THE CITY OF NEW YORK
MANHATTAN COMMUNITY BOARD 3
59 East 4th Street - New York, NY 10003
Phone: (212) 533-5300 - Fax: (212) 533-3659
www.cb3manhattan.org - info@cb3manhattan.org

Gigi Li, Board Chair

Susan Stetzer, District Manager

Community Board 3 Liquor License Application Questionnaire

Please bring the following items to the meeting:

NOTE: ALL ITEMS MUST BE SUBMITTED FOR APPLICATION TO BE CONSIDERED.

- ☐ Photographs of the inside and outside of the premise.
- ☐ Schematics, floor plans or architectural drawings of the inside of the premise.
- ☐ A proposed food and or drink menu.
- ☐ Petition in support of proposed business or change in business with signatures from residential tenants at location and in buildings adjacent to, across the street from and behind proposed location. Petition must give proposed hours and method of operation. For example: restaurant, sports bar, combination restaurant/bar. (petition provided)
- ☐ Notice of proposed business to block or tenant association if one exists. You can find community groups and contact information on the CB 3 website: http://www.nyc.gov/html/mancb3/html/communitygroups/community_group_listings.shtml
- ☐ Photographs of proof of conspicuous posting of meeting with newspaper showing date.
- ☐ If applicant has been or is licensed anywhere in City, letter from applicable community board indicating history of complaints and other comments.

Check which you are applying for:
☑ new liquor license ☐ alteration of an existing liquor license ☐ corporate change

Check if either of these apply:
☐ sale of assets ☐ upgrade (change of class) of an existing liquor license

Today's Date: _____

If applying for sale of assets, you must bring letter from current owner confirming that you are buying business or have the seller come with you to the meeting.

Is location currently licensed? ☐ Yes ☑ No Type of license: On Premise

If alteration, describe nature of alteration: _____

Previous or current use of the location: Restaurant

Corporation and trade name of current license: Former 67 Second Avenue LLC Calliope 84 E 4TH ST

APPLICANT:

Premise address: 67 2nd Ave a/k/a 84 E 4TH ST

Cross streets: S/W Corner of E 4TH ST & 2nd Ave (E 4TH & E 3rd ST)

Name of applicant and all principals: CJFM LLC

Francesco Marcello

Trade name (DBA): La Contrada

PREMISE:

Type of building and number of floors: Mixed Use, 4 Floors

Will any outside area or sidewalk cafe be used for the sale or consumption of alcoholic beverages? *(includes roof & yard)* ☑ Yes ☐ No If Yes, describe and show on diagram: _____

Does premise have a valid Certificate of Occupancy and all appropriate permits, including for any back or side yard use? ☑ Yes ☐ No What is maximum NUMBER of people permitted? 56

Do you plan to apply for Public Assembly permit? ☐ Yes ☑ No

What is the zoning designation (check zoning using map: http://gis.nyc.gov/doitt/nycitymap/ - please give specific zoning designation, such as R8 or C2):

R7A with a C2-5 Overlay

PROPOSED METHOD OF OPERATION:

Will any other business besides food or alcohol service be conducted at premise? ☐ Yes ☑ No

If yes, please describe what type: _____

What are the proposed days/hours of operation? (Specify days and hours each day and hours of outdoor space) Sunday TO Wednesday 8am-12am
Thur., Fri & Sat. 8am - 2am

Number of tables? 15 Total number of seats? 40

How many stand-up bars/ bar seats are located on the premise? 1 with 6 seats

(A **stand up bar** is any bar or counter (whether with seating or not) over which a patron can order, pay for and receive an alcoholic beverage)

Describe all bars (length, shape and location): 1/2 moon in Dining area, 12' in Lenght

Does premise have a full kitchen ☑ Yes ☐ No?

Does it have a food preparation area? ☐ Yes ☑ No (If any, show on diagram)

Is food available for sale? ☑ Yes ☐ No If yes, describe type of food and submit a menu

Italian Food

What are the hours kitchen will be open? up to 1 hour before closing

Will a manager or principal always be on site? ☑ Yes ☐ No If yes, which? Owner

How many employees will there be? 7-10

Do you have or plan to install ☑ French doors ☐ accordion doors or ☐ windows? Existing

Will there be TVs/monitors? ☑ Yes ☐ No (If Yes, how many?) 2

Will premise have music? ☑ Yes ☐ No

If Yes, what type of music? ☑ Live musician ☐ DJ ☐ Juke box ☐ Tapes/CDs/iPod
If other type, please describe we may have non amplified Jazz & Italian
What will be the music volume? ☑ Background (quiet) ☐ Entertainment level Live background music once in awhile
Please describe your sound system: IPod

Will you host any promoted events, scheduled performances or any event at which a cover fee is charged? If Yes, what type of events or performances are proposed and how often? NO

How do you plan to manage vehicular traffic and crowds on the sidewalk caused by your establishment? Please attach plans. (Please do not answer "we do not anticipate congestion.")

Will there be security personnel? ☑ Yes ☐ No (If Yes, how many and when) _____

How do you plan to manage noise inside and outside your business so neighbors will not be affected? Please attach plans.

Do you have sound proofing installed? ☐ Yes ☐ No Existing
If not, do you plan to install sound-proofing? ☐ Yes ☐ No

APPLICANT HISTORY:

Has this corporation or any principal been licensed previously? ☐ Yes ☐ No
If yes, please indicate name of establishment: Applicant has 33 years of Experiance
Address: _____ Community Board #_____
Dates of operation: _____

If you answered "Yes" to the above question, please provide a letter from the community board indicating history of complaints or other comments.

Has any principal had work experience similar to the proposed business? ☑ Yes ☐ No If Yes, please attach explanation of experience or resume.

Does any principal have other businesses in this area? ☐ Yes ☑ No If Yes, please give trade name and describe type of business _____

Has any principal had SLA reports or action within the past 3 years? ☐ Yes ☑ No If Yes, attach list of violations and dates of violations and outcomes, if any.

Attach a separate diagram that indicates the location **(name and address)** and total number of establishments selling/serving beer, wine (B/W) or liquor (OP) for 2 blocks in each direction. Please indicate whether establishments have On-Premise (OP) licenses. Please label streets and avenues and identify your location. Use letters to indicate **B**ar, **R**estaurant, etc. The diagram must be submitted with the questionnaire to the Community Board before the meeting.

LOCATION:

How many licensed establishments are within 1 block? 17

How many On-Premise (OP) liquor licenses are within 500 feet? 24

Is premise within 200 feet of any school or place of worship? ☐ Yes ☐ No

COMMUNITY OUTREACH:

Please see the Community Board website to find block associations or tenant associations in the immediate vicinity of your location for community outreach. Applicants are encouraged to reach out to community groups. Also use provided petitions, which clearly state the name, address, license for which you are applying, and the hours and method of operation of your establishment at the top of each page. (Attach additional sheets of paper as necessary).

