

ALL DAY BREAKFAST

2 EGGS ANY STYLE ON A ROLL 4.99 | 5.23
*MAKE IT YOUR OWN BY SELECTING ADD ONS (Charges apply)

THE EYE OPENER 11.95 | 12.47
Egg whites, sliced avocado, turkey bacon, pepper jack cheese on a toasted croissant

BUON GIORNO PANINI 8.95 | 9.32
Potato, Egg & Cheese

SPARTAN 10.95 | 11.43
Egg whites, turkey bacon and sausage, pepper turkey and swiss cheese on a roll

EGG WHITE SPECIAL 9.95 | 10.39
Fresh egg white with crumbled feta cheese and tomatoes in a grilled wheat wrap

HAM-N-EGG MELT 12.95 | 13.51
Grilled cheese stuffed with ham, scrambled eggs, American cheese with a side of hashbrowns

THE A.M.AZING 12.95 | 13.51
Eggs over medium, smoked mozzarella, chicken cutlet, roasted pepper dressing, on a grilled pita

EGG PLATTERS

Includes Homefries or Salad and Toast

2 EGGS ANY STYLE 8.95 | 9.35

WESTERN PLATTER 11.95 | 12.47
Ham, onions and peppers
SEE ADD ONS FOR MORE CHOICES



7TH STREET BURRITO
12.95 | 13.51
Egg whites, Grilled Chicken, Smashed Avocado, Cheddar cheese & Chipotle Dressing in a Spinach Wrap

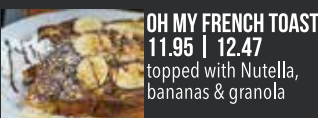


DANNY BURRITO
12.95 | 13.51
Pancakes, Bacon, Egg & Cheese with pancake syrup

FRENCH TOAST

FRENCH TOAST 8.95 | 9.32
Made with challah bread and served with side of cinnamon butter

HEAVENLY FRENCH TOAST
11.95 | 12.47
topped with warm strawberries, bananas and chocolate chips served with side of cinnamon butter



OH MY FRENCH TOAST
11.95 | 12.47
topped with Nutella, bananas & granola



HOLY CANNOLI FRENCH TOAST
11.95 | 12.47
topped with chocolate chip cannoli cream & caramel drizzle w/ fresh bananas



CINN-A BUN FRENCH TOAST
11.95 | 12.47
Grilled Cinn-a Bun with syrup and cinnamon sugar

ADD ONS

BACON 1.95 | 2.03
HAM 1.99 | 2.07
CHEESE 1.99 | 2.07
TURKEY 1.99 | 2.07

PASTRAMI... 2.99 | 3.11
ROAST BEEF 2.99 | 3.11
SAUSAGE... 1.99 | 2.07
HOME FRIES 1.49 | 1.55

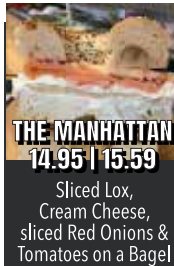
TURKEY BACON 2.99 | 3.11
SMASHED AVOCADO 2.49 | 2.63
SUB EGG WHITES... 2.99 | 3.11
+ EXTRA EGG 1.49 | 1.55
+ EXTRA 2 EGGS... 2.99 | 3.11



THE JOSE BURRITO
12.95 | 13.51
Egg Whites, Turkey, Cheddar, Avocado in a Spinach Wrap



THE HIPSTER
9.95 | 10.39
Veggie Cream Cheese, Smashed Avocado Everything seeds, on an Everything bagel



THE MANHATTAN
14.95 | 15.59
Sliced Lox, Cream Cheese, sliced Red Onions & Tomatoes on a Bagel



THE BIG BOY
10.95 | 11.43
Eggs, Crispy Bacon, Sausage, Grilled Ham & Melted Cheese



THE HANGOVER
11.95 | 12.47
Philly Steak, Eggs, Hashbrowns, & Cheese on a Roll



BUTTER MY BISCUIT
12.95 | 13.51
Chorizo Patty, Cheddar, Pepper Jack, Eggs OM, Cajun Butter in a Cheddar Biscuit



THE A.M. SMASH
13.95 | 14.55
Smashed chorizo patty, crispy smashed tator tots, fresh eggs, queso, chipotle, honey mustard, brioche bun.



