

We are happy to provide vegan and gluten-free options.

Next time, stay in bed - we'll bring food to you!
Order delivery at www.ciaofornow.nyc



Lovingly prepared in the ♥ of the East Village with local and organic ingredients whenever possible.

Hosting an event, need catering or party cakes?
Place an order at www.ciaofornow.nyc

Breakfast All Day

Green Acres Plate 15

homemade spelt flour buttermilk biscuit, 2 organic eggs any style, your choice of sausage (veggie, chicken or pork) or bacon & choice of 1 side

Grandma Linda's Pancakes 14

with butter & pure maple syrup from Black River, NY

add blueberries, strawberries, bananas, sautéed apples, peanut butter, white chocolate chips, or chocolate chips 1

Organic Egg Wrap 9

2 organic eggs scrambled with caramelized onion, cheddar & your choice of sausage (veggie, chicken or pork) or bacon in flour tortilla

substitute sprouted wheat or gluten-free tortilla 1

add spinach, tomato, mushroom, or avocado 1

Griddle Omelet 13

3 organic eggs with choice of 2 items: spinach, tomato, mushroom, cheddar, swiss, goat cheese, caramelized onion, sausage (veggie, chicken or pork) or bacon served with a homemade spelt flour buttermilk biscuit

each additional item 2

Steel Cut Oats 6

cooked in filtered water with choice of brown sugar or pure maple syrup

add blueberries or bananas 2 raisins, cranberries, pecans, or currants 1

Homemade Granola with Yogurt & Fruit 9

homemade classic granola or gluten-free granola with vanilla yogurt & fresh fruit salad *substitute greek yogurt 1*

Sides à la carte 6 your choice of 3 items 15

truffle mac & cheese

rosemary home fries

frittata

garden salad

kale salad

fresh fruit bowl

applewood smoked bacon

veggie sausage

pork sausage

chicken sausage

pastry basket

with strawberry honey butter

Sandwiches & Favorties

Avocado Sandwich 10

guacamole, tomato, cucumber, carrot & cheddar on five grain bread

BLT 10

bacon, lettuce & tomato on brioche roll with red pepper mayo

Grilled Smoked Turkey Sandwich 12

free-range, nitrate-free turkey on a roll with swiss, arugula, dijonnaise & tomato

Chipotle Chicken Sandwich 15

Grilled organic chicken in chipotle marinade on a grilled brioche bun with lettuce, tomato, avocado, cheddar cheese & red pepper mayo

add to any sandwich cheese 1 avocado 2 fried organic egg 2 bacon 3

Quesadilla 10

2 flour tortillas with refried beans, spinach & cheddar

substitute sprouted wheat or gluten-free tortilla 2

add chipotle chicken 5 grilled shrimp 6 guacamole 2

Ciao Seasonal Stir Fry 11

quinoa sautéed with seasonal vegetables

add grilled organic chicken 5 grilled shrimp 6 tamari tofu 4 2 poached eggs 4 avocado 2

Salads

Tamari Tofu Salad 13

tamari tofu, edamame, tamari almonds & organic carrot over greens with sesame vinaigrette on the side

Raw Kale Salad 13

raw kale tossed with pecorino romano, toasted walnuts & lemon vinaigrette

add 2 poached organic eggs 4 bacon 2 avocado 2

Cobb Salad 14

organic chicken over greens with organic egg, corn, blue cheese & tomato with creamy basil dressing on the side *add bacon 2 add avocado 2*

Ciao Garden Salad 11

greens with carrots, tomato & cucumbers with choice of balsamic

vinaigrette or creamy basil dressing on the side. *add grilled organic chicken 4*

Daily Specials

TUESDAY

Ciao Biscuit Sandwich with Organic Eggs 14

a Ciao spelt biscuit with 2 scrambled organic eggs, cheddar cheese, your choice of sausage (veggie, chicken or pork) or bacon & a salad with creamy basil dressing

WEDNESDAY

Grass Fed Beef Stew 15

grass-fed beef cooked in red wine with organic carrots served over mashed potato

THURSDAY

Chicken Pot Pie 14

organic chicken, corn, carrot, celery & tarragon topped with puff pastry crust

FRIDAY

Eggplant Parm Sandwich 14

on focaccia with tomato sauce, fresh mozzarella & pecorino romano

Soups

Soup of the Day veggie 8 / meaty 9

a generous bowl served with homemade focaccia

Lunch Combo 12

your choice of 2 items: half sandwich*, frittata, soup, garden or kale salad

**excluding chipotle chicken sandwich and daily specials*

Pastries & Desserts

Ask about today's selection of homemade pastries and desserts!

