

BREAKFAST

SERVED FROM 6AM -11AM

Egg Sandwiches

on a roll, bagel or wrap

TWO EGGS	2.99
EGG & CHEESE	3.99
EGG & BACON	4.99
WESTERN OR CHEESE OMELETTE	4.99
EGG WHITE VEGGIE OMELETTE	5.29
TWO EGGS ANY STYLE w/Potatoes & Toast	4.99

Create Your Own Omelette

3 EGGS WITH 3 TOSS-INS:	5.99
Broccoli, Mushrooms, Spinach, Scallions, Kale, Tomatoes, Onions, Bell Peppers	

CHEESES American, Swiss, Cheddar, Feta

MEAT Ham, Bacon, Sausage

ADD-ON Extra Meat 2.00 Cheese 1.00 Extra Egg 1.00

Griddles

FRENCH TOAST OR BUTTERMILK PANCAKES	5.49
FRENCH CREPES	5.99

Hot Cereal Bar

REG. 3.99 · LG. 4.99

HEARTY OATMEAL Served with 3 Complimentary Toppings: Fresh Fruit & Berries, Homemade Granola, Raisins, Honey, Cinnamon, Brown Sugar

HOMEMADE GRANOLA & YOGURT PARFAIT	4.99
Delicious, Crunchy Honey Granola Served with Non-Fat Yogurt & Fresh Seasonal Fruit & Berries.	

Breakfast Quinoa Bowls

6.99

- Q1. Two Soft Fried Eggs, Lemon Braised Kale, Feta, Tomatoes, Olives, Scallions with Teriyaki Sauce over Gluten-Free Quinoa
- Q2. Two Soft Fried Eggs, Lemon Braised Kale, Feta, Cilantro, Red Onion, Avocado with Chipotle Lime Ancho Sauce over Gluten-Free Quinoa
- Q3. Two Soft Fried Eggs, Lemon Braised Kale, Feta, Sautéed Mushrooms, Caramelized Shallots, Chick Peas with Traditional Moroccan Sauce over Gluten-Free Quinoa

MAKE IT PERFECT! ADD

FRESH FRUIT SALAD	3.99
FRESH PURE ORANGE JUICE	4.49

BAKERY

ALL OUR BAKERY ITEMS ARE 100% TRANSFAT FREE

Bagels

Plain · Sesame · Everything	
· Cinnamon Raisin · Multi-Grain · Whole Wheat	
Plain, Buttered or Jelly	1.99
Cream Cheese	2.49
Vegetable or Scallion	2.99
Lox Spread	3.49
Smoked Norwegian Salmon	8.99

Croissants

All Butter or Whole Wheat	2.49
Almond or Chocolate	2.99

Danish

Cheese · Fruit	2.99
Blueberry · Corn · Raisin Bran · Mixed Berry	

Muffins

	2.49
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Blueberry · Chocolate Chip · Raisin

Brownies & Bars

Oreo · Raspberry · Double Fudge · Pecan Bar	4.79
· Lemon Bar · Cheesecake · Turtle Caramel	
· Peanut Butter · Snickers · Carrot · Key Lime	
· Mango	

BEVERAGES

Piping Hot

	REG.	MED.	LG.
House Blend/Decaf	1.69	1.99	2.29
Herbal Tea	1.69	1.99	2.29
Hot Chocolate	2.19	2.69	3.19
Chai	3.29	3.69	4.29
Cappuccino/Latte	3.49	3.99	4.49
Espresso	SINGLE 2.49	DOUBLE 2.49	3.49

Chilled

	REG.	LG.
Iced Coffee (Cold Brew)	2.99	3.99
Iced Tea	2.99	3.99
Iced Cappuccino/Latte	3.99	4.99

Hydrate

	REG.	MED.	LG.
Spring Water	1.69	1.99	2.99
Fresh Squeezed Orange Juice			4.49

CATERING SELECTIONS

Breakfast Packages

BREAKFAST PACKAGE # 1	7.99
· Our Signature Mini Pastry Platter	
· Hot Coffee Service	
· Freshly Squeezed Orange Juice	ADD 2.00 PER GUEST

BREAKFAST PACKAGE # 2	10.99
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· Our Signature Mini Pastry Platter	
· Sliced Fruit & Mixed Berries	
· Hot Coffee Service	
· Freshly Squeezed Orange Juice	ADD 2.00 PER GUEST