THE SON OF A B
12.95 | 13.51
Scallion Cream cheese, Sausage, Egg, Cheese, Hot Honey on a toasted bagel



VICTOR BURRITO
12.95 | 13.51
French toast, eggs, cinnamon sugar turkey bacon, Swiss cheese & syrup



SUNRISE QUESADILLA
12.95 | 13.51
Grilled Steak with scrambled eggs and mozzarella with a side nacho chips

BREAKY FAVS
GRILLED CHEESE 6.99 | 7.23
BLT 8.99 | 9.35 with Hellman's mayo on white toast

PANCAKES

BUTTERMILK PANCAKES (3) ... 8.95 | 9.32
served with butter and syrup

ULTIMATE STACK 13.95 | 14.55
3 Pancakes filled with bacon bits American cheese and eggs

BERRY GOOD PANCAKES 10.95 | 11.43
3 buttermilk pancakes topped with blueberries and strawberries

BLUEBERRY CRUMB STACK . 12.95 | 13.51
Blueberries, crumb cake crumbles, cinnamon sugar, caramel

FAMOUS BANANASTACK 12.95 | 13.51
3 buttermilk pancakes with fresh bananas, candied pecans & caramel

OREO PANCAKES (3) 11.95 | 12.47
Buttermilk pancakes with Oreo pieces



APPETIZERS

MOZZARELLA STICKS 11.95 | 12.47
5 pcs served with Marinara sauce

MINI CRAB CAKES (5) .. 11.95 | 12.47
Served with Asian slaw and chipotle on the side

CHICKEN WINGS 12.95 | 13.51
6 pcs - Plain, Buffalo, BBQ, or Teriyaki

FRIED CHEESE RAVIOLI'S 11.95 | 12.47
4 pcs Served with side of Vodka sauce

CHICKEN FINGERS 11.95 | 12.47
4 pcs served with Honey Mustard

MAC N CHEESE BITES (4) 12.95 | 13.51
Side chipotle ranch

SHELLS & CHEESE 11.95 | 12.47
HALF ORDER 5.95 | 6.23
Homemade with our choice blend of cheeses



FRIES, RINGS & TOTS

REGULAR FRIES 5.99 | 6.27
WAFFLE FRIES 6.95 | 7.23
SWEET POTATO FRIES 6.95 | 7.23
BEER BATTERED ONION RINGS . 6.95 | 7.23
TATAR TOTS 5.99 | 6.27

WILLIE FRIES 9.95 | 10.39
Fries with crispy bacon and melted cheddar w/ ranch dressing on the side

DISCO FRIES 8.99 | 9.39
Fries with Mozzarella and side gravy

CRAZY TOTS 11.95 | 12.47
topped with Mac-n-Cheese, bacon bits and scallions

BRUNCH FRIES 12.95 | 13.51
• Regular Fries
• Cheddar
• Bacon
• Chives,
• 1 Egg
• Sunny Sideup

LET US HANDLE YOUR NEXT PARTY OR EVENT!

CASH | CREDIT
PRICES SHOWN



VOTED BEST DELI & BEST BREAKFAST
4 YEARS IN A ROW!
2023-2026



FALL 2026 EDITION

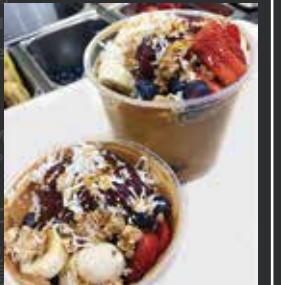
ASK ABOUT OUR
FLAVORED
COFFEES
HOT OR ICED

TRY OUR ACAI BOWL!

