

SALADS

ALL SALADS ARE MADE WITH GARDEN GREENS, ROMAINE HEARTS & MESCLUN

GREEK \$7

FETA CHEESE, RICE STUFFED GRAPE LEAVES, CHERRY TOMATOES, CUCUMBERS, PITTED CALAMATA OLIVES

CHEF \$7

GRATED PROVOLONE AND CHEDDAR, HAM, TURKEY, SALAMI, CUCUMBERS, MANZANILLA OLIVES, CHERRY TOMATOES

SPINACH \$7

BABY SPINACH, ARTICHOKE HEARTS, CHERRY TOMATOES, CUCUMBERS, EGGS

GOAT CHEESE \$7

MONTRACHET GOAT CHEESE, CHERRY TOMATOES, CUCUMBERS, CANDIED WALNUTS, DRIED CRANBERRIES

PESTO CHICKEN \$7

CHERRY TOMATOES, CUCUMBERS, RED PEPPERS, SLICED BUTTON MUSHROOMS

FRESH MOZZARELLA \$7

ROASTED RED PEPPERS, CUCUMBERS

GORGONZOLA CHEESE \$7

APPLES, CANDIED WALNUTS, DRIED CRANBERRIES, CHERRY TOMATOES

COBB \$7

DICED CHICKEN BREAST, FETA CHEESE, CUCUMBERS, CHERRY TOMATOES, SLICED EGGS, CHICK PEAS, SWEET CORN

CLASSIC TUNA \$7

CHUNK LIGHT TUNA, DICED CELERY, CHERRY TOMATOES, CUCUMBERS, MAYO

ALL SALADS SERVED WITH HOMEMADE BALSAMIC VINAIGRETTE ON THE SIDE AND WARM BREAD BAKED ON PREMISES

GRANOLA W/ LOW FAT YOGURT \$3

PLAIN/STRAWBERRY/VANILLA LOW FAT YOGURT

FRUIT SALAD (SEASONAL) P/A

SEASON AVAILABILITY

LUNCH & DINNER SPECIALS

SEE IN HOUSE MENU

SANDWICHES

FRESH MOZZARELLA \$6

BASIL PESTO, ROASTED RED PEPPERS, TOMATOES

SHARP CHEDDAR & AVOCADO \$6

BASIL, MAYO

MONTRACHET GOAT CHEESE MEDALLIONS \$6

SUNDRIED TOMATO CHUTNEY, PESTO

BARBEQUE CHICKEN \$6

SPICY CHIPOTLE CHILI, MAYO

FRESH MOZZARELLA W/ PROSCIUTTO \$7

ROASTED RED PEPPERS, HORSERADISH MAYO

ROASTED HICKORY TURKEY W/ CHEESE \$6

CHOICES OF CHEDDAR OR SWISS, SUNDRIED TOMATO CHUTNEY

HONEY BASTED HAM \$6

CHOICES OF PROVOLONE, CHEDDAR OR SMOKED GOUDA, MAYO

CLASSIC TUNA \$6

CHUNK LIGHT TUNA, DICED CELERY, MAYO

ROAST BEEF \$7

CRUNCHY PICKLES, HORSERADISH MAYO

GENOA SALAMI \$7

AGED PROVOLONE, FRESH MOZZARELLA, MAYO

TURKEY & AVOCADO \$6

HORSERADISH MAYO

PASTRAMI W/ SWISS CHEESE \$7

HORSERADISH MAYO

BEEF MEATBALLS \$7

W/ WILD MUSHROOM GRAVY, FRESH BAKED WHOLE WHEAT HERO

PHILLY STYLE CHEESE STEAK \$7

W/ MELTED CHEDDAR CHEESE, FRESH BAKED WHOLE WHEAT HERO

CHORIZO SAUSAGE \$7

W/ HOMEMADE SOURKRAUT, FRESH BAKED WHOLE WHEAT HERO

BOREKAS \$6

PHYLLO DOUGH STUFFED AND BAKED GOLDEN BROWN

* STUFFED W/ SPINACH, ONIONS, POTATO AND FETA CHEESE.

