, variety of bagels, muffins, scones and morning cakes, to be served with our fresh brewed house blend coffee

New York Bagels

\$3.95

10 guest minimum. A variety of our classic n.y. water bagels, accompanied by an array of house spreads

English Breakfast Set Up

\$12.99

20 guest minimum. A hearty choice 1 Comprised of large scrambled eggs, home cooked breakfast potatoes and sliced toast, all up to you - bacon, sausage or turkey bacon? This is finished with our house blend coffee and orange juice

Yogurt Parfait

\$6.95

Greek yogurt available upon request. 12 guest minimum. This is the perfect light snack for your event. We set up your choice of non-fat, plain or strawberry yogurt, accompanied by seasonal fruit slices, nuts, dried fruit, honey, cinnamon and brown sugar - choose 4 toppings

Hot Quaker Oatmeal

\$6.50

12 guest minimum. Includes sides of brown sugar, sliced bananas, raisins and chopped nuts

Fruit Arrangements

small feeds 10-12 guests / medium feeds 12-20 guests / large feeds 20-25 guests

Tropical Fruit Platter

AVAILABLE OPTIONS

Sliced mango, kiwi, strawberries, papaya strips and pineapple

Small: \$60.00

Large: \$85.00

Very Berry Bowl

AVAILABLE OPTIONS

Assorted seasonal berries

Small: \$55.00

Medium: \$85.00

Large: \$110.00

Classic Fruit Platter

AVAILABLE OPTIONS

Cantaloupe, honeydew, oranges, apples, grapes and strawberries, as well as fruit that is in season

Small: \$60.00

Large: \$85.00

Mixed Fruit Salad Bowl

AVAILABLE OPTIONS

Small: \$55.00

Medium: \$85.00

Large: \$110.00

New York Lox and Cream

\$9.75

10 guest minimum. A variety of our classic n.y. water bagels, accompanied by an array of house spreads

BREAKFAST WRAPS 1

Breakfast Wraps

\$9.75

10 guest minimum. An Assortment of Egg Wraps, Served with Coffee Choose from the Following: western omelette / meat lovers omelette / vegetable omelette / chicken ranchero / omelette sausage burrito / mexican burrito / steak burrito / chicken burrito. Egg Whites Available Upon Request

REFRESHMENTS 6

French Roast Drip Coffee

\$2.95

Roasted locally in new york

Herbal Tea

\$2.95

Assorted flavors, served with lemon wedges and honey

Creamy Hot Chocolate or Hot Apple Cider

\$3.75

Made in house

Fresh Juice Pitchers

\$9.99

Orange or mango

Soft Drinks

Individually priced. Bottled water, assorted sodas, iced tea or juice

Fresh Brewed Iced Tea or Iced Coffee

\$3.50

(per person) 3.50

TOP-DRAWER SANDWICH SELECTION 4

Old Fashioned N.Y. Delicatessen

\$11.25

Fresh cut selected cold cuts which include ham, turkey, salami and roast beef, all served with american cheese, swiss cheese, lettuce and tomato, all served on kaiser rolls

Salad Sandwiches

\$11.25

All house made - albacore tuna, country chicken, popcorn shrimp, classic egg and wild salmon tail, served on wheat grain ciabatta bread with mixed greens, baby spinach, tomato and leaf lettuce

Strokos Vegetarian Selection

\$11.25

24 hour marinated, assorted vegetables, grilled on low flame to ensure superior flavor and tossed in our homemade pesto sauce, served on assorted ciabatta bread with fresh mozzarella, tomato and leaf lettuce

Party Heros

\$30.00

Perfect eye catcher for your event. You are able to choose any combination that you deem fit from our sandwich menu. For each 3 feet, we provide one 5 pound bowl of your choice from our salad selection. We are unable to combine flavors within the hoagie

BAGUETTE SELECTION 5

Sicilian Combo

Pepperoni, ham, salami, provolone, roasted peppers, sliced tomato and italian sauce

B.B.Q. Chicken

Slow cooked barbecue chicken, swiss cheese, avocado, leaf lettuce and tomato slices

Mozzarella Caprese

Fresh mozzarella, sliced tomato, basil leaves, cracked pepper and balsamic vinegar

Honey Turkey

With swiss cheese, baby spinach and tomato with honey dijon

Southwest Turkey

Sliced deli turkey, crispy bacon strips, sliced hass avocado, red onions, roasted red peppers and spicy chipotle sauce

WRAP SANDWICHES 5

Chicken Caesar

Michael Veggie

Black beans, kidney beans, corn and chickpeas, tossed in balsamic vinegar with cilantro and avocado, finished with baby spinach