1 Scoop...\$9.95 /\$10.35 | 2 Scoops...\$12.95/ \$13.47

INCLUDES: GRANOLA, BANANA, BLUEBERRIES, STRAWBERRIES, COCONUT & HONEY

ADD ONS \$1.99 / \$2.07 Ea
Pineapple | Mango | Peanut Butter | Pecans | Oreo Pieces | Nutella | Chopped Peanut Butter Cups | Chia Seeds | Hemp Seeds | Flax Seeds | Walnuts | | Almond Butter



P-LICIOUS SALADS "YOUR MOTHER ALWAYS SAID TO EAT YOUR GREENS"

CAESAR SALAD 8.95 | 9.32
Romaine, croutons, and grated parmesan cheese with Our Homemade Caesar dressing

HOUSE SALAD 8.95 | 9.31
Lettuce, tomato, red onions, cucumber and carrots

CHICKEN CAESAR SALAD 11.95 | 12.47
Romaine, croutons, and shaved cheese Romaine, croutons, with Our Homemade Caesar dressing

MR. LONG SALAD 13.95 | 14.55
Asian grilled chicken, goat cheese, baby corn, carrots, and romaine lettuce

CHEF SALAD 13.95 | 14.55
Turkey, ham, American, Swiss, and hard boiled eggs

GREEK SALAD 12.95 | 13.51

ITALIAN GRILLED CHICKEN 12.95 | 13.51
Grilled chicken, fresh mozzarella cheese, tomatoes, olives, roasted peppers, romaine lettuce with our creamy balsamic dressing

HIBACHI SALAD 12.95 | 13.51
Grilled Hibachi chicken, tomatoes, scallions, red cabbage, mixed greens with romaine lettuce with our raspberry vinaigrette

APPLE WALNUT SALAD 12.95 | 13.51
Grilled chicken, sliced apples, dried cranberries, goat cheese, walnuts with mixed greens and our raspberry vinaigrette

ALYSSA SALAD 13.95 | 14.55
Mixed greens, tomatoes, olives, roasted peppers, gorgonzola-All Chopped with creamy balsamic

MARY'S TUNA MISH

12.95 | 13.51
(ALL CHOPPED)
Dry tuna, arugula, romaine, tomatoes, olives, artichokes, roasted peppers, provolone cheese with our balsamic vinaigrette

ADDITIONS

CHOPPED SALAD 2.00 | 2.12
TURKEY BURGER 4.99 | 5.19
GRILLED/CRISPY CHICKEN ... 3.49 | 3.67
GRILLED VEGGIES 1.99 | 2.07
HONEY TURKEY 2.99 | 3.11
BOAR'S HEAD TURKEY 2.99 | 3.11
GRILLED SHRIMP (5) 3.99 | 4.15
AVOCADO 2.49 | 2.63
DRIED CRANBERRIES 1.00 | 1.04

DRESSING CHOICES

Creamy Caesar • Honey Mustard
Golden Italian • Ranch • Russian
Blue Cheese • Balsamic Vinaigrette
Oil & Vinegar • Pesto • Thai Peanut
Mandarin Ginger • Chipotle
Roasted Pepperette
...EXTRA DRESSING 0.50

Did you know we make lettuce wraps?



THE HEALTHY WRAP
13.95 | 14.55
Honey Turkey, coleslaw, cucumbers, carrots, Thai peanut dressing served in a lettuce wrap

1150 Hempstead Turnpike, Uniondale, NY
OPPOSITE NASSAU VETERANS MEMORIAL COLISEUM

516.483.4911

**All Credit Card Transactions are subject to a 3.99% surcharge. No exceptions. Pay cash and save!
DUE TO MARKET CONDITIONS, ALL PRICES SUBJECT TO CHANGE WITHOUT NOTICE

OPEN 7 DAYS
A WEEK!

