

STARTERS

SPICED CARROT HUMMUS 12 za'atar, grilled pita

CITRUS MARINATED OLIVES 6



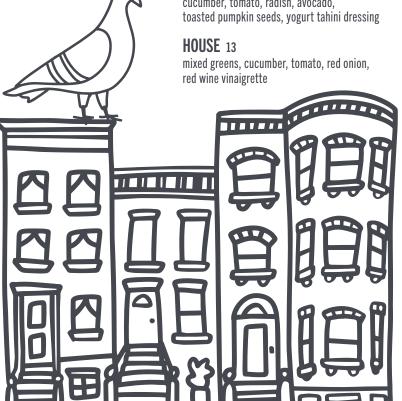
romaine, garlic breadcrumbs, anchovy dressing

BRASSICA 15

shaved kale and sprouts, crumbled goat cheese, toasted almonds, dried cherries, caraway dressing

HARVEST 17

black bean falafel, carrot hummus, quinoa. cucumber, tomato, radish, avocado,



BRUNCH

PASTRIES 9

basket of assorted pastries

BANANA NUT CAKE 8

coconut cream, toasted coconut

BLACK FOREST BROWNIE 8

tart cherry, whipped cream

YOGURT 12

blueberry compote, toasted oats, chia seeds

PANCAKE STACK 16

maple butter, banana, seasonal berries

CHICKEN & WAFFLE 24

half a fried chicken, maple butter, scallions

OMELETTE 14

gruyère, ham, mushrooms, spinach

TURKISH EGGS 16

poached eggs, chili butter, mint yogurt, grilled flatbread

BREAKFAST BURRITO 16

scrambled egg, tater tots, tomatillo salsa, chorizo, white beans

AVOCADO TOAST 14

grilled sourdough, sunflower seeds, watercress, pickled chilis [add an egg +3]



BREAKFAST SAMMY 16

croissant, bacon, scrambled egg. american cheese, deviled aioli



Instagram:

takecare.newyork

culinary director: barry tonks executive chef: christopher d'ambrosio





HARISSA MARINATED SALMON & GRAINS 26

TAKECARE

"tabouleh salad" quinoa, cracked wheat, tomato, parsley, cilantro, lemon, yogurt-tahini dressing, lime

TUNA POKE 24

sriracha, soy, sesame, jasmine rice, edamame beans, cucumber, radish, avocado, furikake

GRILLED CHICKEN KEBAB 24

quinoa, black beans, charred corn. crispy tortilla, lime dressing

THAI GREEN COCONUT CURRY 24

tofu, sweet potato, eggplant, zucchini, basil, lime, jasmine rice



FRIES 9

TATER TOTS 9

[loaded - bacon, cheddar, and ranch +4]

ADD AN EGG 3

BOURBON PEPPER BACON 8

MUSHROOMS 12

roasted heirloom variety, garlic herb butter

AVOCADO 4

HARISSA MARINATED SALMON 12

CHICKEN KEBAB 10

SANDWICHES & BURGERS served with fries or market salad

TAKE CARE BURGER 25

\$1 per sale goes to the NYC Impact Foundation

grilled pat lafrieda patty, cheddar, onion jam, special sauce, seeded brioche bun

CRISPY CHICKEN SANDWICH 22

gochujang chili, basil, buttermilk dressing, slaw, pretzel roll

CHICKEN CAESAR WRAP 21

[grilled or fried chicken] romaine, garlic breadcrumbs, parmesan, anchovy dressing, flour tortilla

VEGGIE PATTY 19

black bean quinoa patty, tomato, alfalfa sprouts, chipotle aioli, lettuce, no bun [vegan]

B.A.L.T. 19

bourbon pepper bacon, avocado, lettuce, tomato, dijonnaise



BLOODY MARY 16



MIMOSA 14

choice of juice: orange, pineapple, cranberry, grapefruit

BOTTOMLESS MIMOSAS 38 (1.5 hours)

choice of juice: orange, pineapple, cranberry, grapefruit

FOR THOSE OF US WITH DIETARY RESTRICTIONS, PLEASE SCAN THIS QR CODE





*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness,