

WRAPS

\$5.95

SORRY NO SUBSTITUTIONS

CHICKEN SALAD WITH SHREDDED LETTUCE AND TOMATO IN SUN DRIED TOMATO TORTILLA.

TURKEY AVOCADO WITH LETTUCE, TOMATO, AND BASIL PARMESAN RANCH SAUCE

GRILLED VEGGIES MARINATED IN BALSAMIC REDUCTION & SMOTHERED W HUMMUS

ROAST BEEF WITH LETTUCE, TOMATO & ONION & HORSE RADISH MAYONAISE

BBQ CHICKEN WITH SOUR CREAM CHEDDAR CHEESE & SHREDDED LETTUCE

TUNA SALAD OVER LETTUCE IN FLOUR TORTILLA YES... ALBACORE!

SIDES

FRESH FRUIT SALAD (1/2#) 2.95

COTTAGE CHEESE 1.50

PASTA SALAD LOADED WITH VEGGIES IN LT ITAL VINGT 2.00

BAKED POTATO WITH BUTTER & SOUR CREAM 2.00

YOGURT PARFAIT 2.95

ASSORTED CHIPS 1.00

FEATURING BAKED LAYS REG OR BBQ

APPLE 75¢ BANANA 50¢

DESSERT

SOFT BAKED JUMBO COOKIE 1.50
CHOCOLATE CHIP, PEANUT BUTTER, WHITE CHOC MAC NUT

BROWNIE 2.00

FRENCH VANILLA CHEESECAKE 2.00

FOOD FOR THOUGHT

IF YOU WOKE THIS MORNING WITH MORE HEALTH THAN ILLNESS... YOU ARE MORE BLESSED THAN THE MILLION WHO WILL NOT SURVIVE THE WEEK. IF YOU HAVE NEVER EXPERIENCED THE DANGER OF BATTLE, THE LONLINESS OF IMPRISONMENT, THE AGONY OF TORTURE OR THE PANGS OF STARVATION... YOU ARE AHEAD OF 500 MILLION PEOPLE OF THE WORLD

IF YOU CAN ATTEND A CHURCH MEETING WITHOUT FEAR OF HARASSMENT, ARREST, TORTURE OR DEATH... YOU ARE MORE BLESSED THAN 3 BILLION PEOPLE

IF YOU HAVE FOOD IN THE REFRIDGE, CLOTHES ON YOUR BACK, A ROOF OVER YOUR HEAD & A PLACE TO SLEEP... YOU ARE RICHER THAN 75% OF THIS WORLD

IF YOU HAVE MONEY IN THE BANK, YOUR WALLET & SPARE CHANGE IN A DISH, YOU ARE AMONG THE TOP 8% OF THE WORLDS WEALTHY

IF YOUR PARENTS ARE STILL ALIVE & MARRIED YOU ARE VERY RARE, EVEN IN THE U.S. & CANADA

IF YOU CAN READ THIS MESSAGE YOU JUST RECEIVED A DOUBLE BLESSING IN THAT SOMEONE WAS THINKING OF YOU, AND FURTHERMORE, YOU ARE MORE BLESSED THAN 2 BILLION PEOPLE IN THE WORLD WHO CANNOT READ AT ALL

WORK LIKE YOU DONT NEED THE MONEY
LOVE LIKE YOUVE NEVER BEEN HURT
DANCE LIKE NOBODYS WATCHING
SING LIKE NOBODYS LISTENING
LIVE LIKE ITS HEAVEN ON EARTH