* STUFFED W/ SAVORY GROUND BEEF SEASONED W/ CINNAMON, CUMIN AND CLOVE

DAILY INSPIRATIONS

MOM'S COOKING

SOUPS • STEWS • SALADS • SANDWICHES

33 E 8 ST. (BET. UNIVERSITY PL. & GREENE ST. NYC)

TEL. 212-674-SOUP (7687)

29 EAST MADISON, CRESSKILL, NEW JERSEY

TEL. 201-266-8900

AT MOM'S COOKING, WE SERVE SOUPS, STEWS, SALADS & SANDWICHES. STARTED IN 1979 AS "PITA CUISINE" AT 65 SPRING STREET AND HAS MOVED AROUND THE NEIGHBORHOOD FOR THE LAST 30 YEARS. WE HAVE BEEN "535 EAT AND DRINK," "COFFEE CUISINE" AT LAGUARDIA PL. "SOUP KIOSK" AT PRINCE & MERCER ST. AND CURRENTLY "NEWS BAR"

(AT UNIVERSITY PLACE & 13TH STREET). OUR DISHES ARE FREE OF TRANSFAT, MSG, PRESERVATIVES AND NO MEAT STOCK IN VEGETARIAN DISHES. WE OFFER DAILY CHANGING SELECTION OF HOME COOKED DISHES.

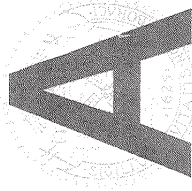
ALL DISHES ARE SERVED W/ FRESH WARM BREAD BAKED ON PREMISES

STORE HOURS

SEE DOOR DISPLAY

WE DON'T DELIVER

SANITARY INSPECTION GRADE



NYPRESS'



Has Awarded
Best Healthy Lunch

FIND US ON FACEBOOK MOM'S COOKING ON 8TH STREET



DAILY SOUPS

SERVED WITH BREAD BAKED ON PREMISES
CONTAINER SIZES 12oz/16oz/32oz

MOM'S CHICKEN SOUP \$5/\$6/\$11

GREEN LENTIL W/ SPINACH (V) \$5/\$6/\$11

SPICY CHICKEN JAMBALAYA \$6/\$7/\$13

TURKEY GUMBO \$6/\$7/\$13

DAILY SEAFOOD \$7/\$8/\$15

SELECTIONS FROM THE LIST BELOW CHANGE DAILY

HEARTY SOUPS

SPICY CHICKEN JAMBALAYA \$6/\$7/\$13

WHITE MEAT CHICKEN BREAST, ONIONS, CELERY, RED/GREEN PEPPERS, COLLARD GREENS, CRUSHED TOMATOES, CHIPOTLE PEPPERS, BASMATI RICE, CHORIZO SAUSAGE

SPICY TURKEY GUMBO \$6/\$7/\$13

TURKEY BREAST CHUNKS, ONIONS, CELERY, RED GREEN PEPPERS, CRUSHED TOMATOES, RED PEPPER FLAKES, OKRA

TURKEY À LA KING \$6/\$7/\$13

TURKEY BREAST, ONIONS, CELERY, CARROTS, FRESH BASIL, LEMON GRASS, COCONUT MILK

NEW ENGLAND MUSSEL CHOWDER (D) \$7/\$8/\$15

POTATOES, ONIONS, CARROTS, CELERY, SWEET CORN, DRIED OREGANO, BUTTER, FLOUR, HEAVY CREAM

POTATO LEEK (D V) \$5/\$6/\$11

PUREED POTATOES, LEEK, HEAVY CREAM

SPLIT PEA W/ LEMON & MINT (V) \$5/\$6/\$11

GREEN SPLIT PEAS, BABY PEAS, RED PEPPERS, FRESH MINT, LEMON JUICE

VEGETABLE BARLEY (V) \$5/\$6/\$11

PEARLED BARLEY, DICED CRUSHED TOMATOES, CELERY, ZUCCHINI, ONIONS, CARROTS, BASIL LEAVES

3 MUSHROOM MISO (V) \$5/\$6/\$11

SHITAKE/OYSTER/CRIMINI MUSHROOMS, DASHI MISO, TOBI, SEAWEED

PASTA FAGIOLI (V) \$5/\$6/\$11

TUSCAN WHITE BEANS, ONION POWDER, ELEM MACARONI, CRUSHED TOMATOES, DRIED OREGANO

CHICKEN POBLANO \$6/\$7/\$13

SPICY POBLANO CHICKEN CHOWDER, WHITE MEAT CHICKEN BREAST, POTATOES, JALAPENO & SPICY POBLANO PEPPERS, COLLARD GREENS, CAJUN SEASONING, HEAVY CREAM

