prontofresh

CATERING PACKAGES AVAIILABLE

BOXED LUNCH

Sandwich or wrap, chips and fruit or cookie

GROUP SALADS

SANDWICH PLATTERS Assorted Wraps & Sandwiches



BREAKFAST CATERING AVAILABLE UPON REQUEST.



Online Ordering pronto eny

All prices listed are cash discounted

133 East Water Street Syracuse, NY 13202



prontofresh





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Open Weekdays 7:30am - 4pm

We Deliver!

6/24

MENU BY SUCHCHAOS, COM

prontofresh





We Deliver!

Online Ordering

pronto fresh cny .com

prontofresh

Salads | Wraps | Paninis | Soups | Coffee | Catering

pronto fresh

BREAKFAST

EGG & CHEESE EGG, CHEESE & BACON EGG, CHEESE & SAUSAGE 299 **BAKERY**

PANINIS

CAPRESE

tomatoes, fresh mozzarella cheese. baby spinach pesto, balsamic reduction

ROAST BEEF

red onion, tomato, provolone cheese, horseradish mayo

TUNA MELT

tuna salad, cheddar and pepper jack cheese

HEARTY SOUPS

we offer two soups daily

cup

COFFEE ICED COFFEE **ESPRESSO AMERICANO CAPPUCCINO** LATTE MOCHA

RED FYE

CHATLATTE

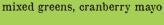


HOT CHOCOLATE HOT TEA ICE TEA FRESH SQUEEZED LEMONADE

& VARIETY OF BOTTLED BEVERAGES

SANDWICHES

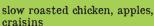
TURKEY



CLASSIC TUNA SALAD

Tuna and mayo

CHICKEN SALAD



COFFFF & DRINKS

tomato, feta cheese 9.50

COBB crispy chicken, bacon, egg, tomato, crumbled blue cheese 9.95

All ProntoFresh salads and wraps

are made of crispy romaine unless

HARVEST mixed greens, apples,

NICOISE tuna salad, kalamata

olives, egg, tomato, chickpeas 9.95

craisins, crumbled blue cheese,

GREEK cucumber, red onion,

banana peppers, kalamata olives,

walnuts, sunflower seeds 9.50

otherwise noted

GARDEN roasted red pepper, cucumber, tomato, carrot, broccoli, corn, mushrooms, black beans, cheddar cheese 9.95

CAESAR roasted chicken, egg, tomato, croutons, asiago cheese, bacon 9.95

BEET baby spinach, roasted red beets, goat cheese, sliced almonds

MANDARIN CHICKEN slow roasted chicken, mandarin oranges, carrots, cucumbers, sliced almonds

GET YOUR SALAD IN A BOWL ... OR WRAP IT UP! WE'LL BUILD YOURS IN A HONEY WHEAT WRAP.

SOUTHWEST slow roasted chicken, corn, black beans, roasted red peppers, chickpeas, tomato, pepper jack cheese, tortilla strips

BUFFALO CHICKEN crispy buffalo chicken, banana peppers, crumbled blue cheese, tomato, tortilla strips 9.95

ANTIPASTO roasted red peppers, tuna, salami, provolone cheese, slow roasted turkey, kalamata olives, artichoke hearts, egg 10.20

SPINACH baby spinach, bacon, eggs, mushrooms, red onions, asiago cheese 9.95

THAI BEEF thinly sliced roast beef, red onion, cucumber, tomato, carrot, cilantro

TURKEY CLUB turkey, crispy bacon, tomato 9.95

CREATE YOUR OWN

choose greens, 1 protein and 3 toppings or 5 toppings with no protein 9.95 / .79 ADD'T TOPPING 2.50 add't protein

lo-cal balsamic vinaigrette GF lo-cal lemon basil vinaigrette GF peppercorn ranch steakhouse blue table side caesar thai lime vinaigrette oil & vinegar GF fresh squeezed lemon raspberry vinaigrette mandarin sesame ginger sweet onion hot bacon greek feta honey mustard

thinly sliced roast beef white tuna salad turkey slow roasted chicken crispy chicken hard boiled egg

tomato chickpeas roasted red peppers roasted red beets corn black beans kalamata olives cucumber

red onion

banana peppers carrot shreds mushrooms broccoli green apples craisins bacon artichoke hearts mandarin oranges

croutons 5 tortilla strips sliced almonds walnuts sunflower seeds

spicy pepper jack shredded cheddar provolone crumbled blue asiago goat

*prices subject to change qo'l baled agniqqo'l baled agn