LUNCH

11-2PM

MONDAY = FRIDAY



TASTIER

HEALTHIER

FASTER

LUNCH MENU

WWW.TASTEBUDSRESTAURANT.COM

1400 E. 30TH STREET
BETWEEN ST CLAIR & SUPERIOR
IN LARGE BRICK WAREHOUSE BUILDING

CLEVELAND, OH. 44114

PHONE 216 344-1770

FAX 216 344-1970

LUNCH 11-2
MONDAY - FRIDAY

CLOSED

FIRST TWO WEEKS OF JUNE
AND FULL TWO WEEKS OF
CHRISTMAS & NEW YEARS
MAY 28 - JUNE 10 TH

DECEMBER 24 - JANUARY 6 TH

* WE REQUIRE 30 MINUTES NOTICE
PRIOR TO PICK UP OR DINE IN FOR ANY
SPECIAL ORDERS, REQUESTS, OR SUBSTITUTIONS

SOUP DU JOUR \$3.50

MONDAY CREAM OF MUSHROOM &
SPLIT PEA WITH HAM

TUESDAY CREAM OF TOMATO &
VEGETABLE BEEF BARLEY

WEDNESDAY VEGETARIAN CHILI &
CREAM OF BROCCOLI W/CHEESE

THURSDAY AZTEC BLACK BEAN &
CHICKEN NOODLE

FRIDAY VEGETARIAN VEGETABLE &
NEW ENGLAND CLAM CHOWDER

PIZZA DU JOUR
\$3.95 SLICE

MONDAY ROMA TOMATOES, MOZZARELLA
ROASTED GARLIC & HERBS

TUESDAY ARTICHOKE HEARTS, TOMATOES,
RED ONION, MOZZARELLA,
OLIVE OIL AND GARLIC

WEDNESDAY SPINACH, TOMATO, RED ONION,
BLACK OLIVES & FETA CHEESE

THURSDAY PEPPERONI, MARINARA,
MOZZARELLA & PROVOLONE

FRIDAY SAUTEED PORTABELLO MUSHROOMS
CARAMELIZED RED ONION
AND CRUMBLIED BLUE CHEESE

HOUSE SPECIALTY GOURMET SALADS

ALL SALADS ARE A BLEND OF MIXED
GREENS, RED CABBAGE AND CARROTS &
COME WITH DRESSING ON THE SIDE
AND A FRESH BAKED CORN MUFFIN
EXTRA DRESSING 50¢ EXTRA CHEESE 50¢
ADD CHICKEN \$1.50

BLUE WALNUT 7.95

SLICED APPLES, SCALLIONS & GRAPE TOMATOES
GENEROUSLY GARNISHED WITH CRUMBLIED BLUE
CHEESE & WALNUTS. BALSAMIC VINAIGRETTE

ROASTED TOASTED & GRILLED

MARINATED MUSHROOMS, RED BELL PEPPERS &
SWEET ONION CHARGRILLED WITH GARLIC ROASTED
POTATOES TOPPED WITH FETA CHEESE & TOASTED
FINE NUTS BALSAMIC VINAIGRETTE

7.00 OR 8.50 WITH GRILLED CHICKEN

ALMOND ORANGE 8.50

CELERY, SCALLIONS MANDARIN ORANGES AND
STRAWBERRIES TOPPED WITH GRILLED CHICKEN &
TOASTED ALMONDS POPPYSEED DRESSING

CHICKEN CAESAR 8.50

ROMAINE LETTUCE, ROMA TOMATOES &
GRILLED CHICKEN TOPPED WITH PARMESAN
CHEESE & PITA CHIPS CREAMY CAESAR DRSG.

TRADITIONAL GREEK 6.95

CUCUMBERS TOMATOES CHICK PEAS RED ONION
CALAMATAS, FETA, PITA CHIPS & GREEK DRESSING

SIDE SALAD 4.00

CUCUMBER, TOMATO, CHICK PEAS, ONION & PITA CHIPS
(DOES NOT INCLUDE CORN MUFFIN)

BALSAMIC VINAIGRETTE, POPPYSEED, RANCH, LT. ITALIAN
GREEK, FAT FREE SESAME & FAT FREE RASPBERRY

HOT SANDWICHES
\$6.50

ITALIAN CHICKEN

GRILLED CHICKEN BREAST TOPPED WITH MARINATED
TOMATOES, MELTED MOZZARELLA & PROVOLONE OVER
SPINACH ON ROLL WITH SIDE OF BASIL GARLIC MAYO

PORTABELLO MUSHROOM

GRILLED PORTABELLOS IN BALSAMIC REDUCTION
TOPPED WITH ROMA TOMATOES & MOZZARELLA ON
A TOASTED BAGUETTE WITH FRESH SPINACH

CHICKEN PARMESAN

HERBED BREADED CHICKEN BREAST TOPPED
WITH MARINARA SAUCE & 3 ITALIAN CHEESES

ADD SIDE SALAD TO ABOVE SANDWICHES FOR \$2.00

DAILY SPECIALS \$8.95

GREEK PASTA

MONDAY PENNE TOSSED WITH ROMA TOMATOES
& SPINACH, ARTICHOKE HEARTS, BLK OLIVES
NOW AVAILABLE RED ONION, OLIVE OIL & GARLIC TOPPED
EVERYDAY! WITH GRILLED CHICKEN FETA & PINE NUTS

PEPPER JACK CHICKEN

TUESDAY BREADED & SAUTEED CHICKEN BREAST
MELTED PEPPER JACK CHEESE WITH RICE
BLACK BEANS, CORN, SALSA, SOUR CREAM & SCALLIONS

GOURMET GRILLED MEAT LOAF

WEDNESDAY WITH GARLIC MASHED POTATOES
GREEN BEANS, ROLL & KETCH UP

LEMON PEPPER CHICKEN

THURSDAY BABY RED SKINS ROASTED IN ROSEMARY
AND GARLIC & FRESH GREEN BEANS

BBQ CHICKEN

FRIDAY BONELESS, SKINLESS BREAST SERVED
WITH GARLIC MASHERS & CORN

SIDE DISHES OF POTATOES & VEGETABLES
AVAILABLE FOR \$2.00 EACH