

Tuna

Tuna salad plate.....	8.99
two scoops of tuna on a bed of salad	
Tuna salad plate.....	6.99
single scoop of tuna on a bed of salad	
Tuna melt.....	7.99
Tuna grinder on toasted French bread.....	8.99
Tuna Sandwich.....	6.99
on a bagel or french bread	

Breakfast Entrees (served all day)

(all egg plates include hash browns & toast)

Two eggs any.....	6.99
Cheese Omelette.....	7.99
Spanish Omelette.....	8.99
Broccoli and Mozzarella omelette.....	8.99
Lox and Onion Omelette.....	8.99
Belgian Waffle.....	6.99
French Toast.....	5.75
Pancakes.....	5.99
Deluxe Pancakes.....	6.75
Chocolate chip or blueberry Toast and butter.....	1.75
Toast butter and Jam.....	2.25

Pizza

Personal Pizza Pie plain.....	8.99
Large Pizza Pie.....	15.99
Pizza by the Slice.....	1.99

Pizza Toppings

Black Olives, Green Olives, Tomatoes, Onions,
Mushrooms, Spinach, Broccoli, Pineapple,
Peppers and Extra Cheese

Calzones (fried)

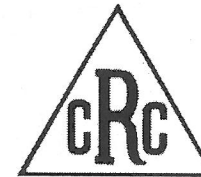
Cheese and Sauce.....	6.99
Tuna and cheese.....	7.99
Broccoli and cheese.....	7.99
Spinach and cheese.....	7.99

Slushies

Variety of flavors	
Small.....	1.25
Large.....	1.95

Beverages

Coffee.....	1.89
Milk.....	.85
Chocolate Milk.....	1.50
Bottled Water.....	1.29
Canned Pop.....	1.25
Snapple.....	2.00
Bottled Juice.....	1.25



Cholov Yisroel

**2931 W. Touhy
Chicago, IL 60645
773- 338-9640**

Hours

**Sunday 10:00 - 8:00
Monday - Thursday 10:00 - 8:00
Motzei Shabbos
Open one hour after Shabbos – 12:00**



School Money Accepted

Delivery Available

Party Room Available

Soups

Minestrone.....	4.50
Split Pea.....	4.50
Cream of Broccoli.....	4.50
Soup of the Day.....	4.50

Salads

Caesar Salad	8.99
Romaine lettuce, croutons, parmesan anchovy caesar dressing	
Cranberry Salad	9.99
Romaine lettuce, carrots, dried cranberries, red onion, cashews, yellow pepper & balsamic vinaigrette dressing	
Greek Salad	9.99
Romaine lettuce, cucumber, tomatoes, kalamatta olives, feta cheese, red onions & greek dressing	
Mixed Green Salad	7.99
Romaine lettuce, cucumber, tomatoes, carrots, onions & choice of dressing	
Health Nut Salad	9.99
Romaine lettuce, peppers, zucchini, mushrooms, carrots, sunflower seeds, tomatoes, eggs, raisins, blueberries & balsamic vinaigrette dressing	
Crunchy Salad	9.99
Romaine lettuce, toasted crushed pecans, ramen noodles, scallions & balsamic vinaigrette dressing	
Nicoise Salad	10.99
Romaine lettuce, tomatoes, eggs, feta cheese, black olives, croutons, fresh tuna salad & balsamic vinaigrette dressing	
California "Charlie Tuna" Salad	10.99
Romaine lettuce, spinach leaves, tomatoes, black olives, eggs, croutons, feta cheese, albacore tuna & choice of dressing	
Toss Salad	4.99
Romaine lettuce, tomatoes, onions, cucumbers & choice of dressing	
Salad Bar	8.99

Side Orders

French Fries.....	1.99
Puffed Fries.....	3.99
Homemade Onion rings.....	3.99
Cheddar fries.....	3.99
Fried Cauliflower.....	3.89
Hash browns.....	1.99
Mozzarella Sticks (4).....	6.99
Cole Slaw.....	1.99
Nacho plate (chips & cheese).....	6.99
Nacho Deluxe.....	8.99
(guacamole, beans, cheese & salsa)	
Steamed carrots.....	3.99

Wraps

(made from homemade lafa bread)	
Tuna Salad.....	7.99
Tuna and cheese.....	8.75
Broccoli and cheese.....	7.99
Spinach and cheese.....	7.99
Lox and cheese.....	9.99
Egg and cheese omelette.....	7.99

Panini

Touhy special	7.99
Zucchini, eggplant, peppers, onions, mushrooms (grilled), guacamole & cheese	
Tuna tomato, onion, and cheese	6.99
Greek	8.99
Feta cheese, kalamatta olives, tomatoes & onions	
Three cheese	7.99
Mozzarella, cheddar, feta, tomatoes, black olives & roasted peppers	
Kosher Crab	8.99
Mock crab, zucchini, garlic, onions & tartar sauce	
Sacramento delight	8.99
Tomato, fresh basil, smoked cheese	
California style	8.99
Tomatoes, onions, zucchini, mushrooms & cheese in an omelet	
Mexican- South of the Border	7.99
Mock beef, beans, salsa, and cheese	

Sandwiches

White Fish Sandwich (grilled or fried).....	7.99
Grilled Cheese.....	3.50
Mexican Burrito.....	7.99
Wrap overflowing with mock beef, peppers, mushrooms, onions, beans, cheese, & guacamole	

Bagels

Bagel and Cream cheese.....	2.99
Bagel and butter.....	1.99
Bagel, lox, and cream cheese.....	8.99
Egg and Cheese Omelette bagel.....	3.99
Pizza Bagel.....	3.75

Pastas and specialties

Tricolor pasta.....	10.99
Mock crab, shredded zucchini & onions, tossed with a rich cream sauce and parmesan cheese	
Fettuccine Alfredo.....	9.99
Fettuccine tossed with a rich cream sauce and parmesan cheese	
Linguine Mushroombella.....	9.99
Mushrooms, onions, garlic, olive oil, roasted peppers & seasoning	
Seafood Pasta.....	10.99
mixed fresh seafood in a garlic wine and marinara sauce	
Three Cheese Pasta.....	8.99
Mozzarella, muenster & american cheese sauce	
Cream of Pesto.....	10.99
Carrots, zucchini & broccoli	
Stir Fried Veggie Lo Mein.....	9.99

Macaroni and Cheese.....	5.99
Main Macaroni and Cheese.....	6.99
Eggplant Parmigana.....	8.99
Breaded fried eggplant, marinara sauce, covered with melted cheese	

Grilled Fish

All grilled fish items come with choice of two: Fries, rice, steamed carrots, mashed potatoes & gravy, steamed vegetables, salad & roasted potatoes

Grilled Salmon Filet Teriyaki.....	13.99
Grilled filet of salmon covered in teriyaki sauce.	
Salmon Marsala.....	13.99
Served with fresh mushrooms in a marsala wine sauce	
Grilled Salmon.....	12.99
Grilled Whitefish Filet.....	12.99
Grilled Tilapia.....	11.99
With Tartar sauce	

Fried Fish

Tilapia Fried Fish.....	9.99
Tilapia, breaded and deep fried. Comes with French fries and coleslaw.	
Fried Whitefish.....	9.99
Whitefish, breaded & deep fried. Comes with French fries and coleslaw.	
Fish & Chips.....	9.99
Tilapia dipped in tempura batter & deep fried. Comes with fries and coleslaw.	
Sweet & Sour Salmon.....	11.99
Salmon stir fried in a homemade sweet and sour sauce. Comes with fries and coleslaw.	