Pita Pit:
Greek, Middle Eastern. 1601 Sansom St, Philadelphia, PA 19103 At S 16th St. (215)564-1080

Breakfast Menu:
White or wheat. Includes Choice of Sauces and One cheese:

1. Morning Glory: guac, sautéed tomatoes, scrambled eggs, hashbrowns, grilled green peppers and onions and your choice of cheese and sauces ___________________________ 4.99
2. Chicken Classic: Chicken Breast, scrambled eggs, hashbrowns, grilled green peppers, mushrooms and onions and your choice of cheese and sauces ___________________________ 5.49
3. Ham N’Eggs: Black forest ham, scrambled eggs, hashbrowns, grilled green peppers and your choice of cheese and sauces ___________________________ 5.49

Lunch:
Meat Pitas. White or Wheat. Includes Choice of Toppings, Sauce and One Cheese:

1. Chicken Breast: Grilled chicken breast, shredded lettuce, tomatoes, green pepper, cucumbers, cheddar cheese, and ranch ___________________________ 6.15
2. Buffalo Chicken: Grilled chicken cooked in buffalo sauce, lettuce, tomato, banana peppers, cheddar cheese and ranch ___________________________ 6.25
3. Gyro: seasoned lamb/beef, romaine lettuce, tomatoes, cucumber, black olives, feta cheese 6.25
4. Falafel: grilled chick pea falafel, shredded lettuce, cucumbers, tomatoes, feta cheese and secret sauce _____ (add hummus for .99) ___________________________ 6.25

Toppings:
.99 cents: Hummus, babaganoush, guacamole
Lettuce, spinach, tomatoes, onions, green peppers, cucumbers, pickles, black olives, pineapple, pepperocini, sprouts, mushrooms, jalapenos, carrots, salt/pepper

Cheese:
Cheddar, American, Feta, Provolone, Parmesan

Sauces:
Caesar, Tzatziki, Ranch, Secret spicy vinaigrette, Mayo, Light Mayo, BBQ, Sour Cream, Honey Mustard, Teriyaki, ketchup, Yellow Mustard, Hot Sauce, Dijon Mustard, Horseradish Dijon, Ancho Chipotle, Salsa

Sides:
Fruit - $1, Pita and dip- $2
**Natural Goodness:** Health food, organic. 2000 Walnut St. Philadelphia, PA 19103 At S 20th St. (215) 977-7749

1. Chicken Platter: boneless, skinless cutlet, brown rice, salad ___________________________ 10.99
2. Vegetarian Platter: Daily entrée, brown rice, salad ________________________________ 9.99
3. Tofu and Vegetables over brown rice ____________________________________________ 9.99

**Mickey's American Grill and Sports Bar:** typical bar/grill food. 3180 Chestnut St. Philadelphia, PA 19104 (215) 222-3226

1. Penn Burger: mushroom, peppers, onions and swiss cheese. available with chicken or veggie burger. Served w/ choice of French fries or side salad ___________________________________________ 10.99
2. Chicken Salad Sandwich: grades and light Dijon mayo served on toasted raisin walnut bread. Served with your choice of fries or a side salad ___________________________________________ 10.99
3. Thai Chicken Salad: greens, julienne chicken, cucumbers, roasted peanuts, fried wonton strips, and Asian sesame dressing ____________________________________________ 12.09

**Picnic:** Gourmet café. 3131 Walnut street. Philadelphia, PA 19104. At S 32nd street. (215) 222-1608

1. Smoked Turkey Sandwich: smoked gouda, honey mustard, roasted red peppers and alfalfa sprouts on multi-grain bread ___________________________________________ 7.50
2. Sweet and Spicy Barbequed Chicken: ranch dressing, lettuce, tomato, and red onion on a sourdough roll ___________________________________________ 7.75
3. Pita Bread Wrap w/ smoked turkey, pepper jack cheese, guacamole, lettuce, tomato and red onion ___________________________________________ 6.00

**New Deck Tavern:** Irish Pub with some Philly style sandwiches. 3408 Sansom St. Philadelphia, PA 19104. At S 34th st. (215) 386-4600

1. Chicken Fajita Sandwich: zesty grilled seasoned chicken breast topped with sautéed garlic spinach, peppers, and Monterey jack cheese, w/ side of ranch sauce ____________________________ 7.75
2. New Deck Chicken: char-grilled marinated chicken breast with melted Colby n’ jack cheese and honey mustard sauce on the side ___________________________________________ 7.25
3. Original Steak Sandwich w/out fried onions __________________________________________ 6.45

**White Dog Café:** High end American. 3420 Sansom St Philadelphia, PA 19104 (215) 386-9224

**Lunch:**

1. Honey Mustard Smoked Ham Panini: ham, cheddar cheese, roasted red peppers, pickled red onions, white dog honey mustard ___________________________________________ 13.00
2. Veggie Wrap: Grilled vegetables, roasted red peppers, boursin cheese, basil aioli, whole wheat tortilla, balsamic baby greens ___________________________________________ 13.00
3. Blackened Bistro Steak Salad: baby iceburg lettuce, tomatoes and blue cheese dressing __ 14.00

**Cowenlon Pizza:** pizzeria w/ hoagies/wraps/burgers. 3651 Lancaster Ave, Philadelphia, PA. 19104 At N 37th st. (215) 387-1213

1. Hoagies: Italian; ham and cheese; turkey; tuna; roast beef; meatball parm ___________________________ $5-7
2. Buffalo Chicken wrap: grilled chicken breast, shredded lettuce, diced tomato, your choice of hot sauce, and crumbled blue cheese _________________________________ $7.00
3. Veggie Wrap: roasted red peppers, grilled zucchini, romaine lettuce, grilled Portobello mushroom, and raspberry vinaigrette ________________________________ $5.45

LemonGrass: Thai Food. 3636 Lancaster Ave, Philadelphia, PA, 19104. Btwn N 36th St and N 37th St
1. Thai Basil: beef or chicken sautéed w/ red peppers, garlic, onions and fresh thai basil leaves $8.95
2. Royal Noodles: stir-fried jumbo rice noodles w/ sliced chicken breast and vegetable combination seasoned with fresh basil, onions, garlic, bell peppers, and chilli paste
3. Pad Thai: stir-fried rice noodles in a light tamarind sauce with eggs, slices of chicken breast, bean curd, bean sprouts and ground peanuts