OWNER/OPERATOR: MIKE PANTANO
PantanosGourmet.com

ORDER
ONLINE!



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THE GRILL

2x 4oz BEEF PATTIES
ON A BRIOCHE BUN

**ADD \$2 FOR TATOR TOTS, SWEET POTATO FRIES, ONION RINGS OR WAFFLE FRIES
ALL BURGERS COOKED MEDIUM AND SERVED ON A BUN UNLESS SPECIFIED.**

(Consuming raw or uncooked meat may increase your risk of food borne illnesses)

THE BIG AL 12.95 | 13.51
Cheeseburger with lettuce, and tomato; served with Regular Fries

COLISEUM BURGER 14.95 | 15.59
Swiss cheese, crispy bacon, fried onions, lettuce, tomatoes and BBQ sauce; served with Regular Fries

CAJUN SPECIAL 14.95 | 15.59
Cajun style cheeseburger with sauteed onions, pepper jack cheese, lettuce, tomato and onion rings.

RACHAEL RAY 14.95 | 15.59
Grilled veggie patty, fresh avocado, lettuce, tomatoes, goat cheese, and chipotle on a Brioche Bun; served with Regular Fries

THE CAPONE 14.95 | 15.59
BBQ turkey patty grilled with lettuce, tomato and melted swiss cheese; served with Regular Fries

THE JOEY BURGER 14.95 | 15.59
Turkey burger, melted American, lettuce, tomato, mayo, and ketchup on brioche bun w/ side waffle fries

CRAZY GOOD SANDWICHES

ADD \$1.00 FOR WRAP, PANINI, FOCACCIA, OR BAGEL ADD \$1.99 FOR HERO



MIKE'S HONEY TURKEY 13.95 | 14.55
Honey Turkey, Fresh Avocados, Candied Pecans, Shredded Carrots, Cucumbers, and Hellman's Mayo



THE JIMMY HOFFA
13.95 | 14.55
Roast beef, turkey, ham, American, Swiss, lettuce, tomato and mayonnaise

THE PANTANO SPECIAL 13.95 | 14.55
Genoa salami, mortadella, ham, cappy, pepperoni, provolone, lettuce and tomato with Italian dressing

CHICKEN SALAD BLT 13.95 | 14.55
Homemade chicken salad, crispy bacon, lettuce, tomatoes, and mayonnaise

BUFFALO BERTA 12.95 | 13.51
Buffalo Chicken Salad, pepper jack cheese, spinach, tomatoes with chipotle

PANTANO'S DOZ. BAGELS

4 LOCATIONS!



DRUNKEN NONNA
15.95 | 16.63
Mom's Meatballs, Vodka Sauce, Creamy Burrata, on a Hero



CHEEZY CRAB
13.95 | 14.55
Smashed Mini Crab Cakes, Spicy Tatar Sauce, Melted Pepper Jack, with Garlic Challah Toast



THE IRISHMAN WRAP 14.95 | 15.59
Fresh Sliced, Roast Beef, Bacon Potato Salad, Sour Cream & Onion Chips, Cheddar, with Hellman's Mayo



SHRIM-PO ROLL UP
13.95 | 14.55
Chipotle Popcorn Shrimp, Coleslaw, Scallions, Spicy Tater Sauce & Cheddar

BURATTA B KIDDIN' ME
14.95 | 15.59

Breaded eggplant, buratta, prosciutto, arugula, balsamic glaze and famous red sauce on a semolina hero



KENNY'S ITALIAN HERO
16.95 | 17.63
Salami, Mortadella, Ham Cappy, Pepperoni, Burrata, Shaved Prosciutto, Lettuce, Roasted Peppers, Mayo, Cherry Peppers, and Oil-n-Vinegar on a Semolina Hero



THE BANG BANG BURGER
16.95 | 17.67
Beyond Burger Patty, Melted Swiss, Garlic Mayo, Smashed Avocado, Chipotle Aioli, Everything Seeds, Top with Onion Rings; Served w/ side of Cajun Tots



THE PEDRO DIA
13.95 | 14.55
Spicy Grilled Chicken with sautéed Peppers & Onions, Melted Pepper Jack, Chipotle Aioli Spinach Quesadilla; served w/ side of Fried Rice

POPULAR CHOICES!