WHITE BEAN ESCAROLE (V) \$5/\$6/\$11

TUSCAN WHITE BEANS, DICED ESCAROLE, ONION, GARLIC POWDER

MANHATTAN SEAFOOD CHOWDER \$7/\$8/\$15

MINCED CLAMS, BAY SCALLOPS, CALAMARI, BABY SHRIMPS, CELERY, RED/GREEN PEPPERS, ONIONS, COLLARD GREEN, CRUSHED TOMATOES, CHIPOTLE PEPPERS, FLOUR, BUTTER

CHICKEN CORN CHOWDER (D) \$6/\$7/\$13

WHITE MEAT CHICKEN BREAST, POTATOES, SWEET CORN, BASIL LEAVES, HEAVY CREAM

MOM'S CHICKEN SOUP \$6/\$7/\$13

WHITE CHICKEN BREAST, ONIONS, CELERY, CARROTS, DILL, PARSLEY, ZUCCHINI

LENTIL SPINACH (V) \$5/\$6/\$11

GREEN LENTILS, CHOPPED SPINACH, CUMIN

BUTTERNUT SQUASH (D) \$5/\$6/\$11

OVEN ROASTED BUTTERNUT SQUASH, POTATOES, HEAVY CREAM

CARROT GINGER (V) \$5/\$6/\$11

PUREED CARROTS/POTATOES, GINGER

CREAM OF BROCCOLI (D) \$5/\$6/\$11

BROCCOLI FLORETS, POTATO PUREE, NUTMEG, HEAVY CREAM

GINGERED PARSNIP W/ SMOKED BACON \$6/\$7/\$13

POTATOES, PARSNIPS, GINGER, SMOKED BACON

GREEN LENTIL W/ SMOKED CHORIZO SAUSAGE \$6/\$7/\$13

CARROTS, PARSLEY, GREEN LENTIL, SPANISH SMOKED CHORIZO SAUSAGE

GREEN SPLIT PEA W/ SMOKED HAM \$6/\$7/\$13

CARROTS, GREEN SPLIT PEAS, HICKORY SMOKED HAM

INDIAN YELLOW SPLIT PEA (V) \$5/\$6/\$11

CARROTS, RED/GREEN PEPPERS, YELLOW SPLIT PEAS, GARAM MASALA CURRY POWDER

MINESTRONE (V) \$5/\$6/\$11

RED KIDNEY BEANS, ONIONS, CELERY, CARROTS, RED/GREEN PEPPERS, CRUSHED TOMATOES, ELEM MACARONI, BASIL LEAVES

TOMATO GARLIC BISQUE (D) \$5/\$6/\$11

MINCED GARLIC, TOMATOES, HEAVY CREAM

WILD MUSHROOMS W/ TUSCAN BEANS (V) \$5/\$6/\$11

SHITAKE/CRIMINI MUSHROOMS, ARTICHOKE HEARTS, WHITE BEANS

CHILLED CURRIED CAULIFLOWER (SEASONAL) (V) \$5/\$6/\$11

LEEKS, CAULIFLOWER, POTATOES, GREEN CABBAGE, RAISINS, TURMERIC, CURRY POWDER

CHILLED CUCUMBER YOGURT (SEASONAL) (D) \$5/\$6/\$11

DICED CUCUMBERS, LOWFAT YOGURT, SOUR CREAM, FRESH MINT, GARLIC

CHILLED GREEN BORSCHT (SEASONAL) (V) \$5/\$6/\$11

POTATO, DILL, PARSLEY, SPINACH, EGGS, SUGAR, VINEGAR

CHILLED RED GINGERED BORSCHT (SEASONAL) (V) \$5/\$6/\$11

SWEET POTATOES, BEETS, ONIONS, VINEGAR

CHILLED ZUCCHINI VICHYSOISE (SEASONAL) (D) \$5/\$6/\$11

POTATOES, ZUCCHINI, PARSLEY, DILL, HEAVY CREAM

CHILLED GAZPACHO (SEASONAL) (V) \$5/\$6/\$11

DICED CUCUMBERS, GREEN/RED PEPPERS, BERMUDA ONIONS, CILANTRO IN TOMATO BROTH

DAILY INSPIRATIONS

(D) DAIRY (V) VEGETARIAN MOM'S COOKING

SOUPS • STEWS • SALADS • SANDWICHES
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TEL: 212-674-SOUP (7687)

