

STARTERS

TAKE CARE WINGS 16
buffalo, house ranch

SPICED CARROT HUMMUS 12
za'atar, grilled pita

CHIPS & DIP 9
whipped goat cheese, everything spice

CITRUS MARINATED OLIVES 6

MARGHERITA FLATBREAD 16
mozzarella, fresh basil

CRISPY ARTICHOKEs 10
lemon caper aioli

EAT YOUR GREENS

CLASSIC CAESAR 14
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, toasted pumpkin seeds, yogurt tahini dressing

HOUSE 13
mixed greens, cucumber, tomato, red onion, red wine vinaigrette

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

www.takecare-newyork.com

 @takecare.newyork



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BOWLS & PLATES

HARISSA MARINATED SALMON & GRAINS 26
"tabouleh salad" quinoa, cracked wheat, tomato, parsley, cilantro, lemon, yogurt-tahini dressing, lime

STEAK FRITES 36
bone marrow gravy, roasted garlic, fries

FISH & CHIPS 26
beer battered cod, mushy peas, fries, tartar sauce

TUNA POKE 24
sriracha, soy, sesame, jasmine rice, edamame beans, cucumber, radish, avocado, furikake

SPAGHETTI & MEATBALLS 22
parmesan, ricotta

CHICKEN SCHNITZEL 28
parsley butter, fries

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

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

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

SIDES

FRIES 9

TATER TOTS 9
[make them loaded - bacon, cheddar, and ranch +4]

CRISPY SPROUTS 12
sesame, hoisin, mint, chili

ARUGULA & PARMESAN 8
balsamic glaze, evoo

MUSHROOMS 12
roasted heirloom variety, garlic herb butter

AVOCADO 4

HARISSA MARINATED SALMON 12

CHICKEN KEBAB 10

SWEETS

COOKIE SKILLET 12
salted caramel, vanilla ice cream

BANANA NUT CAKE 8
coconut cream, toasted coconut

BLACK FOREST BROWNIE 8
tart cherry, whipped cream

breakfast | lunch | dinner | weekend brunch



TAKE
CARE