We are including the following questions to be able to prepare stipulations and have the meeting be faster and more efficient. Please answer per your business plan; do not plan to negotiate at the meeting.

1. ☑ I will close any front or rear facade doors and windows at 10:00 P.M. every night or during any amplified performances, including but not limited to DJs, live music and live nonmusical performances.
2. ☑ I will not have ☑ DJs, ☐ live music, ☑ promoted events, ☑ any event at which a cover fee is charged, ☑ scheduled performances, ☐ more than ____ DJs/ promoted events per ____, ☐ more than _____ private parties per _____.
3. ☐ I will play ambient recorded background music only.
4. ☑ I will not apply for an alteration to the method of operation agreed to by this stipulation without first coming before CB 3.
5. ☐ I will not seek a change in class to a full on-premise liquor license without first obtaining approval from CB 3.
6. ☑ I will not participate in pub crawls or have party buses come to my establishment.
7. ☐ I will not have a happy hour. ☑ I will have happy hour and it will end by 8 pm.
8. ☑ I will not have wait lines outside. ☐ There will be a staff person outside to monitor sidewalk crowds and ensure no loitering.
9. ☒ Residents may contact the manager/owner at the following phone number. Any complaints will be addressed immediately and I will revisit the above-stated method of operation if necessary in order to minimize my establishment's impact on my neighbors.

THE CITY OF NEW YORK

DEPARTMENT OF BUILDINGS

ALT # 346/87

CERTIFICATE OF OCCUPANCY

BOROUGH: MANHATTAN **DATE:** [illegible] **NO.**

This certificate supersedes C.O. NO ZONING DISTRICT C6-1

THIS CERTIFIES that the new—altered—existing—building—premises located at

67 SECOND AVENUE SWC OF EAST 4th STREET Block 459 Lot 28

CONFORMS SUBSTANTIALLY TO THE APPROVED PLANS AND SPECIFICATIONS AND TO THE REQUIREMENTS OF ALL APPLICABLE LAWS, RULES, AND REGULATIONS FOR THE USES AND OCCUPANCIES SPECIFIED HEREIN

PERMISSIBLE USE AND OCCUPANCY

STORY	LIVE LOAD LBS PER SQ FT	MAXIMUM NO OF PERSONS PERMITTED	ZONING DWELLING OR ROOMING UNITS	BUILDING CODE HABITABLE ROOMS	ZONING USE GROUP	BUILDING CODE OCCUPANCY GROUP	DESCRIPTION OF USE
CELLAR	ON GR.						BOILER ROOM, STORAGE
1st FLOOR	75	56			6		EATING & DRINKING PLACE
MEZZ	50		1	1	2		CLASS A APARTMENT
2nd FLOOR	100		1	3	2		CLASS A APARTMENT
3rd FLOOR	50		1	3	2		CLASS A APARTMENT
4TH FLOOR	50		1	4	2		CLASS A APARTMENT

OLD LAW TENEMENT

OLD CODE

THIS CE[illegible] BE POSTED [illegible] WITH THE RULES OF THE [illegible] DATED MARCH 31ST, 1967.

OPEN SPACE USES_____
(SPECIFY—PARKING SPACES, LOADING BERTHS, OTHER USES, NONE)

NO CHANGES OF USE OR OCCUPANCY SHALL BE MADE UNLESS A NEW AMENDED CERTIFICATE OF OCCUPANCY IS OBTAINED

THIS CERTIFICATE OF OCCUPANCY IS ISSUED SUBJECT TO FURTHER LIMITATIONS, CONDITIONS AND SPECIFICATIONS NOTED ON THE REVERSE SIDE.

M-5

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BOROUGH SUPERINTENDENT COMMISSIONER

☐ ORIGINAL ☒ OFFICE COPY - DEPARTMENT OF BUILDINGS ☐ COPY

B Form 54 (Back) (Rev. 8-82)

THAT THE ZONING LOT ON WHICH THE PREMISES IS LOCATED IS BOUNDED AS FOLLOWS:

BEGINNING at a point on the WEST side of SECOND AVENUE distant 0 SOUTH feet from the corner formed by the intersection of SECOND AVENUE and EAST 4th STREET

running thence WEST 60' 0" feet; thence SOUTH 24' 0½" feet;

thence EAST 60' 0" feet; thence NORTH 24' 0½" feet;

thence ..... feet; thence ..... feet;

thence ..... feet; thence ..... feet;

to the point or place of beginning.

~~NB~~ or ALT. No. 346/87 DATE OF COMPLETION 2/28/91 CONSTRUCTION CLASSIFICATION cl 3 non-fireproof

BUILDING OCCUPANCY GROUP CLASSIFICATION	HEIGHT	STORIES	FEET
OLT	4	40'	

THE FOLLOWING FIRE DETECTION AND EXTINGUISHING SYSTEMS ARE REQUIRED AND WERE INSTALLED IN COMPLIANCE WITH APPLICABLE LAWS.

	YES	NO		YES	NO
STANDPIPE SYSTEM			AUTOMATIC SPRINKLER SYSTEM		
YARD HYDRANT SYSTEM					
STANDPIPE FIRE TELEPHONE AND SIGNALLING SYSTEM					
SMOKE DETECTOR	X				
FIRE ALARM AND SIGNAL SYSTEM					

STORM DRAINAGE DISCHARGES INTO:

A) STORM SEWER ☐ B) COMBINED SEWER ☐ C) PRIVATE SEWAGE DISPOSAL SYSTEM ☐

SANITARY DRAINAGE DISCHARGES INTO:

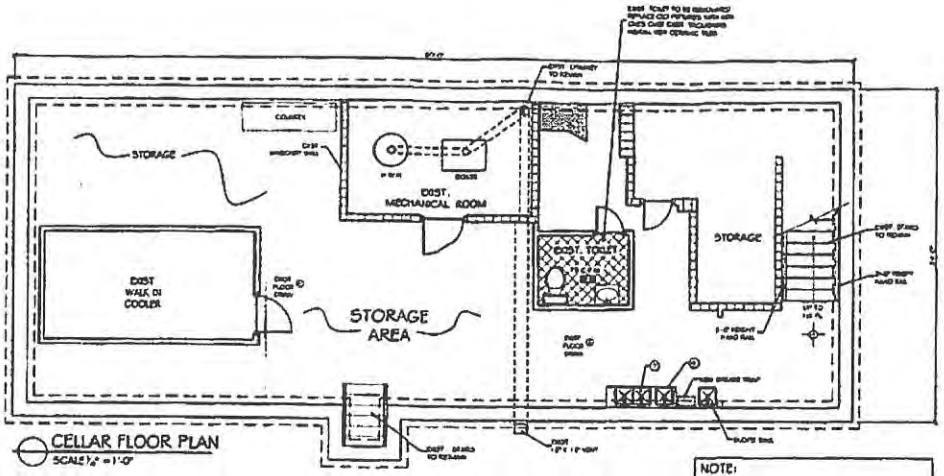
A) SANITARY SEWER ☐ B) COMBINED SEWER ☐ C) PRIVATE SEWAGE DISPOSAL SYSTEM ☐

LIMITATIONS OR RESTRICTIONS:

BOARD OF STANDARDS AND APPEALS CAL. NO

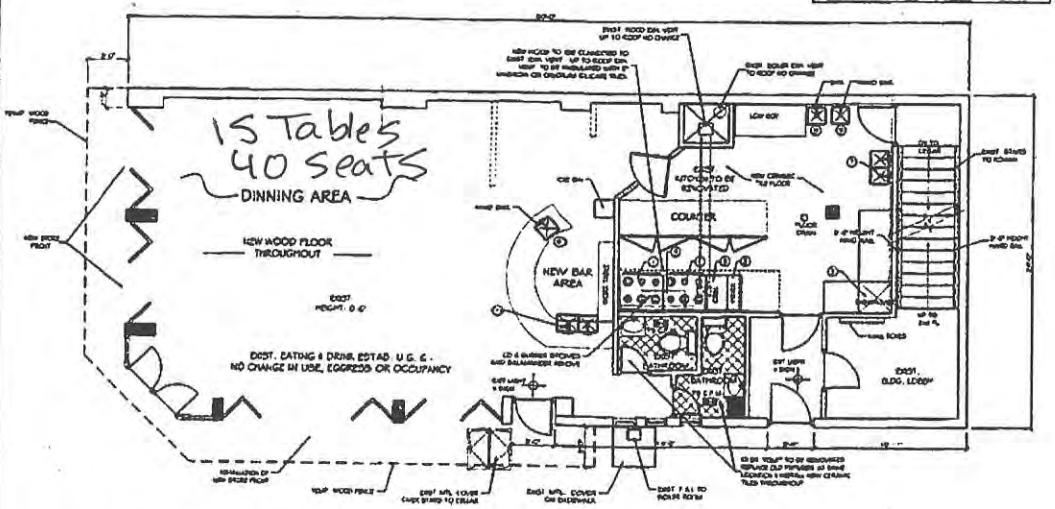
CITY PLANNING COMMISSION CAL. NO

OTHERS



CELLAR FLOOR PLAN
SCALE: 1/4" = 1'-0"

NOTE:
EXIST. DAMAGED CEILING WOOD JOISTS AT CELLAR TO BE REMOVED AND REPLACED AS REQ'D



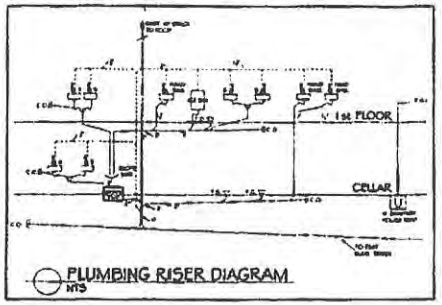
FIRST FLOOR PLAN
SCALE: 1/4" = 1'-0"

EQUIPMENT SCHEDULE

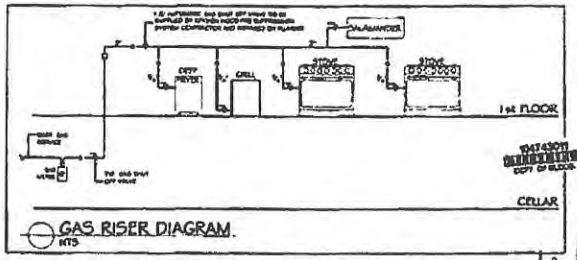
No.	DESCRIPTION	QUAN.	MANUFACTURE	MFA	SIZE
1		2			
2		1			
3		1			
4		1			
5		1			
6		1			
7		3			
8		1			
9		4			

EXHAUST DUCT NOTES:
- GREASE DUCT TO COMPLY W/ NFPA 96.
- INTERIOR DUCT TO BE COVERED W/ MIN. 2" OF MAGNESIUM OR CALCIUM SILICATE INSULATION
- PROVIDE CLEANOUTS AS REQUIRED.
- ALL SEAMS TO BE EXTERNALLY WELDED

NOTE:
FIRE SUPPRESSION TO BE FILED, APPROVED & INSPECTED BY COUNTY FIRE DEPARTMENT UNDER SEPARATE APPLICATION.



PLUMBING RISER DIAGRAM
NTS



GAS RISER DIAGRAM
NTS

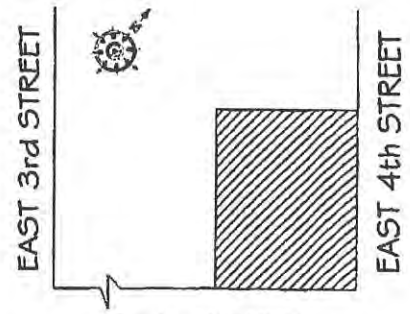
NOTE: CONTRACTOR / OWNER IS RESPONSIBLE TO CARRY OUT THE CONSTRUCTION WORK ALL IN ACCORDANCE WITH THE APPROVED PLANS AND APPLICATION. IT IS THE CONTRACTOR / OWNER RESPONSIBILITY TO NOTIFY ARCHITECT FOR ANY DEVIATIONS FROM SAID PLANS PRIOR TO COMMENCEMENT OF ANY CHANGES.