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DAILY STEW PLATTERS

YOUR CHOICE OF DISH SERVED W/ BROWN RICE AND BREAD BAKED ON PREMISES

TURKEY/BEEF CHILI \$8

CHICKEN TIKKA MASALA (D) \$8

MEATBALLS W/ WILD MUSHROOM GRAVY \$8

MOROCCAN BEEF STEW \$8

ROPA VIEJA "OLD RAGS" \$8

SELECTIONS FROM THE LIST BELOW CHANGE DAILY

BEEF CHUNKS W/ MANZANILLO OLIVES \$8

BEEF CHUNKS, CRUSHED TOMATOES, PITTED GREEN MANZANILLO OLIVES, TURNIPS, SWEET PAPERINA

BLACK BEAN TURKEY CHILI \$8

GROUND TURKEY, ONIONS, CELERY, CARROTS, BLACK KIDNEY BEANS, RED/GREEN PEPPERS, CRUSHED TOMATOES, CHILI POWDER, CUMIN, CORIANDER

SMOKEY BEEF CHILI \$8

GROUND BEEF, ONIONS, CELERY, CARROTS, RED KIDNEY BEANS, RED PEPPERS, SMOKED HUNGARIAN PAPERINA, CHILI POWDER, CUMIN, CORIANDER

VEGETARIAN CHILI (V) \$8

RED KIDNEY BEANS, ONIONS, CARROTS, CELERY, RED/GREEN PEPPERS, CRUSHED TOMATOES, CHILI POWDER, CUMIN, CORIANDER

CHICKEN TIKKA MASALA (D) \$8

CHICKEN BREAST, ONIONS, CARROTS, CELERY, BABY PEAS, GINGER, CRUSHED TOMATOES, GARAM MASALA CURRY, CORIANDER, HEAVY CREAM

HUNGARIAN BEEF STEW \$8

BEEF CHUNKS, ONIONS, CARROTS, CELERY, RED/GREEN PEPPERS, CRUSHED TOMATOES, SWEET HUNGARIAN PAPERINA

MOROCCAN BEEF STEW \$8

BEEF CHUNKS, ONIONS, CARROTS, CELERY, WHITE CANNELINI BEANS, GINGER, CURRY POWDER, CORIANDER

ORANGE GINGER BEEF STEW \$8

BEEF CHUNKS, CARROTS, FRESH MINT, GINGER ORANGE ZEST, SUGAR

CORIANDER BEEF W/ GREEN LENTIL (V) \$8

BEEF CHUNKS, GROUND CORIANDER, FIRE ROASTED RED PEPPERS

MOROCCAN VEGETABLE RAGOUT \$8

SWEET POTATOES, GREEN MANZANILLO OLIVES, CHICK PEAS, ONIONS, TOMATOES, MALE, CINNAMON

EGGPLANT CASSEROLE (V) \$8

ROASTED EGGPLANT, BLACKEYED PEAS, GREEN/RED PEPPERS, ONIONS, TOMATO PASTE

ROASTED ROOT VEGETABLE STEW (V) \$8

CELERIC ROOT, PARSNIP, TURNIP, GINGER, CURRY, FLOUR, TOFU

SLOW ROASTED PULLED PORK \$8

TOMATILLO, POTATOES, BLACK EYED PEAS, CILANTRO, GROUND CORIANDER

ROPA VIEJA "OLD RAGS" \$8

SLOW SMOKED HICKORY PULLED PORK, RED KIDNEY BEANS, ONIONS, RED/GREEN PEPPERS, BASMATI RICE, TOMATO BROTH

SEAFOOD JAMBALAYA (D) \$9

SHRIMP, BAY SCALLOP, CALAMARI, DICED TOMATOES, SWEET CORN, CHORIZO SAUSAGE, BUTTER, FLOUR