BREAKFAST PACKAGE #3	14.99
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· Our Signature Mini Pastry Platter	
· Low-Fat Yogurt Parfait	
· Freshly Squeezed Orange Juice	
· Hot Coffee Service	
· Sliced Fruit & Mixed Berries	ADD 3.00 PER GUEST

BREAKFAST PACKAGE # 4	14.99
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· Hearty Breakfast Quesadillas or Roll Ups	
· Sliced Fruit & Mixed Berries	
· Freshly Squeezed Orange Juice	
· Hot Coffee Service	

BREAKFAST PACKAGE # 5	15.99
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· Hearty Breakfast Buffet	
· Hot Coffee Service	
· Freshly Squeezed Orange Juice	
· Sliced Fruit & Mixed Berries	ADD 3.00 PER GUEST

BREAKFAST PACKAGE # 6	18.99
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· Quinoa Breakfast Bowl	
· Gluten-Free Bagel Platter	
· Hot Coffee Service	
· Sliced Fruit & Mixed Berries	ADD 3.00 PER GUEST

FOR OUR FULL *Catering Menu*

PLEASE VISIT OUR WEBSITE...

marketcrates.com

OR CALL OUR CATERING TEAM

& LET US HELP MAKE

your event SPECTACULAR!

EMPIRE STATE	MADISON SQUARE
26 W 33 rd ST.	224 W 35 th ST.
212-203-1991	212-695-6922

Lunch Packages

LUNCH PACKAGE #1	12.99
· Assortment of Chef Designed Sandwiches & Wraps	
· Your Choice of Side Salad	

LUNCH PACKAGE #2	15.99
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(THE CLASSIC CARVING BOARD)	
· Elegant Array of Sliced Meats and Cheeses	
· Basket of Brick Oven Baked Italian Bread	
· Relish Tray of Lettuce, Pickles, Tomatoes & Kalamata Olives	
· Homemade Spreads	
· Your Choice of Side Salad	
· Market Crates Dessert Platter	

LUNCH PACKAGE #3	14.99
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· Assortment of Mexican Style Mini Quesadillas	
· Served with Pico De Gallo, Guacamole & Sour Cream	
· Your Choice of Gourmet Side Salad	

add-ons

• CRATES DESSERT PLATTER	4.00
• TROPICAL FRUIT & MIXED BERRIES	4.00
• REFRESHING ASSORTED BEVERAGES	2.00
• HOMEMADE SOUP OF THE DAY	4.00

COFFEE BREAK PACKAGE 8.99 PP

- SIGNATURE DESSERT PLATTER
- HOT BEVERAGE SERVICE
- ASSORTED COLD BEVERAGES

Beverage Services

COFFEE SERVICE	2.49
Market Crates House Blend Regular or Decaf	
TEA SERVICE	2.49
Assorted Brewed Tea, Regular, Decaf or Herbal	
HOT CHOCOLATE with Steamed Milk	2.99
BOX OF JOE Serves 8-10 Guests. Reg. or Decaf	19.99
FRESHLY SQUEEZED JUICE Serves 6-8 Guests.	17.95
A Selection of Fresh Orange or Grapefruit Juices	
ALL NATURAL JUICE Cranberry or Apple Juices	2.99
ICED COFFEE SERVICE	2.99
BOTTLED SPRING WATER	1.75
HEALTHY BEVERAGES ASSORTMENT	3.99
Honest Tea, Vitamin Water, Coconut Water	

MARKET CRATES

GREENS & GRAINS

responsible

Delivery Menu

EMPIRE STATE
26 W 33rd ST.
NEW YORK, NY 10001

TEL: 212-203-1991

MADISON SQUARE
224 W 35th ST.
NEW YORK, NY 10001

TEL: 212-695-6922

marketcrates.com

Follow Us on:



SANDWICHES

Signature Sandwiches 8.49

SMOKED SALMON with Chive Cream Cheese, Cucumbers on Pumpnickel

TURKEY & BRIE with Lettuce, Tomato, Honey Dijon Spread on Crispy French Baguette

TUNA SALAD with Lettuce, Tomato on Multigrain

CAPE COD CHICKEN SALAD with Lettuce, Tomato, Walnuts, Low Fat Mayo on 7 Grain

HOUSE ROAST BEEF with White Cheddar Cheese, Crispy Onions, Arugula, Horseradish Mayo on Black Russian Bread

CHEESE CAPRESE with Fresh Mozzarella, Roasted Tomatoes, Fresh Basil with Tomato Pesto Spread on Olive Pocket

TRUFFLE BALSAMIC CHICKEN with Mesclun, Avocado and Tomatoes on Ciabatta

CRANBERRY TURKEY with Roasted Turkey, Mixed Greens, Roasted Peppers, White Cheddar Cheese & Cranberry Mayo on Pumpnickel

CALIFORNIA TURKEY with Smoked Turkey, Avocado, Cucumbers, Tomatoes, Mesclun & Lemon Dill Mayo on Wheat

Market Crates Wraps 8.49

ALL OUR WRAPS ARE SERVED ON A WHOLE WHEAT TORTILLA

CHICKEN CAESAR with Roasted Peppers, Romaine Lettuce, Shaved Pamesan & Low-Fat Caesar Dressing

VEGGIE DELIGHT Avocado, Garbanzo Beans, Shredded Beets, Carrots, Cucumbers, Spinach with Homemade Hummus Spread

CLASSIC CALIFORNIA All Natural Chicken, Avocado, Roasted Peppers, Lettuce & Tomato with Peppercorn Ranch

CHICKEN FIESTA with Avocado, Fresh Corn, Mesclun & Black Bean Puree

ALBACORE TUNA with Sprouts, Plum Tomatoes, Arugula with Light Mayo

CHIPOTLE ANCHO CHICKEN Crispy Chicken, Avocado, Arugula, Lettuce, Tomatoes & Mayo

Our Partners for Healthy Eating:



PANINIS

Oven Melt Paninis 8.49

SMOKED TURKEY CHIPOTLE with Fresh Roasted Turkey, Pepper Jack Cheese, Arugula & Chipotle Spread on Multigrain

CHICKEN PESTO with Melted Tomatoes, Fresh Mozzarella & Pesto on Rosemary Foccacia

CHICKEN PARMESAN with Crispy Chicken Breast, Fresh Mozzarella, Shaved Romano, Basil with Homemade Marinara Sauce on Italian Pocket

BAKED FALAFEL with Tomatoes, Caramelized Onions and Spicy Tahini Sauce on Multigrain Pocket

MUENSTER CHICKEN with Grilled Chicken, Muenster Cheese, Arugula, Honey Dijon on Ciabatta

BELLA FONTINA with Portabella Mushrooms, Fontina Cheese, Arugula, Porcini Puree & Truffle Oil on Multigrain

TUNA MELT with Albacore Tuna Salad, Lettuce, Tomatoes, Swiss Cheese on Multigrain

EGGPLANT PARMESAN with Lightly Breaded Eggplant, Fresh Mozzarella, Pomodoro Sauce on Ciabatta

MARKET STEAK with Caramelized Onions, Sautéed Mushrooms, Gruyere & Roasted Shallots Aioli on Onion Pocket

CHIPOTLE CHICKEN Smoked Gouda, Avocado, Lettuce and Black Bean Puree on Ciabatta

Side Salads 4.79 EACH

BEETS SALAD Roasted Red & Golden Beets, Haricot Vert, Red Onions, Goat Cheese, Candied Walnuts, Sliced Almonds, Arugula & Red Wine Vinaigrette

MOROCCAN CHICK PEA Cucumber, Tomato, Edamame, Black Olives, Chick Peas, Hummus w/Spicy Moroccan Vinaigrette

TOMATO SALAD Cherry Tomato, English Cucumber, Sliced Red Onion, Olives, Feta Cheese, Parsley, Oregano, Olive Oil & Tomato Vinaigrette

GREEN BEAN French Beans, Sesame Seeds, Ginger, Julienne Tri Color Pepper, Edamame and Sweet Soy

KALE Dried Cranberries, Honey Walnuts, Grapes (Red & Green), Radicchio, Pomegranate



QUINOA BOWLS

Create Your Own 9.99

QUINOA INCORPORATES QUITE A LOT OF NUTRIENTS INTO TINY SEEDS. IT CONTAINS MORE PROTEIN THAN MOST GRAINS AND OFFERS A MORE EVENLY BALANCED ARRAY OF AMINO ACIDS, THE BUILDING BLOCKS OF PROTEIN. QUINOA IS ALSO HIGHER IN PHOSPHORUS, MAGNESIUM, COPPER, ZINC AND IRON THAN MOST GRAINS.