Fiesta Chicken

Spicy chicken breast, black beans, corn, shredded cheddar, tomato and leaf lettuce

Middle East

Roasted eggplant, marinated red peppers, tomato, baby spinach, balsamic vinegar

Italian

Genoa salami, sliced ham, prosciutto, sliced mozzarella, roasted red peppers, leaf lettuce and tomato, finished with italian sauce

N.Y.C. PRESSED PANINI PLATE 10

Monte Cristo

Turkey, ham, swiss and cheddar with honey dijon

Supreme Chicken

Pesto chicken, fresh mozzarella and tomato

Chicken Texano

Barbecue chicken, avocado, tomato and cheddar

Padrino

Prosciutto, ham, salami, roasted peppers, provolone and pesto

Fiesta Chicken

Spanish salsa, chicken, red onions, roasted peppers and sharp cheddar

Grilled Veggie

Grilled veggies, pesto, fresh mozzarella and tomato

Buffalo

Mild buffalo chicken, fresh mozzarella and sliced plum tomato

Mozzarella Avocado

Fresh mozzarella, avocado, roasted red peppers, red onions, tomato and pesto sauce

Honey Mustard Chicken

Baked chicken, tossed in honey dijon, swiss cheese and tomato

Chicken Parmesan

STROKOS STAMPED FOCACCIA SELECTION 5

Prosciutto di Parma

Imported prosciutto di parma, shaved romano cheese, roasted red peppers, thin sliced buffalo mozzarella and sliced tomato with arugula

Pesto Queso

fresh mozzarella, served with plum tomatoes and our house pesto sauce

B.L.T. Turkey

crispy bacon, thin sliced turkey breast, leaf lettuce and tomato with light mayo

El Paso Steak

shaved cuts of steak, roasted red peppers, sliced onions, hass avocado, spicy monterey jack cheese, tomato, leaf lettuce and chipotle mayo

Delightful Veggie

Marinated assorted vegetables, grilled on low flame to ensure superior flavor, tossed in our homemade pesto sauce, with fresh mozzarella and tomato

ASSORTED COLD CUTS PLATTER 12

Ham

Turkey Breast

Honey Turkey

Smoked Turkey Pepper Turkey

Deli Chicken

Salami

Roast Beef

Mozzarella Cheese

American Cheese

Swiss Cheese

Provolone Cheese

Muenster Cheese

LUNCH BOX 1

Lunch Box

\$14.50

This package includes a lunch sandwich, a choice of: box of juice or soda or water, as well as a choice of two: homemade cookie, whole fruit or a bag of chips

FINGER SANDWICHES 2

Selected Cold Cuts

Includes ham, turkey, salami and roast beef, all served with american cheese, swiss cheese and leaf lettuce

Assorted Grilled Vegetables

24 hour marinated, grilled on low flame to ensure superior flavor, tossed in our homemade pesto sauce, served on assorted ciabatta bread with fresh mozzarella and tomato

SALADS 13

Green Salads

Small Feeds 8-10 Guests / Medium Feeds 12- 15 Guests Large Feeds 20-25 Guests

Classic Caesar

AVAILABLE OPTIONS

Small: \$40.00

Medium: \$50.00

Large: \$70.00

Grilled Chicken Caesar

AVAILABLE OPTIONS

Small: \$59.00

Medium: \$84.00

Large: \$135.00

Greek

Feta, tomato, red onion, cucumber, black olives, pepperoncini and oregano

AVAILABLE OPTIONS

Small: \$40.00

Medium: \$50.00

Large: \$70.00

House Garden

Chopped romaine, red cabbage, tomato, cucumber and chopped raw peppers

AVAILABLE OPTIONS

Small: \$40.00

Medium: \$50.00

Large: \$70.00

Fiesta Chicken

Chopped romaine, chipotle chicken, mixed beans, avocado and cheddar cheese with chipotle dressing

AVAILABLE OPTIONS

Small: \$59.00

Medium: \$84.00

Large: \$135.00

Mediterranean Chicken

Chopped romaine and grilled chicken, tossed with cucumber, tomato, olives, red onions and feta

AVAILABLE OPTIONS

Small: \$59.00

Medium: \$84.00

Large: \$135.00

Diet Delight

Mixed greens with goat cheese, dried cranberries, walnuts and raspberry vinaigrette