WHAT-A- BURGER 15.95 | 16.63
Cheeseburger with a fried egg, bacon, lettuce and tomato; served with regular fries

THE PERRI WRAP 15.95 | 16.63
Bacon Cheeseburger with lettuce, tomato, mayonnaise & ketchup w/ side of french fries



CREATE YOUR OWN BURGER!
MAKE IT YOUR WAY!
* PRICED ACCORDINGLY

HOT DOGS

HOT DOG 4.99 | 5.19

THE CONEY ISLAND DOG
5.99 | 6.23
With sauerkraut and mustard

THE MAC DOG .. 6.99 | 7.31
topped with creamy Mac-N-Cheese



MY HEROES

PARMIGIANA HERO 13.95 | 14.55

Choice of Chicken | Shrimp | Eggplant | or Meatball

CHICKEN VODKA PARM 14.95 | 15.59

Chicken cutlet with Our Famous Vodka sauce with melted mozzarella

COLISEUM PHILLY 12.95 | 13.51

Chicken -or- Beef with sautéed onions and mushrooms with melted American cheese

THE NEW YORK CHEESESTEAK 13.95 | 14.51

Sliced steak with sautéed onions, mushrooms, provolone cheese, mayonnaise and ketchup

MAKE IT A MEAL!

ADDITIONAL 4.99 | 5.19 INCLUDES PASTA SALAD, CHIPS OR FRENCH FRIES & CAN DRINK/ BOTTLED WATER



THE NO NAME WRAP
14.95 | 15.59
Chicken Cutlet, shaved prosciutto, bruschetta, spinach in Garlic & Oil, creamy Buratta, pesto-mayoli Grilled Tomato Wrap



THE CHICK-A-RITO BURRITO
13.95 | 14.55
Chicken Salad, Chopped Doritos, Chipotle Aioli, Melted Cheddar, Shredded Lettuce on a pressed Spinach Wrap



PASTRAMI MAC MELT
13.95 | 14.55
Grilled Pastrami, Melted Cheddar, Onion Rings, Brown Gravy on Grilled Garlic Challah Toast



BIG CHEEZE MAC MELT
13.95 | 14.55
Philly Steak-Mac-N-Cheese, Pepper Jack, Cheddar, Chipotle Aioli, Garlic Challah Toast



THE SEBASTIAN
17.95 | 18.67
Italian Combo w/ Shaved Prosciutto, Cherry and Roasted Peppers, Arugula Creamy Burrata, Breaded Eggplant, Pesto Aioli & Balsamic Glaze

PRESSED TO ORDER PANINIS

SERVED ON A PLAIN OR WHEAT GRILLED PANINI WITH HOMEMADE PASTA SALAD



NONNA URSULA 12.95 | 13.51
Asian grilled chicken, spinach in garlic and oil, with melted provolone cheese



THE CHRISTINA 12.95 | 13.51
Chicken cutlet with grilled prosciutto, sun dried tomato, melted provolone and balsamic glaze



THE ANDERSON 11.95 | 12.47
Mini crab cakes, Asian slaw, and goat cheese w/ southwest mayonnaise



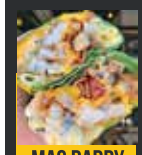
THE HOW-U-DOIN 12.95 | 13.51
Grilled Chicken, Broccoli Rabe, G+O, Smoked Mozzarella, Roasted Pepper Dressing



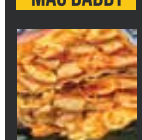
THE FRANCISCO 13.95 | 14.55
Chicken cutlet with breaded eggplant, fresh mozzarella and vodka sauce