STEP 1 Sauce CHOOSE 1

Sweet Chili Lime · Scallion Traditional Moroccan · Very Teriyaki · Chipotle Ancho Vinaigrette

STEP 2 Proteins CHOOSE 1

Beyond Meat Chicken (VEGAN) · Crispy Chicken, · Grilled Chicken

Sauteed Shrimp +2.00 · Grilled Salmon +2.00

ADDITIONAL TOPPING +2.50

STEP 3 Toss-Ins

Sweet Peas · Kalamata Olives · Spinach · Broccoli · Scallions · Mushrooms · Daikon · Napa Cabbage · Oven Roasted Peppers · Kale · Caramelized Onions · Carrots · Roasted Corn · Cherry Tomatoes · Fresh Mozzarella +1.00 · Sun-Dried Tomatoes +1.00

Chef Designed Quinoa Bowls

OUR ORGANIC QUINOA HAS THE HIGHEST NON-MEAT PROTEIN ON THE PLANET.

RANCHERO QUINOA 9.99 (VEGAN) Beyond Meat Chicken, Roasted Peppers, Caramelized Onions, Cilantro, Red Beans, Tortilla Chips & Kale tossed with Chipotle Ancho Vinaigrette

MOROCCAN QUINOA 9.99 Grilled Chicken, Chickpeas, Caramelized Onions, Fresh Basil, Olives, Kale and Carrots tossed with Traditional Moroccan Sauce

SOUTHWESTERN QUINOA 9.99 Grilled Chicken, Roasted Peppers, Cilantro, Cherry Tomatoes, Red Beans, Kale, Scallions and Corn tossed with Sweet Chili Sauce

ASIAN GINGER QUINOA 9.99 (VEGAN) Carrots, Scallions, Daikon, Cabbage, Kale, Mushrooms and Olives with Scallion Ginger Sauce

TERIYAKI SHRIMP 10.99 Shrimp, Daikon, Napa Cabbage, Kale, Carrots, Scallions & Broccoli tossed with Very Teriyaki Sauce

GREEK MED 9.99 Organic Quinoa, Capers, Kale, Chickpeas, Kalamata Olives, Feta, Cherry Tomatoes, Tri-Color Peppers, Fresh Oregano Red Wine Vinaigrette

MARKET PLATES

ENTREE WITH 2 SIDES ON A BED OF GRAINS 9.99

Healthy Grains

WILD RICE • BROWN RICE • FREEKEH • GOLDEN JEWEL

Entrees

• LEMON HERB CHICKEN • BRAISED STEAK +2.00
• ROSEMARY TURKEY • WILD SALMON +2.00
• MEATBALLS • GRILLED TOFU

Hot & Cold Sides A LA CARTE 4.99 EACH

SEASONAL & CHANGES DAILY. PLEASE CALL US FOR THE SELECTIONS OF THE DAY OR VISIT OUR WEBSITE AT

marketcrates.com

Soups

MADE WITH FRESH MARKET INGREDIENTS

CUP 3.99 · REG 4.99 · LARGE 5.99

PREMIUM SOUPS: CUP +.50 · REG/LG +1.00

Quiche 5.99

MADE FRESH USING THE FINEST MARKET INGREDIENTS

• GOAT CHEESE & HERB • LEEKS & SWISS
• MUSHROOM & SWISS • BROCCOLI & CHEDDAR

LUNCH COMBOS

THE CLASSIC LUNCH COMBO 9.49

Sandwich, Can of Soda and Chips

HALF SANDWICH & AN 8 OZ. CUP OF SOUP 8.49

THE MARKET CRATES COMBO 9.49

Sandwich and 8 oz. Cup of Soup

QUICHE & AN 8 OZ. CUP OF SOUP COMBO 7.99

UPGRADE TO:

• 12 OZ. SOUP +1.00

• 16 OZ. SOUP +2.00

FOR FRESH AND NATURAL FOODS

FROM LOCALLY SOURCED FARMS ORDER AT

marketcrates.com

CUSTOM SALAD

CUSTOM SALAD (PRE-CHOPPED) 9.99

Greens SELECT UP TO 2

Organic House Blend · Baby Arugula · Romaine Hearts · Fresh Kale · Organic Baby Spinach · Organic Mesclun

Proteins CHOOSE 1 · EXTRA TOPPING +2.50

Cajun Chicken · Crispy Chicken · Grilled Chicken · Albacore Tuna · Roasted Turkey · Falafel · Grilled Tofu · Beyond Meat Chicken (VEGAN) · Salmon +2.00 · Grilled Shrimp +2.00 · Steak +2.00

