

Breakfast

Daily Breakfast Special	\$3.50
Breakfast Sandwich (Egg & Cheese).....	\$3.00
Add Sausage, Ham or Bacon.....	\$3.75
Breakfast Burrito (Egg & Cheese).....	\$3.50
Add Sausage, Ham, Bacon, or Veggie	\$4.00
Loaded Breakfast Burrito.....	\$4.25
Meat, Cheese and Home Fries	
Western Sandwich.....	\$3.75
Egg, ham, roasted reds & onions on a toasted hard roll	
Egg & Cheese Omelet.....	\$3.50
Build Your Own Omelet	\$5.75
Two eggs, choice of two meats, two veggies, your choice of cheese and toast.	
Meat and Cheese Omelet	\$5.00
Two eggs, choice of meat, choice of cheese and toast.	
Breakfast Combo.....	\$5.50
Breakfast sandwich of your choice, hash brown patty And Small coffee.	
Pancakes.....	\$3.00
Add Side of Bacon or Sausage.....	\$4.00
** Substitute regular eggs for egg whites only.....50¢**	
Bacon, Turkey Bacon, Sausage, Ham.....	\$1.25
Home Fries.....	\$2.00
Hash Brown Patty.....	\$1.50
Fresh Fruit (apple, orange, banana).....	\$1.00
Fresh Fruit Salad (seasonal).....	\$3.00
Fruit parfait (Seasonal).....	\$3.75
Low fat yogurt, granola, choice of 2 (Blueberries, bananas, strawberries, pineapple)	
Oatmeal.....	\$1.50
Add fruit (Blueberries or Strawberries).....	\$2.00
Muffin	\$1.75
Blueberry, Chocolate w/ Chocolate Chunks, Corn, Banana Nut & Cinnamon Streusel	
Bagel (Assorted)	\$1.50
Croissant	\$1.50
Hard Roll	\$1.00
Toast	\$1.50
(White, Wheat, Rye & Italian)	
English Muffin.....	\$1.00
Hard Boiled Eggs	\$.75

Add Cream Cheese, Jelly, Peanut Butter.... 50¢
Add Cottage Cheese.... \$1.75

Lunch

Daily Lunch Special	\$6.75
Most Specials Include Chips, Pickle Spear and Cookie	
Italian Mix.....	\$7.00
Ham, Genoa Salami, Provolone, Lettuce, Tomato & Onion	
Roast Beef.....	\$6.50
Rotisserie Seared	
Roast Turkey.....	\$6.50
Oven Roasted	
Virginia Ham.....	\$6.50
Buffet Carved Style, Low fat, Low salt	
Grilled Chicken.....	\$6.50
Rotisserie Brazed with Your Choice of Dressing	
Classic Bologna & Cheese.....	\$6.00
Tuna Salad.....	\$6.50
White Albacore	
Chicken Salad.....	\$6.50
Uniquely Delicious oven roasted Grilled Chicken	
Egg Salad.....	\$5.75
Farm Fresh Eggs	
Crab Salad.....	\$5.75
Supreme Blend of Snow Crab & Pollock	
BLT	\$5.75
Bacon, Lettuce, Tomato & Mayo	
Gluten Free Breaded Chicken.....	\$7.00
Gluten Free Breaded Chicken on a Gluten Free Hard Roll with Lettuce, Tomato, American Cheese & Mayo	
The Club.....	\$7.25
Choice of Roasted Turkey, Roast Beef or Ham, Lettuce, Tomato, Bacon and Mayo	
Mini Veggie Platter*.....	\$5.00
Fresh cut veggies with vegetable dip	
Seasonal Lunch Platter* (Fruit or Veggies).....	\$6.75
Scoop of Cottage Cheese with seasonal (fruit or veggies) over a bed of romaine	

All Sandwiches are Made to Order - Include Chips & Pickle Spear
Lettuce & Tomato is included with all Sandwiches
Add any additional condiments or cheese for \$.50 each

*All healthy living items come with backed chips, pickle and fruit

Grill

Grilled Cheese.....	\$4.75
Grilled Ham & Cheese.....	\$6.50
Tuna Melt.....	\$6.50
Turkey Melt.....	\$6.50
Chicken Salad Melt.....	\$6.50
Crab Salad Melt.....	\$6.50
Grilled Roast Beef.....	\$6.50
Grilled Reuben.....	\$6.75
Grilled Turkey Reuben.....	\$6.75
Italian Grilled Cheese.....	\$7.00
Pepperoni, Salami, Ham, Roasted Red Peppers, Provolone Cheese Balsamic Dressing served on Grilled Italian Bread	