WRAPS

CHOOSE FROM SPINACH, TOMATO, WHOLE WHEAT & PLAIN
SERVED WITH HOMEMADE PASTA SALAD



ATTACK THE MAC!
MAC DADDY 13.95 | 14.51
Fried chicken cutlet, crispy bacon, cheddar cheese, ranch dressing, topped with macaroni salad



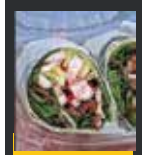
BIG TONY 13.95 | 14.55
Chicken cutlet, Mac-n-Cheese, bacon bits, cheddar cheese & BBQ sauce



CHICKEN CAESAR WRAP 11.95 | 12.47
Grilled chicken, romaine hearts, grated cheese & caesar dressing



HECTOR BURRITO 11.95 | 12.47
Grilled cajun chicken, sautéed peppers, onions, fried rice and chipotle dressing



THE ASIAN 12.95 | 13.51
Thai peanut grilled chicken, mixed greens, cucumbers, and shredded carrots served cold



THE MIA 13.95 | 14.55
Grilled chicken with avocado, gorgonzola, mixed greens with a raspberry vinaigrette

AMIGO 13.95 | 14.55
Pesto grilled chicken, fresh mozzarella lettuce, and tomato

BROADWAY 13.95 | 14.55
Grilled chicken & grilled vegetables with a side of balsamic honey mustard

BIG JOHN 13.95 | 14.55
Chicken finers, french fries, mozzarella and brown gravy

THE ROB 13.95 | 14.55
Boneless buffalo chicken with jalapeños, mozzarella, lettuce, and blue cheese

THE PERRI WRAP 15.95 | 16.63
Bacon Cheeseburger with lettuce, tomato, mayonnaise & ketchup w/ side of french fries

MAKE IT A MEAL!

ONLY 4.99 | 5.19 MORE

INCLUDES PASTA SALAD, CHIPS OR FRENCH FRIES & CAN DRINK/ BOTTLED WATER
EXCLUDES DELIVERY



BURATTA B KIDDIN' ME

THE LITTLE PJ 13.95
Chicken Fingers, Melted Swiss, Mac-n-Cheese, Onions Ring on Garlic Bread with Chipotle Dressing

PHIL SPECIAL ... 13.95 | 14.55
Grilled roast beef with Italian dressing, lettuce, tomato, garlic bread & melted mozzarella

THE PESCI 13.95 | 14.55
Hot grilled roast beef w/ melted American, sautéed onions, & creamy Russian dressing

BURATTA B KIDDIN' ME 14.95 | 15.59
Breaded eggplant, buratta, prosciutto, arugula, balsamic glaze, and famous red sauce

THE ISLANDER .. 13.95 | 14.55
Grilled roast beef, gravy, mozzarella with garlic bread

THE RUBEN 13.95 | 14.55
Grilled corned beef, melted swiss cheese, sauerkraut, and Russian dressing

THE JESSIE 13.95 | 14.55
Grilled pastrami, cheddar, brown gravy, mayo and tator tots inside the sandwich

THE JENNY-LIOUS 11.95 | 12.47
Chicken cutlet with melted American, lettuce and mayo

THE RED STAR .. 12.95 | 13.51
Chicken cutlet, honey ham, melted Swiss, with creamy honey mustard

THE TOYOTA 11.95 | 12.47
Grilled marinated chicken, lettuce, tomato & honey mustard

THE FELICIA 12.95 | 13.51
FOCACCIA- Balsamic Grilled Chicken, Fresh Mozzarella, Bruschetta, Arugula, Roasted Pepper Dressing

THE GUIDO 12.95 | 13.51
Chicken Cutlet with melted American, crispy bacon and creamy Russian dressing

GETTIN' FIGGIE WITH IT 15.95 | 16.63
Chicken Cutlet, Prosciutto, Bruschetta, Broccoli Rabe, Fig Jam, Burrata, Hot Honey, Balsamic Glaze in a Focaccia

"CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS."

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