Premium SELECT UP TO 3 · EXTRA TOPPING +1.00

Sun-Dried Tomatoes · Craisins · Toasted Almonds · Walnuts · Portobello · Artichokes · Egg Whites · Bacon Bits · Edamame · Avocado · Kalamata Olives · Jack & Cheddar · Feta · Blue Cheese · Baby Mozzarella

Toss-Ins SELECT UP TO 6 · EXTRA TOPPING +.50

Broccoli · Sliced Roasted Beets · Carrots · Corn · Cucumbers · Red Onion · Radish · Mushrooms · Hard Boiled Egg · Sweet Peas · Snow Peas · Tomatoes · Bell Peppers · Roasted Peppers · Scallions · Bean Sprouts · Chick Peas · Kidney Beans · Grapes · Apple Slices · Oranges · Croutons · Sunflower Seeds · Crunchy Noodles · Tortilla Strips · Pasta

Chef Designed Salads 9.49

CHICKEN FIESTA Crispy Chicken, Romaine, Jack & Cheddar Cheeses, Fresh Corn, Tomatoes, Red Onions & Tortilla Strips with Ranch Dressing

BAKED FALAFEL Romaine Hearts, Scallions, Tomatoes, Cucumbers, Carrots & Chick Peas with Spicy Tahini

BISTRO CHICKEN Field Greens, Seedless Grapes, Craisins, Blue Cheese, Candied Walnuts & Caramelized Pears with Low Fat Balsamic Vinaigrette

CALIFORNIA COBB SALAD All Natural Turkey, Turkey Bacon, Avocado, Mushrooms, Blue Cheese, Alfalfa Sprouts, Tomatoes, Cucumbers, Egg Whites over Spinach & Romaine with Blue Cheese Dressing

GREEK CHICKEN SALAD Romaine, Cherry Tomatoes, Red Onions, Feta Cheese, Cucumbers, Kalamata Olives; Tri Color Peppers with Red Vinaigrette & Extra Virgin Olive Oil

CLASSIC CAESAR SALAD 7.49

Romaine, Garlic Croutons & Parmigiano Cheese with Low-Fat Caesar Dressing

WITH:

• GRILLED CHICKEN 9.49 • FLAT IRON STEAK 9.49
• ROASTED TURKEY 9.49 • GRILLED SHRIMP 10.49

PASTA BAR

SERVED WITH GARLIC BREAD 9.99

Pasta CHOOSE 1

Linguine · Penne · Whole Wheat +1.00 · Gluten-Free +1.00

Sauce CHOOSE 1

Tomato Basil · Fresh Basil Pesto · Ala Vodka · Spicy Arabiatta · Alfredo Romano

Main Ingredient CHOOSE 1

Crispy Chicken · Grilled Chicken · Portobello Mushroom · Beyond Meat Chicken (VEGAN) · Spicy Shrimp +1.50 · Grilled Salmon +1.50

Toss-Ins

Kalamata Olives · Sun-Dried Tomatoes · Sweet Peas · Caramelizd Onions · Roasted Peppers · Broccoli Florets · Fresh Mozzarella · Wild Mushrooms · Parmesan · Pepper Flakes

DESSERTS & SNACKS

CHOCOLATE OR RICE PUDDING 2.99

MATCHA CHIA CUP 4.99

QUINOA CUP 3.99

VEGGIE SNACK CUP 3.99

MINI GOURMET CAKES 4.99

• Chocolate Mousse · NY Cheese Cake · Red Velvet · Strawberry Shortcake · Oreo Mousse · Caramel Mousse · Tiramisu · Raspberry Ganache · Fruit Tart

EMMY'S MACAROONS 4.99

• Dark Cacao · Chocolate Chip · Coconut Vanilla

ENERGY BARS 3.29

Salad Dressings

Caesar · Blue Cheese · Russian · Beet Vinaigrette · Chipotle Lime Vinaigrette · Roasted Garlic Vinaigrette · Lemon Tahini · Honey Balsamic · Fresh Lime or Lemon Squeeze · Sriracha · Extra Virgin Olive Oil

LOW-FAT Peppercorn Ranch · Aged Balsamic Vinegar · Red Wine Vinegar

FAT-FREE/CARB-FREE Lemon Herb · Honey Dijon Vinaigrette · Pomegranate Vinaigrette · Raspberry Vinaigrette