JACOB A. KANNER ARCHITECT
41 EDW GARDENS RD
EDW GARDENS, N.Y. 11415
TEL (718)544-2008
FAX (718)544-2047

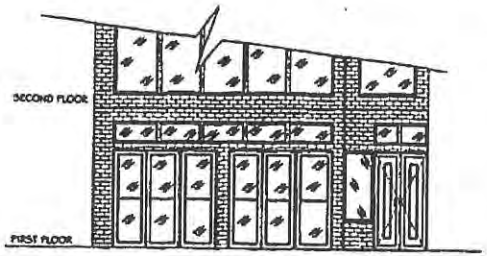
JOB ADDRESS: 84 EAST 4th STREET — JOB# 17010

TITLE: SITE PLAN, LEGEND, NOTES & DETAILS — DATE: 03-30-2017

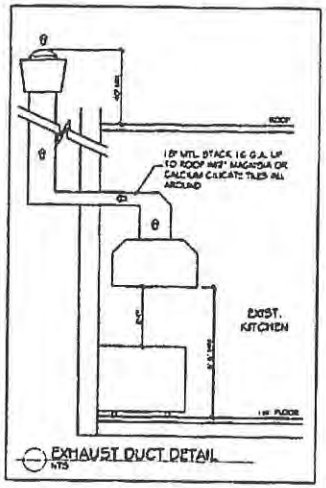
AMENDED PLANS



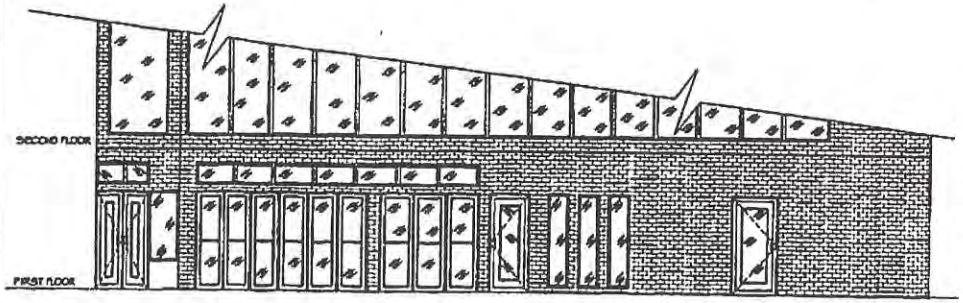
SITE PLAN
SCALE 1" = 1'-0"



2nd AVENNUE FRONT ELEVATION
SCALE 1/4" = 1'-0"



EXHAUST DUCT DETAIL
NTS



EAST 4th STREET FRONT ELEVATION
SCALE 1/4" = 1'-0"

GENERAL NOTES

1. ALL WORK SHALL COMPLY WITH THE LOCAL BUILDING CODE AND REGULATIONS OF THE NATIONAL BOARD OF FIRE UNDERWRITERS.
2. THE GENERAL CONTRACTOR AND ALL SUBCONTRACTORS SHALL VERIFY ALL DIMENSIONS AND JOB CONDITIONS PRIOR TO TO CONSTRUCTION AND SHALL REPORT TO THE OWNER ANY DISCREPANCIES OR OMISSIONS WHICH WOULD INTERFERE WITH SATISFACTORY COMPLITION OF THE WORK.
3. THE GENERAL CONTRACTOR IS TO MAINTAIN A COMPLETE AND UP TO DATE SET OF DRAWINGS ON THE JOB ALL TIMES INCLUDING THE CONTRACT DOCUMENTS AND SHOP DRAWINGS.
4. DRAWINGS ARE NOT TO BE SCALED. USED DIMENSIONS GIVEN ONLY.
5. ALL DIMENSIONS GIVEN FOR PARTITIONS ARE FINISHED SURFACE TO FINISHED SURFACE UNLESS OTHERWISE NOTED.
6. THE WORD "ALIGN" DENOTES GYPSUM WALL BOARD SHEATHING OVER FACE OF BASE BUILDING COLUMNS OR WALL SURFACE AT JUNCTION WITH NEW CONSTRUCTION TO ALIGN THE TWO DISSIMILAR PARTS AND PROVIDE A SMOOTH CRACK FREE SUFACE.
7. ALL GYPSUM WALL BOARD USED TO BE FIRECODE "C", UNLESS OTHERWISE NOTED. CONTRACTOR TO DOUBLE UP METAL STUDS AT ALL DOORS AND FRAMED OPENINGS.
8. ALL MATERIALS AND METHODS OF CONSTRUCTION SHALL COMPLY WITH LOCAL CODES AND REQUIREMENTS OF AGENCIES HAVING JURISDICTION
9. ALL WOODWORK ATTACHED TO PREMISES AND ALL WOOD DOORS SHALL BE FIREPROOFED TO COMPLY WITH LOCAL CODES AND REQUIREMENTS OF AGENCIES HAVING JURISDICTION.
10. THE INSTALLATION OF ALL REQUIRED FIRE STOPPING SHALL BE SUBJECT TO THE CONTROLLED INSPECTION REQUIREMENTS AS PER LOCAL CODES
11. DEMOLITION AND REMOVAL OF REFUSE SHALL NOT BE PERMITTED TO ACCUMULATE. CONTRACTOR TO RESTORE ANY PORTION OF BUILDING DAMAGED DURING ALTERATION.
12. ALL WIRING TO BE PERFORMED BY A LICENSED ELECTRICIAN AND CONFORM TO LOCAL CODES AND REGULATIONS.
13. ANY AND ALL PLUMBING WORK TO BE INSTALLED BY LICENSED PLUMBER.
14. THE GENERAL CONTRACTOR WILL BE SOLELY RESPONSIBLE FOR ALL CONSTRUCTION MEANS, METHODS, TECHNIQUES, SEQUENCES AND PROCEDURES.
15. MINIMUM CONCRETE STRENGTH AT 28 DAYS, f'c=3000 P.S.I IT IS THE CONTRACTORS RESPONSIBILITY TO PROVIDE CONCRETE CYLINDERS FOR LABORATORY TESTS.
16. ARCHITECTS SHALL NOT BE RESPONSIBLE FOR THE CONTRACTORS EXECUTION OF THE WORK NOT ACCORDING TO PLANS AND SPECIFICATIONS
17. ALL ELECTRICAL WORK TO BE FILED WITH THE BUREAU OF ELECTRICAL CONTROL BY THE LICENSED ELECTRICIAN.

TENANT NOTES

1. ALL WORK TO BE CARRIED OUT DURING NORMAL HOURS
2. ALL MEANS OF EGRESS TO REMAIN FREE OF OBSTRUCTIONS DURING COURSE OF CONSTRUCTION.
3. UTILITY, HEAT ELECTRIC SERVICES, ETC. TO BE UNINTERRUPTED DURING COURSE OF CONSTRUCTION.
4. CONTRACTOR SHALL CARRY OUT ALL WORK IN A THROUGH AND WORKMAN LIKE MANNER AND TO MINIMIZE DUST, NOISE, ETC. AT SITE DURING COURSE OF CONSTRUCTION.
5. UNAUTHORIZED PERSONS SHALL NOT BE PERMITTED TO ENTER BUILDING DURING COURSE OF CONSTRUCTION.