Add Bacon, Extra Cheese or Tomatoes \$.50 Each
Made to Order - Include Chips & Pickle Spear

Wrap Specials

Classic Chicken Wrap.....	\$7.00
Strips of Grilled or Breaded Chicken with American Cheese, Lettuce, Tomato & Zesty Ranch Dressing	
Roast Beef Wrap.....	\$7.00
Thinly Sliced Roast Beef, Bacon, Swiss, Lettuce & Tomato with a Kick of Horseradish Mayo	
Veggie Wrap.....	\$6.50
Roasted Red Peppers, Provolone Cheese, Romaine, Spinach, Tomatoes, Carrots & Cucumbers, Honey Dijon Sauce	
Italian Wrap.....	\$7.00
Italian Mix with a Twist! Ham, Salami, Pepperoni, Provolone Cheese, Banana Peppers, Lettuce & Tomato mixed with Italian Dressing	
Caesar Wrap.....	\$7.00
Grilled Chicken Layered with Lettuce, Tomato, Provolone Cheese, with a Creamy Caesar Sauce	
Turkey Wrap.....	\$7.00
Roast Turkey Layered with Lettuce, Tomato & Bacon with Mayo Dressing	
Mediterranean Wrap.....	\$7.00
Grilled Chicken, Spinach, Tomatoes, Black Olives, Roasted Reds, Lettuce, Onions, Cucumber, Feta and Balsamic Dressing	
Buffalo Chicken Wrap.....	\$7.00
Grilled or Breaded Chicken buffalo-style with Lettuce, Tomato, Cheddar Cheese & Bleu Cheese on the side	
Southwest Turkey Wrap.....	\$7.00
Roasted Turkey with Pepper Jack Cheese, Lettuce, Tomato, Roasted Red Peppers, Bacon & Chipotle Mayo	
Empire Wrap.....	\$7.00
Roasted Turkey, Spinach, Cheddar, Apple Slices, Honey Dijon on a Spinach Wrap	

Gluten Free Breaded Chicken Available

Fresh Breads

- Country White
- Wheat
- Marble Rye
- Italian
- Hard Roll
- Croissant
- English Muffin
- Bagel
- Wraps
- Submarine Roll
- Gluten Free (White Bread, Bagels, Hard Rolls and English Muffins)

Cheeses

- American
- Swiss
- Provolone
- Cheddar
- Peppercorn Jack
- Feta
- Crumbly Blue
- Munster
- Mozzarella

Submarine Roll.....	50¢
Salads in a Wrap.....	50¢
Additional Pickle Spear.....	25¢
Additional Condiments.....	50¢
Gluten Free.....	50¢

Soups & Salads

Cup of Soup (8 oz).....	\$2.75
Bowl of Soup (12 oz).....	\$3.75
Soup & Sandwich Combo.....	Cup \$5.50 Bowl \$6.00
<i>Half Sandwich with Soup (add cheese \$.50)</i>	
Garden Salad	\$5.00
<i>add Tuna, Crab, Egg or Chicken Salad.....</i>	
Garden Salad with Grilled Chicken.....	\$6.75
Chicken Caesar Salad	\$6.75
<i>Grilled Chicken, Romaine, Parmesan & Croutons</i>	
Chef Salad	\$7.00
<i>Turkey Breast, Ham, Roast Beef, Banana Peppers, Swiss Cheese and Hard-Boiled Egg</i>	
Antipasto	\$7.00
<i>Ham, Salami, Pepperoni, Provolone Cheese, Roasted Reds and Banana Peppers, Black Olives and Pepperoncinis</i>	
Atkins Salad	\$7.00
<i>Ham, Turkey, or Roast Beef with Your Choice of Cheese with Hard-Boiled Egg & Bacon</i>	
Turkey Breast Garden Salad.....	\$7.00
<i>Turkey Breast, Provolone & Roasted Red Peppers</i>	
Combo Garden Salad.....	\$7.00
<i>Garden Salad topped with 2 Scoops of (Egg, Chicken, Crab or Tuna) salad</i>	
Apple Orchard Chicken Salad	\$7.00
<i>Grilled Chicken, Bacon, cran raisins, apple chunks, crumbly blue over romaine</i>	
Greek Salad	\$7.00
<i>Grilled Chicken, black olives, tomatoes, cucumbers, Feta</i>	
Tina's Everything Salad	\$7.50
<i>Grilled Chicken, hard boiled egg, roasted red peppers, Cucumbers, Banana peppers, bacon, black olives, tomatoes, carrots, shredded mozzarella & croutons</i>	
Waldorf Salad.....	\$7.00
<i>Mix of Romaine & Spinach with grilled chicken, sliced apples, cran raisins, walnuts, pecans, almonds, shredded mozzarella</i>	
Scoop of Salad.....	\$3.00
<i>Egg, Crab, Tuna, Chicken or Cottage Cheese</i>	

Dressings

- Italian
- Fat Free Italian
- Balsamic Vinaigrette
- Russian
- Bleu Cheese
- Honey Dijon
- Caesar
- Ranch
- Parmesan Peppercorn
- Fat Free raspberry vinaigrette
- Greek

Condiments

- Mayonnaise
- Cranberry Mayo
- Raspberry Mayo
- Chipotle Mayo
- Horseradish Mayo
- Roasted Red Pepper Mayo
- Pesto Mayo
- Hot Sauce
- Yellow Mustard
- Spicy Mustard
- Honey Mustard
- Ketchup
- Barbecue Sauce

Extras

- Tomatoes
- Lettuce
- Banana Peppers
- Roasted Red
- Pepper
- Cucumbers
- Onions
- Black Olives
- Spinach
- Mushrooms
- Bacon
- Turkey Bacon

Beverages

Soda (Bottled).....	24oz \$1.75
<i>Pepsi (Regular, Diet), Ginger Ale, Dr. Pepper, Diet Dr. Pepper, Mt. Dew, Diet Mt. Dew</i>	
Soda (Canned).....	12oz \$1.00
<i>Coke, Diet Coke and other Assorted Flavors</i>	
Sugar-Free Red Bull (16 oz).....	\$4.00
Monster Energy (16 oz).....	\$3.00
Arizona Iced Tea (16 oz)	\$1.50
<i>Lemon, Diet Lemon, Raspberry, Diet Raspberry</i>	
Arizona Green Tea (16 oz).....	\$2.00
Arnold Palmer (2002)	\$2.00
Snapple.....	\$1.50
Bai Drink	\$2.00
Seltzer Cans.....	\$1.00
Water (Bottled).....	\$1.00
Milk 2% (Half Pint Carton).....	\$1.25
Nesquik Milk (Chocolate & Strawberry).....	\$2.00
Coffee (Columbian).....	12oz \$1.25 16oz \$1.75
<i>Regular, Decaf, (Seasonal Flavors Also Available)</i>	
Hot Tea.....	\$1.00
<i>Regular, Decaf and Assorted Herbal Teas</i>	
Hot Chocolate.....	\$1.00
Juice	20oz \$2.00
<i>Orange, Pineapple Orange Guava</i>	
Juice	16oz \$1.50
<i>Apple, Grape</i>	

Sweets

Cookies.....	\$.75 each
<i>Chocolate Chip, Peanut Butter, Macadamia Nut, Oatmeal Raisin, Chocolate Chunk & Raspberry Filled Sugar Cookies</i>	
Gluten Free Brownies.....	\$2.00 each

*We have a assorted selection of delicious desserts to choose from!
Ask what is available!*

If you don't see something on our menu that you like, or would like to make a change to something on our menu to suite you, just ask. As long as we have the items in stock to fulfill your request, we will.

Order Policy

Minimum Order May Apply Based On Location

We accept Cash, Checks, MasterCard, VISA & American Express

All Items Include 8% Sales Tax



*"Just What You Need
to Make it Through the Day!"*

Take-Out Menu

Serving Breakfast, Lunch & Dinner

Catering Available

Phone: (518) 438-7301

Fax: (518) 438-1259

*4 Palisades Drive · Albany, NY 12205
Executive Woods Plaza*

**Monday - Friday
7:30 a.m. - 2:00 p.m.**

www.tinascornercafe.com