AVAILABLE OPTIONS

Small: \$55.00
Medium: \$78.00
Large: \$110.00

Shrimp Avocado

Black tiger shrimp with mixed beans and avocado

AVAILABLE OPTIONS

Small: \$65.00
Medium: \$85.00
Large: \$145.00

Arugula & Quinoa

Baby arugula with south american quinoa, avocado and house vinaigrette

AVAILABLE OPTIONS

Small: \$40.00
Medium: \$50.00
Large: \$70.00

Kale Avocado Salad

Kale with sliced avocado, tomato and peppers with vinaigrette dressing

AVAILABLE OPTIONS

Small: \$40.00
Medium: \$50.00
Large: \$70.00

Rockport

Mixed greens with apple slices, grapes, goat cheese and garlic vinaigrette

AVAILABLE OPTIONS

Small: \$40.00
Medium: \$50.00
Large: \$70.00

Spinach & Mango

Baby spinach, fresh mango, walnuts and balsamic vinaigrette

AVAILABLE OPTIONS

Small: \$40.00
Medium: \$50.00
Large: \$70.00

PASTA SALADS 8

Country Macaroni Pasta

With ham, corn, onion and peas

Penne with Pesto

With sun-dried tomatoes, black olives and romano cheese

Tuscan Feta

Rigatoni with house sun-dried tomato salsa and crumbled feta

Bow Tie Garden-Ini

Broccoli, peppers, peas, shredded carrots and italian sauce, topped with romano cheese

Tri-Color Vegetable Pasta

Linguini with Walnuts & Pesto

Orecchiette with Chicken & Broccoli

Thai Sesame Linguini

MISCELLANEOUS 5

Tex-Mex

Tossed chick peas with bruschetta and chipotle

Siesta Mix

Mixed beans with diced onions and cilantro, tossed in our house dressing

Mexican Potato Salad

Chipotle infused potato salad with mixed beans and red onion

G.R.K.

Chopped cucumber, tomato, red onion, black olives and oregano, topped with olive oil

Jalapeño Potato Salad

Chopped jalapeños, corn, red onions and cilantro

PIZZA 13

Cheese	\$21.00
White	\$23.00
Ricotta & Mozzarella Cheese	
Pepperoni	\$24.00
Mediterranean	\$29.00
Sicilian with Mixed Vegetables	
Newman	\$29.00
Salami & Sausage w/ Stuffed Crust	
Margarita	\$29.00
Fresh Mozzarella, Tomato & Basil	
Buffalo Chicken	\$29.00
Spicy Chicken, Mozzarella & Bleu Cheese	
Chicken Fajita	\$29.00
Grilled Chicken, Mixed Peppers, Cheddar & Mozzarella	
Meat Lovers	\$29.00
Ham, Pepperoni, Bacon & Sausage	
Hawaiian	\$29.00
Pineapple & Ham	
Melanzano	\$29.00
Eggplant, Fresh Mozzarella & Basil	
Spinach Manhattan	\$29.00
Fresh Spinach & Portobello	
Mushrooms Combo	\$29.00
Assorted Meats & Vegetables	

Assorted Mini Quiche

Quiche lorraine, sun-dried tomato and wild mushroom, spinach and cheddar, as well as seafood

AVAILABLE OPTIONS

Small: \$75.00

Large: \$125.00

Mini Spinach & Feta Greek Pie or Mini Cheese Pie**AVAILABLE OPTIONS**

Small: \$68.00

Large: \$110.00

Wrapped Asparagus

With asiago cheese

AVAILABLE OPTIONS

Small: \$75.00

Large: \$135.00

Vegetable Quesadillas

Monterey jack and cheddar cheese, mixed peppers, corn, scallions and onions, perfectly spiced, in a corn tortilla - includes sour cream, salsa and guacamole

AVAILABLE OPTIONS

Small: \$75.00

Large: \$125.00

Smoked Chicken Quesadillas

Smoked chicken, monterey jack and cheddar cheese, mixed peppers, corn, scallions and onions, perfectly spiced, in a corn tortilla - includes sour cream, salsa and guacamole

AVAILABLE OPTIONS

Small: \$75.00

Large: \$125.00

Spanish Paella Spring Rolls

With shrimp, chicken, sausage and jasmine rice

AVAILABLE OPTIONS

Small: \$75.00

Large: \$139.00

Spring Rolls

vegetarian

AVAILABLE OPTIONS

Small: \$75.00

Large: \$139.00

Cocktail Franks

All beef franks wrapped in puff pastry

AVAILABLE OPTIONS

Small: \$65.00

Large: \$145.00

Mini Angus Cheese Burgers

Mini angus burgers, served on a brioche roll with swiss cheese, sautéed onions, pickles and house sauce

AVAILABLE OPTIONS

Small: \$79.00

Large: \$139.00

Beef Empanadas

Fresh ground beef, delicate spices, onions and mild jalapeños, wrapped in our homemade puff dough