STORE FRONT NOTES:

1. NO STRUCTURAL CHANGES.
2. EXISTING LINTELS SHALL BE UNDISTURBED
3. NO WORK BEYOND THE BUILDING LINE.
4. DOORS DO NOT EXTEND MORE THAN 1.8" BEYOND THE BUILDING LINE.
5. ANY SIGNS SHALL BE FILED BY OTHERS.
6. COMPLETE SEPARATION MUST BE MAINTAINED BETWEEN 1st STORY AND CELLAR BELOW BY A CONTINOUS FIRE RETARDING UP TO BUILDING LINE.
7. MAXIMUM LIVE LOAD FOR SHOW WINDOW PLATFORMS SHALL BE 60 PSF.
8. ALL GLASS SHALL BE EITHER 1/4" POLISHED GLASS OR AS MARKED ON PLANS AND ALL AS PER N.Y.C. BUILDING CODE
9. VENEERING TO BE IN ACCORDANCE WITH RULE # 2 ON EXTERIOR VEENERING MATERIALS BY THE BSA RULES 46S- 44 SR.

LEGEND : SYMBOL /DESCRIPTION

- EXIST. 2HR. FIRE RATED PARTITION TO BE 2" x 4" WD. STUDS @ 16" o.c. WITH 2 LAYERS OF 5/8" GYP. BD EACH SIDE
- NEW PARTITION WALLS: 2x4 WOOD STUD @16"O.C W/ 5/8" GWB ON EACH SIDE
- EXIST PARTITION TO REMAIN
- EXIST. PARTITION TO BE REMOVED
- EXIST. MASONRY WALL
- EXISTING EXTERIOR WALLS
- EXISTING FOUNDATION WALLS
- SMOKE DETECTOR + CARBON MONOXIDE DETECTOR
- EXIT LIGHT & SIGN

BUILDING INFORMATION		CONTROLLED INSPECTIONS	
LOCATION:	84 EAST 4th STREET NEW YORK, N.Y. 10003	1- FIRE STOPS	27-345
BLOCK:	459	2- VENTILATION SYS. -ENG./ INST.	27-136, 779
LOT:	58	3- STRUCTURAL STABILITY	
ZONE:	C 6-1	4- FINAL INSPECTION	DIRECTIVE 14 OF 1975
MAP:	16c		

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JACOB A. KANNER ARCHITECT
41 KEW GARDENS RD
KEW GARDENS, N.Y. 11415
TEL (718)544-2088
FAX (718)544-2089

JOB ADDRESS	84 EAST 4th STREET	JOB# 17010	A
TITLE	SITE PLAN, LEYEND, NOTES & DETAILS	DATE 03-30-2012	A-1

DEPARTMENT OF BUILDINGS
APR 11 2012
BOROUGH MANHATTAN
AMENDED PLAN

DEPARTMENT OF BUILDINGS
CITY OF NEW YORK

Healthy Tossed Salad

Small (16oz) ..... $5.95 +Tax
Large (32oz) ..... $6.95 +Tax

Choose a Base and 4 Toppings

Each
Extra Toppings .. $1.25
(6oz) Grill Chicken .. $2.25
(4) Grill Shrimp .. $3.00
Grill Salmon .. $4.25
(4oz)

Customize,
Make Your Own Salad !

BASE
Romaine Lettuce
Iceberg Lettuce
Baby Spinach
Spring Mix
Kale

VEGETABLES
(Prepared Freshly Sliced)
Carrots
Peppers (Green & Red)
Corn
Celery
Purple Onions
Fresh Sliced Mushrooms
Cucumbers
Diced Tomatoes

GRAINS
Almonds (Sliced)
Walnuts
Pecans
Dried Cranberry

FRUIT
Apple
Pineapple
Oranges
Strawberries
Avocado

CHEESE
Feta
Shredded Parmagana
Shredded Cheddar
Shredded Mozzarella
Shredded American
Shredded Diced Fresh Mozzarella

OTHER
Black Oilives
Croutons
Chick Peas
Red Beets
String Beans

Dine In, Takeout & Delivery

Healthy Snacks

GUACAMOLE + CHIPS (Avocado, diced tomatoes)	$5.75 +Tax
Celery Stick, Carrot Stick & Yogurt (Plain, Strawberry or Blueberry Flavors)	$4.50 +Tax
Protein Bars (Vanilla & Chocolate)	$1.75 +Tax
BAD BOY'S	$3.75 +Tax
4 Eggs, Bacon + American Cheese (Flour) Hero	
2 Eggs Half (Flour) Hero	$1.95 +Tax
2 Eggs Whole Wheat flat bread	$2.50 +Tax
2 Eggs Whites on Whole Wheat Flat Bread or (Flour) Hero	$2.50 +Tax
In Plate	plus $1.25 +Tax
Extra French Fries	plus $1.75 +Tax
Extra Eggs	$0.75¢ each +Tax
Extra Sausage	$1.00 each +Tax
American Cheese or Mozzarella	$1.00 +Tax

Beverages

	Small (12oz.)	Large (20oz.)
Coconut Water	$1.00	$1.50 +Tax
Hot Coffee *(Regular or Decaf)*	$1.00	$1.50 +Tax
Ice Coffee *(Regular or Decaf)*	$1.00	$1.50 +Tax
Flavor's: French Vanilla, Hazelnut		
Fresh Milk	$1.00	$1.50 +Tax
Almond Milk	$1.00	$1.50 +Tax
Soy Milk	$1.00	$1.50 +Tax
Hot Tea *(Regular or Decaf)*	$1.00	$1.50 +Tax
Ice Tea *(Sweet or Not)*	$1.00	$1.50 +Tax

Benefits of the Healthy Menu

GINGER: Maintains blood circulation, prevents cold and flu, colon cancer, reduces pain & inflammation.
KALE: Low in calorie, high in fiber, iron, calcium, high in powerful antioxidants, high in vitamins A,C,K.
KALE: Has more calcium than milk, great detox food, filled with fiber, sulfur & keeping liver healthy.
MINT LEAVES: Digestive aid, reduces allergy symptoms.
AVOCADO: Nutritious and has more potassium than bananas.
BEETS: Cleanses the body, powerful tonic for liver, works as purifier for blood.
CARROTS: Reduces Acidity, stimulates appetite, improves digestion, eyesight, skin, liver function & regulates blood sugar.
SPINACH: Contains powerful vitamin K & iron to keep your energy levels up.
DATES: Gives healthy heart & bones, prevents anemia and allergies.
COCONUT: Helps digestive system, skin & maintains blood pressure.
WHEAT GRASS: Slows down aging, rich in protein, best source of chlorophyll which is a blood builder.
SPIRULINA: Body detox (liver) Improves digestive system, keeps eyes healthy.
ACAI: Antioxidants MACA: Protein gives energy
HEM: Protein builds body WHEY PROTEIN: Protein builds body

We would like to thank and recognize Mrs. Beatrice Hernández owner of Bamboo Tropical for her time and professional contribution to The Matese Healthy Menu.

Appetizers

Bruschetta Pomodoro ..... (4) Sm. 6.50 ..... (8) Lg. 9.50
(Toasted Semolina Bread Topped with Diced Tomato Basil & Garlic)

Fried Calamari 9.50
Baked Clams (6) 9.00
Fried Zucchini (12) 7.25
Stuffed Mushrooms (8) 7.75
Mozzarella Sticks ..... 7 pcs. 7.25 ..... 9 pcs. 8.95 ..... 14 pcs 13.00
Buffalo Wings ..... 6pcs 5.75 12 pcs. 11.75 ..... 18 pcs 16.00 ..... 24 pcs. 19.95
Chicken Fingers ..... 4 pcs. 7.25 ..... 6 pcs 8.50 ..... 8 pcs. 9.50
Fried Shrimp (7) 8.95
Garlic Bread 2.75
Garlic Bread with Mozzarella Cheese 3.95
Mussels Marinara 7.75
Eggplant Rollatini (3) 7.25
Garlic Knots (7) 2.00
Fresh Cut French Fries ..... Sm. 3.25 ..... Lg. 4.25
Rice Ball (1) 3.75
Mozzarella Capresse (Fresh Mozzarella Served with Tomato & Basil) ..... Sm. 7.75 ..... Lg. 9.75
Combo Platter 16.25
(6 Chicken Wings, 6 Mozzarella Sticks, 3 Potato Croquettes & 4 Chicken Fingers) Serves 2-4 People

Salads

Add Fried or Grilled Chicken 3.95
Add Fried or Grilled Shrimp (6) 5.95
Add Mozzarella Cheese 1.75
House Salad ..... Sm. 6.25 ..... Lg. 7.95
Antipasto ..... Sm. 7.95 ..... Lg. 9.95
Greek Salad ..... Sm. 6.50 ..... Lg. 8.25
Caesar Salad ..... Sm. 6.25 ..... Lg. 7.95
Capricciosa Salad ..... Sm. 7.95 ..... Lg. 9.50
Salmon Salad ..... Lg. 10.50
Shrimp Salad (7) ..... Lg. 10.50
Matese Salad ..... Sm. 7.95 ..... Lg. 9.50
(Spring Mix with Roasted Peppers, Olives, Croutons, Onions & Shaved Romano)
Baby Arugula Salad ..... Sm. 7.25 ..... Lg. 9.75
(Baby Arugula, Fresh Mozzarella, Tomato, Red Onions, Roasted Peppers & Prosciutto)
Avocado Salad ..... Sm. 7.25 ..... Lg. 9.75
(Spring Mix with Fresh Mozzarella, Tomatoes & Onions in a Lemon Vinaigrette)

DRESSINGS

Choice of dressings to include: Italian, Balsamic Vinaigrette, Caesar, Honey Mustard, Oil, Vinegar, Ranch & Blue Cheese

Soups (Fresh Made To Order)

All Soups Served with Garlic Sticks or Garlic Knots

	Pt. 16oz(Sm)	Qt. 32oz(Lg)
Pasta e Fagioli (Pasta with White Cannelloni Beans & Fresh Plum Tomatoes)	5.95	7.95
Minestrone (Assorted Vegetables)	5.95	7.95
Chicken Noodle Soup	5.95	7.95
Tortellini in Brodo (Cheese Filled Pasta in a Light Broth with Grated Cheese)	5.95	7.95
Lobster Bisque	6.95	8.95
Pasta Lentil	5.95	7.95
Escarole & Beans	6.95	7.95
Split Pea Soup	5.95	7.95

Combo Special: Small Soup + Salad 9.75

Panini & Wraps

Choice of Wrap: Flour, Whole Wheat, Multigrain & Spinach

Grilled Chicken 8.25
(Grilled Chicken with Roasted Peppers & Fresh Mozzarella)
Chicken Caesar Wrap 8.25
(Your Choice of Fried or Grilled Chicken with Crunchy Romaine Lettuce, Finished with Our Delicious Caesar Dressing)
Veggie Wrap 8.25
(Broccoli, Spinach, Roasted Peppers, Eggplant & Fresh Mozzarella)
Broccoli Rabe & Sausage Wrap 8.50
Amalfi Wrap 8.25
(Prosciutto, Arugula, Roasted Peppers & Fresh Mozzarella with House Dressing)
California Wrap 8.25
(Grilled Chicken, Avocado, Lettuce, Tomato, Red Onion & Mayo)
Matese Panini (Grilled Chicken, Fresh Mozzarella & Roasted Peppers) 8.25
Eggplant Panini 8.25
(Grilled Eggplant, Fresh Mozzarella, Sun Dried Tomato, Roasted Peppers & Balsamic Vinaigrette)
Veggie Panini (Grilled Veggie & Fresh Mozzarella with Balsamic Vinaigrette) 7.95
Chicken Cutlet Panini 8.25
(Chicken Cutlet, Fresh Mozzarella with Lettuce, Tomato & House Dressing)
Grilled Chicken Broccoli Rabe Panini 8.95

Heros & Plates

All Hero's Available in Small Plates 1.50 (with bread on side)
Lettuce / Tomatoes 1.50 / Mozzarella Cheese 1.75
on Garlic Bread $1.00

Eggs (Bacon, Ham, Turkey, Salami) 7.25
Meatball ..... Sauce 6.75 ..... Parmigiana 8.25
Sausage ..... Sauce 6.75 ..... Parmigiana 8.25
Eggplant ..... Sauce 6.75 ..... Parmigiana 8.25
Shrimp (7) ..... Sauce 8.00 ..... Parmigiana 9.50
Italian Sub Hero 8.25
(Salami, Provolone, Ham, Pepperoni, Roasted Peppers, Lettuce, Tomatoes & Onions)
Sausage & Peppers 7.25
Sausage & Eggs 7.25
Peppers & Eggs 7.25
Potatoes & Eggs 7.25
Grilled Chicken 8.25
(Topped with Fresh Mozzarella, Roasted Peppers, Tomatoes & Dressing)
Chicken Cutlet Milanese 6.75
Chicken Cutlet Parmigiana 8.25
Veal Cutlet Milanese 7.75
Veal Cutlet Parmigiana 9.25
Broccoli Rabe (Grilled Chicken or Sausage) 9.25
Prosciutto di Parma Hero 9.25
(Prosciutto, Fresh Mozzarella, Arugula & Balsamic Vinaigrette)
Chicken Cutlet Hero (with Lettuce, Tomato & American Cheese) 8.25
Classic Chicken Hero 8.25
(Marinated Roasted Chicken, Fresh Mozzarella, Roasted Peppers & Balsamic Vinaigrette)
Skirt Steak Avocado (with Lettuce, Tomato, Onions & Mayo) 9.25
Skirt Steak Broccoli Rabe (with Cherry Peppers) 9.25
Skirt Steak (Peppers, Onions, Provolone) 9.25
Skirt Steak (Mushrooms, Onions, Arugula, Provolone Cheese) 9.25
Skirt Steak Avocado 9.25
Skirt Steak Pizzaiolla 9.25
Philly Steak & Cheese 8.25
Philly Steak, Cheese & Peppers 8.50

