

All wraps: \$6.25

## Y & S Wraps

All Y & S wraps are made to order-chopped and mixed with vegetables and dressing, rolled into a fresh tortilla.

**#1. Chicken Caesar Wrap-** grilled chicken, lettuce, Parmesan cheese, mushrooms and Caesar dressing

**#2. Russian Turkey Wrap-** turkey breast, lettuce, tomato, cheese and creamy Russian dressing

**#3. California Burger Wrap-** veggie burger, lettuce tomato and yogurt dill dressing

**#4. Italian Wrap-** ham, salami, provolone, pepperoni, roasted peppers, lettuce and Italian dressing

**#5. Chopped Salad Wrap-** your choice of fresh vegetables chopped with any dressing (melted cheese; add .75)

**#6. Yogurt Chicken Wrap-** grilled chicken, plain yogurt, low-fat mayo, lettuce, sundried tomatoes, broccoli and cucumbers

**#7. Mediterranean Wrap-** grilled chicken, fresh mozzarella, lettuce, tomato, cucumbers and lite Italian dressing

**#8. Lite Veggie Tuna Wrap-** low-fat veggie tuna salad, lettuce, and tomato (melted cheese; add .75)

**#9 Chicken Salad D'Light Wrap-** low-fat chicken salad, lettuce and tomato

**#10 Exotic Crab Salad Wrap-** low-fat crab and seafood salad, lettuce and tomato

**#11 Chopped Egg Salad Wrap-** low-fat egg salad, lettuce and tomato

**#12 Greek Chicken Wrap-** grilled chicken, lettuce, tomato, cucumbers, onions, feta cheese, olives and mustard vinaigrette

**#13 Chicken Tex Mex Wrap-** grilled chicken, chili, lettuce, tomato, peppers, cheddar/jack cheese, onion and lite sour cream

**#14 B.B.Q. Chicken Wrap-** Barbeque style chicken, lettuce tomato, cheddar/jack cheese and fat free ranch dressing

**#15 Create-A-Wrap-** Choose 1 from our variety of chicken cutlets or Homemade Salads. Include your choice of any 5 items from our salad bar



## Salads

Always crisp and fresh!

Sun dried tomatoes, raisins, craisins, sunflower seeds, roasted red peppers, corn, chick peas, broccoli, carrots, peppers, red cabbage, cucumbers, tomatoes, mushrooms, red onions, kidney beans, olives, gourmet croutons, parmesan cheese, feta cheese, romaine lettuce, iceberg lettuce

**Chopped Salad-** any fresh vegetables mixed to order with your choice of dressing sm..... \$6.00.....lg. \$8.00

**Platters-** any garden salad of your choice topped off with any of the following: sm.....\$8.50.....lg. \$10.00

- ❖ Chicken Salad, Lite Veggie Tuna, Roasted Turkey, Honey Ham, Veggie Burger, Turkey Burger, Chicken Burger, Grilled Chicken, Egg Salad, Egg White Salad, Seafood Salad, or Chicken Cutlet
- ❖ Each choice above is made with low- fat mayonnaise

*SPA BISTRO is proud to introduce  
our butcher quality meats from  
PRIME TIME BUTCHER*

**Burger Platter-**Turkey burger, veggie burger, chicken burger or sirloin burgers served on a bed of lettuce with your choice of veggies \*\* also available on a bun, wrap or pita\*\*.....price varies



**Taco Salad-** lettuce, tomato, corn, Tostito chips, red onion, cheese, salsa, sour cream and ranch dressing served with chili or chicken.....\$11.00

**Cobb Salad-** lettuce, hard boiled eggs, turkey, ham, bacon, shredded cheeses, avocado and assorted veggies.....\$11.00

**Chefs Salad-** fresh garden salad topped with your three favorite meats and shredded cheese.....\$11.00

**Caesar Salad-** lettuce, Parmesan cheese, croutons and Caesar dressing.....\$7.00.....w/ chicken.....\$9.00

**Greek Salad-** lettuce, tomatoes, cucumbers, black olives, feta cheese, red onions and vinaigrette.....\$8.00 w/ chicken.....\$10.00

**Gorgonzola Salad (Most Popular!)-** mixed greens, butter roasted pears/apples (also available with strawberries), gorgonzola cheese, honey roasted walnuts, onions, tomatoes, mustard vinaigrette.....\$9.00.....w/ chicken.....\$11.00

**Strawberry & Apple Salad-**chicken breast, apples, strawberries, carrots, red cabbage, mushrooms, pecans, gorgonzola cheese, red onions, strawberry dressing.....\$11.00

**Dressings:** Lite Italian, Russian, Bleu Cheese, Fat Free Ranch, Yogurt Dill, Mustard Dill, Raspberry Vinaigrette, Fat-Free Balsamic Vinaigrette, Fat-Free Honey Dijon, "Gorgonzola" Dressing (Mustard Vinaigrette), Caesar, Creamy Italian, French and Garlic

## PANINIS

All \$7.00

**Panini Uno-**grilled chicken breast, fresh mozzarella, grilled zucchini, sweet red peppers and red onions

**Di Roma Panini-** chicken cutlet, fresh mozzarella, prosciutto, red onion and herd mayonnaise

**Italian Panini-** Salami, prosciutto, provolone, roasted peppers, morte Della

## Extras!

**Bagel with Butter**..... \$1.50

**Bagel with Cream Cheese**.....\$2.00

**Cup of Pasta Salad**.....\$5.00

**Quiche**(broccoli cheddar or spinach).....\$5.00

**Veggie Lasagna**.....\$5.00

**Chicken Quesadilla**.....\$5.45

**Cheese Quesadilla**.....\$3.95

**Veggie Quesadilla (Your Choice of Veggies)**.....\$5.00

*All served with choice of sour cream or salsa*

**Baked Potato with Butter and Sour Cream**.....\$4.00

**Baked Potato with Broccoli and Cheese**.....\$4.50

**Baked Potato with Chili and Cheese**.....\$4.50

**Soup**.....pint \$3.00.....quart \$8.00

**Chili**.....pint \$4.00.....quart \$8.00

**Low Fat Cookies, Brownies**.....\$1.99

**Low Fat Yogurt Muffins**.....\$2.50

# NEW SPECIAL

Your choice two of the following soup, half salad or half sandwich served with one side \$8.75