AVAILABLE OPTIONS

Small: \$69.00

Large: \$125.00

Buffalo Wings

With blue cheese dip

AVAILABLE OPTIONS

Small: \$89.00

Large: \$129.00

Chicken Tenders

With honey dijon dipping sauce

AVAILABLE OPTIONS

Small: \$89.00

Large: \$129.00

Crab Cakes

Blue claw crab meat, blended with fresh herbs and spices

AVAILABLE OPTIONS

Small: \$89.00

Large: \$129.00

Scallops Wrapped in Bacon

Scallops in oil lemon sauce, wrapped with crisp bacon. Available in Small, Large

Fried Calamari

With sweet chili dipping sauce

AVAILABLE OPTIONS

Small: \$75.00

Large: \$129.00

EGGPLANT ROLLATINI

Eggplant rolled and stuffed with ricotta and parmesan cheese, topped with our homemade marinara sauce

AVAILABLE OPTIONS

sm: \$75.00

lg: \$125.00

MOZZARELLA STICKS

With marinara

AVAILABLE OPTIONS

sm: \$89.00

lg: \$129.00

COLD STARTERS 7

Assorted Cheese & Crackers

Assorted domestic and imported cheeses, arranged with saltine crackers

AVAILABLE OPTIONS

Small: \$69.00

Large: \$129.00

Veggie Crudite

An array of the season's freshest vegetables, with fresh homemade dipping sauce

AVAILABLE OPTIONS

Small: \$69.00

Large: \$109.00

Shrimp Cocktail

Perfect appetizer at any party - chilled shrimp, arranged with our house cocktail sauce

AVAILABLE OPTIONS

Small: \$89.00

Large: \$149.00

Mexican Nachos

Tortilla chips, served with house guacamole

AVAILABLE OPTIONS

Small: \$50.00

Large: \$78.00

Classic Fruit Platter

Cantaloupe, honeydew, oranges, apples, grapes, strawberries and mango, decorated on a platter

AVAILABLE OPTIONS

Small: \$59.00

Large: \$79.00

Antipasto Plate

A combination of prime cold cuts and assorted sliced cheeses with roasted peppers and mixed olives

AVAILABLE OPTIONS

Small: \$79.00

Large: \$139.00

Mediterranean Dip

Only One Size, Feeds 20-25 People. In house babaghanoush, hummus, olive spread and spicy feta cheese with homemade pita chips and mixed olives

\$129.00

PASTA 13

Linguini Bolognese

AVAILABLE OPTIONS

Small: \$75.00

Large: \$125.00

Chicken Alfredo

AVAILABLE OPTIONS

Small: \$75.00

Large: \$125.00

Baked Ziti with Old Fashioned Meat Balls

AVAILABLE OPTIONS

Small: \$75.00

Large: \$125.00

Shrimp & Broccoli Penne

With an herb and garlic oil sauce

AVAILABLE OPTIONS

Small: \$75.00

Large: \$125.00

Cheese Ravioli

AVAILABLE OPTIONS

Small: \$75.00

Large: \$125.00

Chicken Breast with Penne

In a cream pesto sauce

AVAILABLE OPTIONS

Small: \$75.00

Large: \$125.00

Chicken, Vegetable or Seafood Lo Mein

AVAILABLE OPTIONS

Small: \$75.00

Large: \$125.00

Penne alla Vodka with Grilled Chicken

AVAILABLE OPTIONS

Small: \$75.00

Large: \$125.00

Pomodoro Spaghetti & Meatballs

AVAILABLE OPTIONS

Small: \$75.00

Large: \$125.00

Vegetable or Meat Lasagna

AVAILABLE OPTIONS

Small: \$75.00

Large: \$125.00

Stuffed Shells

AVAILABLE OPTIONS

Small: \$75.00

Large: \$125.00

Eggplant or Spinach Rollatini

AVAILABLE OPTIONS

Small: \$75.00

Large: \$125.00

Moussaka with Vegetables or Meat

AVAILABLE OPTIONS

Small: \$75.00

Large: \$125.00

MEAT 9

Old Fashioned Meat Loaf

Thai Sesame Steak

Balsamic Romanian Steak

with sautéed red onions

Sliced Brisket

Fresh Ham

Pork Loin Medallions

Roast Pork Pernil

Pork Cubanito

Slow roasted pulled pork leg with cuban spices

Slow Cooked Baby Back Rib Racks

POULTRY 13

Grilled Chicken

Chicken Francaise

Pan Fried Chicken

Marsala Chicken

Balsamic Crusted Chicken Breast

Thai Sesame Chicken

Smoked BBQ Chicken

Whole chicken, butchered / or choose whole chicken without barbecue sauce

Stuffed Chicken Cordon Bleu

With prosciutto and goat cheese, topped with dijon sauce

Balsamic Chicken

Stuffed Chicken Breast

With sautéed spinach and feta cheese

Stuffed Chicken

With asparagus, topped with lemon herb sauce

Baked Turkey Breast

With honey dijon sauce

Chicken Kabob

With marinated veggies and pita bread

SEAFOOD 4

Salmon

In a lemon caper sauce

Baked Flounder Filet

In an herb sauce

Pan Seared Tilapia

In an herb butter sauce

Sautéed Jumbo Shrimp

With broccoli and string beans in a spicy garlic sauce

VEGGIE OPTIONS 9

Sautéed Garlic & Broccoli

Assorted Grilled Vegetables

Slow Roasted Eggplant

Sautéed Spinach

With red onions and feta

Baked Zucchini Rings Grilled Asparagus

With garlic and oil

Roasted Balsamic Mushrooms

Sautéed Corn

With olive oil and cracked pepper

Slow Roasted Rosemary Carrots

Sauteed String Beans

With tomato and garlic

POTATOES 10

Garlic Mash

Plain Mash

Sweet Roasted

Italian Herb Roasted

Sweet Mash

Steamed Red Potatoes

With garlic and herbs

Stuffed Baked Potatoes

With broccoli and cheese or with bacon and cheese

Potatoes Steamed Quinoa

With grilled vegetables

Moroccan Jasmine

Rice Israeli Cous Cous

With chopped vegetables

GRAINS 3

Steamed Quinoa

With grilled vegetables

Moroccan Jasmine Rice

Israeli Cous Cous

With chopped vegetables

RICE 6

Cubano Style

With chicken, black beans and sautéed onions

AVAILABLE OPTIONS

sm: \$70.00

lg: \$125.00

Mexican Paella

Crab, shrimp and chicken with a vegetable tomato base

AVAILABLE OPTIONS

sm: \$70.00

lg: \$125.00

Pork Fried Rice

AVAILABLE OPTIONS

sm: \$70.00

lg: \$125.00

Vegetable Yellow Rice

AVAILABLE OPTIONS

sm: \$70.00

lg: \$125.00

Plain White Rice

AVAILABLE OPTIONS

sm: \$70.00

lg: \$125.00

Spanish Rice

Baked chicken chunks and mixed veggies with a garlic tomato base

AVAILABLE OPTIONS

sm: \$70.00

lg: \$125.00

SOUPS 12

Chicken Noodle

Lentil

vegan

Cream of Broccoli & Cheddar

vegetarian

Cream of Spinach

vegetarian

Manhattan Clam Chowder

Lobster Bisque

Shrimp Bisque

Potato Leek

vegan

Split Pea

vegan

Roasted Tomato Basil

vegan

Beef Barley

Cannelloni White Chile Bean (Mild)

DESSERTS 4

Assorted Mini Pastries

\$7.50

An assortment of our delicious mini pastries

Assorted Mini Cup Cakes

\$14.00

Vanilla, chocolate and red velvet - all homemade

Cookie Plate

\$15.50

An assortment of italian butter cookies, as well as homemade chocolate chip cookies - Mmm!!

Assorted Fresh Brownies

\$5.49

Assorted homemade brownies. topped off with confection sugar and berries

CAKES & PIES 13

N.Y. Cheese Cake

two day's notice

Tiramisu

Strawberry Shortcake

Passion Fruit Mousse

Chocolate Truffle

Supreme Chocolate Almond

Red Velvet

Apple Pie

Pecan Pie

Sweet Potato Pie

Apple Pie

Pecan Pie

Sweet Potato Pie

LIGHT & WHOLESOME 9

Fruit Salad \$4.75

Melon Mix \$4.25

Seedless Grapes \$4.25

Tropical Mix \$6.89

Mixed Berry Cup \$6.50

Pineapple Cup \$5.95

Cheese & Cracker Box \$6.95

Grapes, Sharp Cheddar, Monterey Jack, crackers

Protein Box \$6.95

Green Apple, Grapes, Hard Boiled Egg, Peanut Butter, Sharp Cheddar, English Muffin

Raw & Ready Juice Bar

AVAILABLE OPTIONS

Sm: \$5.95

Lg: \$7.95

YOGURT PARFAIT 3

Standard \$4.95

Greek Yogurt with Walnuts, Granola, Honey & Blanched Almonds \$4.95

Greekster \$4.95

Greek Yogurt, Pomegranate, Granola

BAGELS 6

Bagels with Butter or Jelly \$1.95

Bagels with Choice of Cream Cheese \$2.95

Plain, Scallion, Lox Spread or Raisin Walnut

Bagels with Bacon & Cream Cheese	\$4.75
Bagels with Peanut Butter	\$3.25
Bagels with Two Slices of Cheese	\$2.75
Bagels with Lox & Cream Cheese	\$7.25