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Pasta

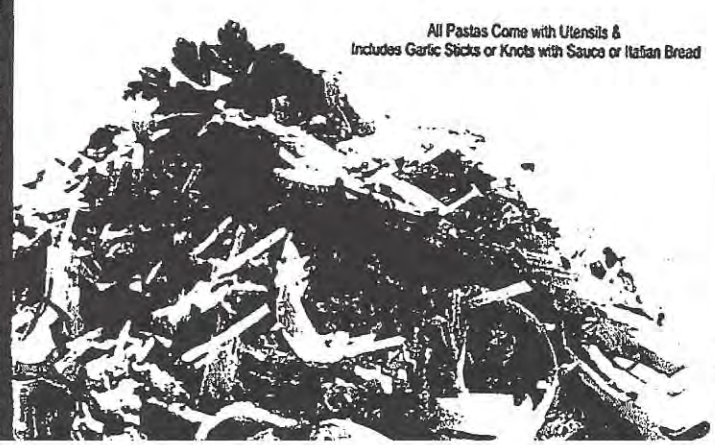
You're Choice of Pasta:
Penne *Spaghetti*Linguini *Rigatoni *Fettucini *Cappellini *Fusilli

Add Fried or Grilled Chicken	3.95
Add Shrimp (6)	5.95
Add Broccoli	2.00

Tortellini, Cavatelli, Gnocchi: $1.00 Extra
Whole Wheat Pasta: Spaghetti, Linguini, Rigatoni $1.00 Extra
Family Style Entrées Serve 3 People & Comes with Large Salad
Gluten Free Pasta: $1.00 Extra

	Single	Family (serves 3 people)
Fusilli alla Pesto	9.95	23.50
Pasta with Broccoli & Sautéed Chicken	13.50	27.50
Pasta with Tomato Sauce	8.95	19.95
Pasta with Marinara Sauce	8.95	19.95
Pasta with Garlic & Oil	8.95	19.95
Pasta with Meatballs (2)	9.95	25.50
Pasta with Sausage (Sweet) (2)	9.95	25.50
Pasta, Broccoli, Garlic & Oil	9.95	25.50
Pasta, Spinach, Garlic & Oil	9.95	25.50
Pasta, Broccoli Rabe, Garlic & Oil	10.50	25.75
Pasta Puttanesca (Sautéed Plum Tomatoes with Gaeta Olives, Garlic, Capers & a Touch of Anchovies)	10.25	26.75
Pasta with Clam Sauce (Fresh Chopped Clams Tossed with Garlic & Oil with Choice of Red or White Sauce)	10.75	25.00
Pasta Alfredo (Pasta in a Creamy Sauce Topped with Freshly Grated Parmigiana)	10.25	24.95
Pasta ala Vodka	10.25	24.95
Pasta Matriciana	10.25	23.95
(Tomatoes, White Wine & Pancetta, Spiced with a bit of Crushed Red Peppers)		
Pasta Carbonara	10.25	23.95
(Tortellini Tossed in a Cream Sauce with Peas & Pancetta)		
Pasta with Bolognese (Meat Sauce)	9.95	24.95
Linguini alla Fresco (Fresh Garlic, Plum, Tomato & Basil)	10.25	24.00
with Fresh Mozzarella	12.95	24.95
Cavatelli Bolognese (Homemade Cavatelli with Meat Sauce & a Touch of Cream)	12.50	24.95
Rigatoni Siciliano (Tomato Sauce with Eggplant, Basil, Onion, Fresh Mozzarella & Ricotta)	13.50	25.95
Pasta Pescatore (Shrimp, Clams, Mussels, Calamari, Marinara Sauce)	15.50	35.95
Whole Wheat Spaghetti alla Matese (with Grilled Veggie & Grilled Shrimp Sautéed with Garlic & Oil Sauce)	15.50	32.95
Whole Wheat Rigatoni alla Matese (Fresh Baby Spinach, Sautéed Chicken & Tomatoes in a Garlic & Oil Sauce)	14.95	31.95

All Pastas Come with Utensils &
Includes Garlic Sticks or Knots with Sauce or Italian Bread



Baked Pasta

	Single	Family (serves 3 people)
Gnocchi Neopolitan (Soft Potato Pasta in Marinara Sauce)	9.95	25.95
Cheese Ravioli (6)	9.95	25.95
Stuffed Shells (6) (Baked Shells Stuffed with Ricotta Cheese)	9.95	25.95
Manicotti (3) (Baked Crepes Filled with Ricotta Cheese)	9.95	25.95
Lasagna (Chopped Meat & Cheese Topped with Marinara Sauce)	10.50	28.50
Baked Penne Sicilian (Penne with a Delicious Tomato Basil Sauce, Melted Mozzarella Cheese & Chopped Eggplant)	10.50	25.95
Baked Penne Bolognese (Penne with a Delicious Tomato Basil Sauce, Topped with Melted Mozzarella Cheese)	10.95	25.95
Baked Penne with Ricotta	10.25	25.95
Cavatelli Tomato Sauce	9.95	25.00
Pasta with Escarole & Sausage	12.25	25.95
Pasta alla Fresco	10.00	23.95
with Fresh Mozzarella & Cavatelli	10.95	25.50

All pasta includes Garlic Sticks
or Garlic Knots or Italian Bread

Entreés

All Family Entreés Serve up to 3 people
Comes with Pasta and Salad.
All Single Entreés come with Pasta or Salad
Pasta sides dishes with special sauce extra charge
(garlic & oil $2.00, alla vodka sauce $3.00)
(white clam sauce $3.00, meat sauce $2.00)
All Special Salad side dishes are extra charge $3.00