**House Salad:** lettuce, cherry tomatoes, mozzarella, croutons, black olives, with our homemade mustard vinaigrette

\*\*Available with grilled chicken for an extra \$1.50

\_\_OR\_\_

HALF Sandwiches:

**Italian Sandwich-** smoked turkey, ham, salami, Swiss, pepperoni, roast beef, tomato, lettuce and onion

**Turkey Sandwich-** Smoked Turkey, bacon, cheddar cheese, Swiss cheese, sun dried tomatoes with honey mustard

**Ham Sandwich-** lettuce, tomato, swiss, smoked ham

Your choice of rye, whole wheat, white or multi-grain bread

**Sides(CHOOSE ONE):** Macaroni and Cheese, Sweet Potato Fries, coleslaw

## Yogurt and Glace

Frozen Yogurt- low-fat, non-fat and no sugar added available in a variety of flavors (Always available in Cookies-n-Cream and Peanut Butter low fat yogurt)

Y&S Guilt-Free Glace- non-fat dessert, cholesterol-free, low calorie and delicious (Always available in Chocolate Mousse, Pure Vanilla and Cappuccino)

\*Watch for our change of flavors once a week!

\*\*For WeightWatchers: Y&S Glace= 1 point\*\*

**Mini Cup (5 oz)**.....\$3.90  
**Small Cup (7 oz)**.....\$4.30  
**Medium Cup (9 oz)**.....\$4.75  
**Large Cup (11 oz)**.....\$5.40  
**Cones**.....Wafer \$4.10.....Waffle \$4.90

**Pops**.....\$3.50  
**Frozen Cones**.....\$ 4.25  
**3 Stage Sundaes**.....\$7.25  
**\*To Go**.....Pints \$6.00.....Quarts \$8.50  
**Flying Saucers (single)**.....\$2.00  
**Flying Saucers (6 pack)**.....\$7.25.....w/ topping \$8.75  
**Lil' Nippers (1 Flavor Only)**.....\$1.75.....w/topping \$2.00  
**Fruit Salad**.....\$5.00  
**Fruit A La Yogurt**.....\$6.50

**Toppings** (Over 30 to choose from!)

Fresh fruit, nuts, granola, candies, diet and sugar free available

Topping on top.....\$.70.....on the side \$1.40

\*\*\*Milkshakes Available! Create your own!\*\*\*

**Cakes and Pies:**

Custom- Made to Order -24 Hour Notice

**Mini Cake:** \$15.00 (4-6) **Medium Cake:** \$ 28.95 (10-15)

**Pie:** \$19.95 (6-8) **Large Cake:** \$34.95 (15-20)

**Small Cake:** \$23.95(8-12)

## Gelato

Gelato is Italian ice cream. Our Gelato is prepared from all natural fresh ingredients, has a smooth texture and is low in fat. Our Gelato consists of two main types: Fruit Flavors and Cream Flavors. Fruit Flavors are water based and therefore, lactose free. Each serving has less than 1% of fat. Cream flavors are dairy based with milk. They have only 4-7% fat. This means a single serving has less than 8 grams of fat and only 130-170 calories.

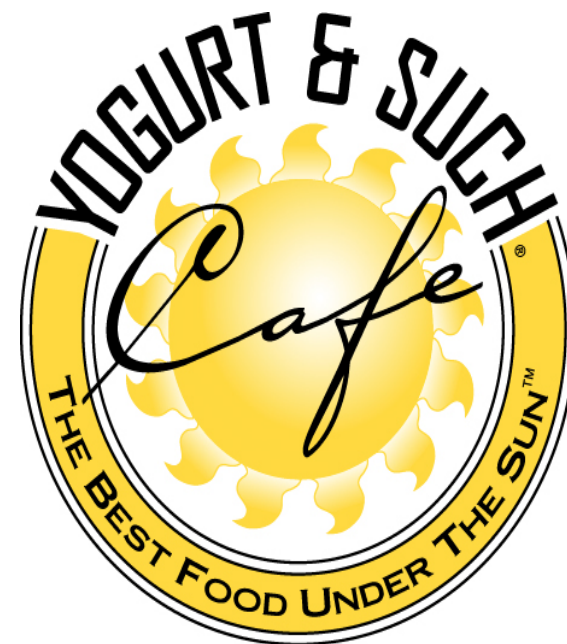
Small: \$3.80

Medium: \$4.80

Large: \$5.50

## Beverages

Snapple.....\$1.85  
 Bottled Water.....\$1.50  
 Milk/Chocolate Milk 10 oz.....\$1.50  
 Coffee or Tea.....sm\$1.25.....lg. \$1.50  
 Herbal Teas or Hot Cocoa.....\$1.25  
 Cappuccino.....\$3.00  
 Espresso.....\$2.00



1018 Willis Avenue

Albertson, NY 11507

(516) 626-7890

**Open Late 7 Days**

Monday-Saturday 9am-10pm

Sunday 9am-9pm

**Summer Hours:** Monday-Thursday 9am-10pm

Friday & Saturday 9am-11pm, Sunday 9am-10pm