SIGNATURE BREAKFAST SANDWICH 4

Franky	\$4.75
Egg Whites, Turkey Bacon, Cheese on Whole Wheat Toast	
Johnny	\$4.75
Egg Whites, Sliced Turkey, Cheddar on Whole Wheat Roll	
Multi-Grain	\$4.75
Egg Whites, Sliced Turkey, Cheddar on multi-grain toast	
Amore	\$4.75
Egg whites, avocado, cheddar on 7 grain toast	

BREAKFAST PLATES 2

Two Eggs, Any Style	\$6.75
Two Eggs, Any Style w/ Ham, Bacon or Sausage	\$7.75

BREAKFAST DELIGHTS 4

Pancakes	\$6.25
French Toast	\$6.25
Pancakes or French Toast with Ham, Bacon or Sausage	\$8.00
Strokos Combo	\$8.50
Includes pancakes, French toast, one egg & choice of ham, bacon or sausage	

EGG SANDWICHES 4

Egg on a Roll	AVAILABLE OPTIONS
	1 Egg: \$3.00
	2 Eggs: \$3.50
Egg with Cheese	AVAILABLE OPTIONS
	1 Egg: \$3.25
	2 Eggs: \$3.75

Egg with Ham, Bacon or Sausage

AVAILABLE OPTIONS

1 Egg: \$4.00

2 Eggs: \$4.50

Egg with Cheese & Choice of Meat

AVAILABLE OPTIONS

Ham or Bacon or Sausage or Beef Sausage or Turkey Sausage

1 Egg: \$4.25

2 Eggs: \$4.75

BREAKFAST PRENSADAS 6

BLT **\$4.95**

Grilled Cheese **\$4.25**

Grilled Cheese with Bacon or Ham **\$6.00**

Ham & Cheese **\$5.75**

Turkey & Cheese **\$5.75**

A.B.L.T. **\$6.75**

Avocado, bacon, lettuce, tomato on sliced toast bread

BREAKFAST BURRITOS 3

Mexi **\$6.75**

Eggs, Jalapeño, Black Beans, Pico de Gallo, Guacamole

Chicken **\$6.75**

Eggs, Pepper Jack Cheese, Black Beans, Pico de Gallo, Guacamole

Steak **\$6.75**

Eggs, Cheddar, Black Beans, Pico de Gallo, Guacamole

OMELETTES 11

Florentine

Spinach, Mushrooms & Feta Cheese

New York

Pastrami & American Cheese

Greek

Feta Cheese & Diced Tomato

Spanish

Peppers & Onions with Tomato Sauce

Chicken Ranchero

Grilled Chicken, Peppers & Onions

Italian

Mozzarella Cheese & Diced Tomato

Philly Steak

Sliced Steak, Mozzarella Cheese, Peppers & Onions

Classic Cheese

Choice of American, Swiss, Mozzarella, Cheddar, Jack or Muenster

California

Egg Whites, Avocado, Tomato, Spinach, Swiss

Veggie

Egg Whites, Tomato, Peppers, Onions, Spinach

Protein

Egg Whites, Spinach, Swiss

HOT OATMEAL (QUAKER) 1

Hot Oatmeal (Quaker)

AVAILABLE OPTIONS

Brown Sugar & Cinnamon are free of charge. Add unlimited toppings: Banana, Cranberries, Blueberries, Raisins, Diced Walnuts & Dried Cranberries

Sm: \$3.75

Lg: \$4.75

MUFFIN FLAVORS 5

(Sugar Free / Fat Free) Blueberry or (Sugar Free / Fat Free) Cranberry **\$2.95**

(Fat Free) Bran or (Fat Free) Raisin Bran **\$2.95**

Banana or Banana Nut **\$2.95**

Carrot & Apple Cinnamon **\$2.95**

Coconut or Chocolate Chip **\$2.95**

POUND CAKES 3

Plain, Marble, Raisin or Cranberry **\$2.95**

Lemon, Carrot or Banana Nut **\$2.95**

Double Chocolate or Chocolate Chip **\$2.95**

PASTRIES 5

Cheesecake or Cherry Cheesecake **\$5.50**

Red Velvet or Oreo Cake **\$5.50**

Tiramisu **\$5.50**

Napoleon **\$5.50**

Chocolate Mousse **\$5.50**

COFFEE BAR 15

Tea **AVAILABLE OPTIONS**
Sm: \$1.45
Lg: \$1.80

Coffee **AVAILABLE OPTIONS**
Sm: \$1.45
Lg: \$1.80

Flavored **AVAILABLE OPTIONS**
Hazelnut, (Sugar Free / Fat Free) Hazelnut, Vanilla, (Sugar Free / Fat Free) Vanilla, Caramel
Sm: \$1.75
Lg: \$2.35