CHICKEN	Single	Family (serves 3 people)
Broccoli Rabe (Fried or Grilled Chicken Served over Broccoli Rabe)	14.50	34.50
Capricciosa (Fried or Grilled Chicken Mixed with Diced Tomatoes, Red Onions, Arugula, Fresh Mozzarella, Olive Oil & Basil)	14.25	33.95
Marsala (Sautéed Chicken Breast in a Marsala Wine Sauce with Fresh Mushrooms)	14.25	33.95
Cacciatore (Chicken Breast Sautéed with Fresh Plum Tomato, Basil, Onion & Fresh Mushrooms)	14.25	33.95
Francese	14.25	33.95
(Chicken Breast in White Wine, Lemon & Butter Sauce)		
Piccata (Chicken Breast Simmered in a Lemon and White Wine Sauce Topped with Capers)	14.25	33.95
Parmigiana	14.25	33.95
Cutlet Milanese	12.50	27.50
Chicken Rollatini (Chicken Breast Stuffed with Prosciutto & Mozzarella in a Marsala Sauce)	14.50	34.50
Saltimbocca (Sautéed in a Marsala Brown Sauce Topped with Prosciutto & Fresh Mozzarella over Fresh Spinach)	14.50	33.95
Pizzaiolla (with Mushrooms, Onions & Peppers in a Light Tomato Sauce)	14.25	32.50
Sorrentino (with Eggplant, Prosciutto & Fresh Mozzarella in a Brown Sauce with a Touch of Tomato Sauce)	14.50	33.95
Romano (Sautéed with Onions, Artichoke Hearts, Fresh Tomatoes & Pancetta in a White Wine Butter Sauce)	14.50	32.95
Florentino (Sautéed with Garlic & Butter in a Light Marinara Sauce Topped with Spinach & Provolone Cheese)	14.50	32.95
Chicken Scarpariello (Sautéed in a Garlic Lemon White Wine & Butter Sauce)	14.25	33.95
With Sausage	14.95	34.95
With Portobello	14.50	34.95

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#1 APPETIZER SPECIAL

- 6 Mozzarella Sticks
- 6 Buffalo wings
- 5 Chicken Fingers
- 5 Fried Shrimp
- 2 Liter Pepsi

$23.95

#2 PIZZA SPECIAL

- 1 LG Pie
- 8 Garlic Knots
- 2 Liter Pepsi

$18.95

#3 PARTY SPECIAL

- 1 Sicilian Pie
- 1 LG Pie
- 8 Garlic Knots
- 2 Liter Pepsi

$32.95

#4 Any THREE

Heros, Choice of...

- Chicken Parmigiana
- Sausage Parmigiana
- Meatball Parmigiana
- Eggplant Parmigiana

Add 1.75 for each Veal or Shrimp Parmigiana Hero

- Includes Lg Salad & 2 Liter Pepsi

$26.95

#5 PASTA MANIA

Any Two Pasta Dishes,
any Special sauce add $2.00

- Salad
- Garlic Bread
- 2 Liter Pepsi

$25.95

Breakfast, Lunch & Dinner

Juices

CUP SIZE:
Small (12oz) ..... $4.95 +Tax
Medium (16oz) ..... $5.95 +Tax
Large (20oz) ..... $6.95 +Tax

1. DETOX:
   Kale, apple, spinach, cucumbers, romaine lettuce, ginger, lemon & mint (green)
2. ATP (ENERGY):
   Orange, celery, lemon, pineapple
3. ABC: Apple, beets, carrots, fresh mint
4. SUMMER LOVE:
   Apple, melon, pears, strawberries (pink)
5. THE KING AND QUEEN:
   Carrots and orange (orange)
6. GREEN HORNET:
   Parsley, carrots, lemon, apple (green)
7. THE DEVIL:
   Beets, carrots, cucumbers, lemon (red)
8. PLATINUM: Pineapple, ginger, apple
9. BODY BUILDER:
   Carrots, celery, apples, beets
10. BEAUTY AND THE BEAST:
    Kale, celery, cucumbers, spinach, apple, lemon

Pick Me Uppers

HEART BEET:
Ginger, Spinach, Lemon, Beet, Carrot, Apple

SPARK PLUG:
Ginger, Apple, Carrot

APPLE SWEET IMMUNE:
Apple, Carrot, Kale, Orange, Lemon

WHEATGRASS SHOTS
$2.75 + Tax

Only Juice

(Add Kale, Spinach or Celery each $0.75)

Orange ~ Carrot ~ Carrot & Orange
Apple ~ Apple & Carrot ~ Beet,
Carrot & Apple ~ Beet, Apple & Orange
Beet & Carrot ~ Apple

CLEANSES

1. HEAVY WEIGHT:
   Kale, spinach, parley, romaine lettuce, celery cucumber
2. REBOUND:
   Apple, carrot, ginger
3. DAY OF GLORY:
   Spinach, parley, cucumber, celery, romaine lettuce, pineapple
4. LOVE IS FOREVER:
   Pineapple, apple, mint, wheat grass

Smoothies

CUP SIZE:
Medium (16oz) ..... $5.95 +Tax
Large (20oz) ..... $6.95 +Tax
X-Large (24oz) ..... $7.95 +Tax

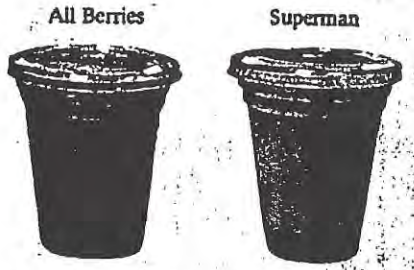
Protein: Whey, Hem, Soy & Maca
$1.00 Extra for each portion

TROPICAL

1. SUNSHINE:
   Banana, orange, strawberry
2. BERRY BERRIES:
   Blueberry, banana, strawberry
3. COOL BREEZE:
   Banana, pineapple, orange
4. TROPICAL ZONE:
   Orange, carrot, banana
5. WEIGHT WATCHERS:
   Apple, pineapple, strawberry

CLASSIC SUPER FOOD

1. IRON MAN:
   Banana, spinach, kale, avocado, papaya, walnuts and almond milk (green)
2. ALL BERRIES:
   Banana, mix berries and soymilk
3. WIND SURFER:
   Strawberry, orange, papaya, pineapple, coconut water
4. SUPERMAN:
   Strawberry, banana, papaya, almonds, honey, coconut water



ORIGINAL SMOOTHIES
Super Food

1. LOVE WEAPON:
   Kale, banana, dates and coconut water
2. MIDNIGHT LOVER:
   Mango, pear, orange, lemon, spirulina, almond milk
3. M & M:
   Acai, blueberry, banana, coconut water, Himalayan Sea salt
4. DR. FEEL BETTER:
   Pineapple, orange juice, kale, parley, spinach, peach