Café Late **AVAILABLE OPTIONS**
Sm: \$3.50
Lg: \$4.75

Cappuccino **AVAILABLE OPTIONS**
Sm: \$3.50
Lg: \$4.75

Café au Lait **\$2.50**

Espresso **AVAILABLE OPTIONS**
Sm: \$2.10
Lg: \$4.00

Mochachino **\$4.75**

Hot Chocolate **AVAILABLE OPTIONS**
Sm: \$1.75
Lg: \$2.50

Creamy Hot Chocolate **AVAILABLE OPTIONS**
Sm: \$2.50
Lg: \$3.25

Iced Coffee **AVAILABLE OPTIONS**
Sm: \$2.50
Lg: \$2.95

Iced Flavor Coffee **AVAILABLE OPTIONS**
Hazelnut, (Sugar Free / Fat Free) Hazelnut, Vanilla, (Sugar Free / Fat Free) Vanilla, Caramel
Sm: \$3.25
Lg: \$3.75

Iced Cappuccino **AVAILABLE OPTIONS**
Sm: \$4.50
Lg: \$6.35

Iced Green Tea

AVAILABLE OPTIONS

Sm: \$2.50

Lg: \$2.95

Iced Pomegranate Berry

AVAILABLE OPTIONS

Sm: \$2.50

Lg: \$2.95

HERBAL TEA 8

English Breakfast

Earl Grey

Green Tea

Chamomile

Lemon Zinger

Raspberry Zinger

Apple Spice

Mandarin Orange Spice

STEPS 7

Choose Your Lettuce

Kale, Romaine, Arugula, Mixed Greens, Baby Spinach

Veggies

Alfalfa Sprouts, Artichoke Hearts, Arugula, Baby Corn, Bean Sprouts, Beets, Black Beans, Broccoli, Bruschetta Mix, Carrots, Cherry Tomatoes, Chickpeas, Chopped Celery, Corn, Cucumber, Greek Salad, Green Beans, Green Peas, Grilled Asparagus, Guacamole, Kale, Mixed Bean Salad, Mixed Bell Peppers, Mushrooms, Onions, Pico De Gallo, Portobello Mushroom, Red Cabbage, Red Kidney Beans, Snow Peas, Spanish Green Olives, Squash, Steamed Veggies, Sun-Dried Tomatoes, Tomato, Water Chestnuts

Fruit

Blueberries, Dried Cranberries, Grapes, Pineapples, Mandarin Oranges, Mixed Dried Fruit, Raisins, Sliced Apples

Cheese

Cheddar Cheese, Crumbled Bleu Cheese, Feta Cheese, Fresh Mozzarella, Romano Cheese

Protein

Cajun Chicken, Chicken Broccoli, Chicken Veggie Salad, Chipotle Chicken, Crab Salad, Ham, Hard Boiled Egg, Honey Mustard Grilled Chicken, Italian Tuna, Pecans, Pesto Chicken, Quinoa, Seafood Salad, Shrimp Salad, Southwest Shrimp Salad, Thai Sesame Chicken, Thai Steak Chicken, Turkey

Pasta, Grains, Croutons & Seeds

Brown Rice, Cheese Tortellini, Chinese Noodles, Croutons, Pasta, Sunflower Seeds, Tabouleh

Choose Your Dressing

Balsamic Vinaigrette, Balsamic Vinegar, Bleu Cheese, Creamy Caesar, French, Honey Dijon, Italian Greek, Raspberry Vinaigrette, Russian, Thai Sesame

GYROS & BURGERS 8

Beef / Chicken / Veggie Gyro Sandwich **\$8.25**

Served with Lettuce, Tomato, Onions & Tzatziki Sauce on Grilled Pita Bread

Gyro Platter (Beef / Chicken / Veggie) **\$11.50**

Served with French Fries, Greek Salad & Grilled Pita Bread

Chicken Kebob **\$11.50**

Sautéed Chicken, Peppers & Onions, Greek Salad & Grilled Pita Bread

Beef Burger **\$5.95**

Cheese Burger **\$6.50**

Turkey Burger **\$5.95**

Veggie Burger **\$5.95**

Burger Deluxe **\$9.50**

Served with French Fries, Lettuce, Tomato, Cole Slaw & Pickle

SANDWICH BAR 12

Italian Job **\$8.25**

Ham, Prosciutto, Fresh Mozzarella, Peppers Oil & Vinegar Dressing

Young Honey **\$8.25**

Honey Glazed Turkey, Swiss, Sprouts and Avocado

Happiness **\$8.25**

Pepper Turkey, Avocado Sweet Peppers, Onions

Sunshine **\$8.25**

Ham, Roast Beef, Turkey, American Cheese, Lettuce and Tomato

My Favorite **\$8.25**

Grilled Chicken, Bacon, Avocado, Lettuce & Tomato

Stay Fit **\$8.25**

Assorted Grill Vegetables, Avocado, Pesto Sauce

Easy Boy **\$8.25**

Low Sodium Turkey, Cheddar, Avocado, Lettuce and Tomato

Buffalo Bill **\$8.25**

Buffalo Chicken, Cheddar, Avocado, Blue Cheese Dressing

Country Love	\$8.25
Country Chicken Turkey, Sprouts, Swiss Cheese	
Rumor	\$8.25
Chicken Cutlet, Bacon, Avocado, Lettuce, Tomato	
Lol	\$8.25
Pastrami, Sauerkraut, Swiss, Avocado	
The Best	\$9.95
Turkey, Bacon, Avocado, Lettuce, Tomato, Served with Fries	

SPECIALTY BURGERS 4

Black Bean Burger	\$7.95
Served with Sliced Avocado & topped with Southwest Sauce	
Juicy Chicken Burger	\$7.95
Served with Sliced Avocado	
Buffalo Burger	\$7.95
Served with Fresh Mozzarella, Spicy Chipotle, Caramelized Onions	
Chorizo Burger	\$7.95

STEP 1 - CHOOSE YOUR MAIN COURSE 7

Baked Ziti

Meat Balls

Meat Loaf

Grilled Chicken Breast

B.B.Q.

Half Chicken

3 Piece Fried Chicken & More

STEP 2 - CHOOSE TWO SIDE DISHES 5

Corn

French Fries

Rice

Salad

Vegetable of the Day

HOT CALIENTO HEROS 11

Classic Grilled Chicken

Chicken Breast, Lettuce, Tomato & Honey Mustard

Roast Beef Focaccia

Grilled Roast Beef, Sautéed Peppers & Onions, Melted Cheddar Cheese on a Home Made Focaccia Bread, Topped Off With Russian Dressing

Strokos Cheese Steak

Thinly Sliced Steak, Melted Mozzarella Cheese, Sautéed Peppers & Onions

Sierra

Sliced Grilled Chicken Breast, Sautéed With Peppers & Onions, Topped With Melted Pepper Jack Cheese

Balboa

Grilled Roast Beef & Alpine Lace Swiss Cheese, Served On Toasted Garlic Bread

Havana

Grilled Roast Pork, Sliced Ham, Melted Swiss Cheese, Pickles & Mustard

Cordon Bleu

Chicken Cutlet, Grilled Ham, Melted Swiss & Honey Mustard

Two Eight

Chicken Cutlet, Fresh Mozzarella & Chipotle Sauce

Chicken Parm

Chicken Cutlet, Tomato Sauce & Melted Mozzarella Cheese

New York

Grilled Pastrami, Melted American Cheese, Sauerkraut & Honey Mustard On Rye Bread

Reuben

Grilled Corned Beef, Melted Swiss Cheese, Sauerkraut & Russian Dressing On Rye Bread

STROKOS MEXICAN KITCHEN 3

Tacos \$8.50

Onions, Guacamole, Cilantro 3 Tacos

Burrito \$8.75

Rice, Pico de Gallo, Black Beans

Quesadillas \$8.75

Cheese, Pico de Gallo

SLICES 6

Plain \$2.75

Pepperoni \$3.50

Sausage & Pepperoni \$4.50

White or Vegetable	\$4.50
Margarita	\$4.50
Combo Slices	\$4.50

SALAD PLATTERS 5

Shrimp Kebab	\$11.50
Chicken Caesar	\$11.50
Chicken Greek Salad	\$11.50
Chicken Taco Salad	\$11.50
Beef or Chicken Gyro	\$11.50

ROLLS 2

Chicken, Pepperoni, Steak Spinach, or Eggplant	\$6.95
Calzone, or Stromboli	\$6.95

POPULAR SIDE ORDERS 9

Chicken Tenders	\$7.25
Buffalo Wings	\$7.25
Mozzarella Sticks	\$4.95
Sweet Potato Fries	\$4.95
Waffle Fries	\$4.95
Onion Rings	\$4.25
French Fries	\$4.25
Roasted Potatoes	\$4.25
Hash Browns	\$1.75