

M E N U



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nosh! LOCATIONS

COURTYARD®
Marriott®

TIMES SQUARE
114 West 40th Street
New York New York 10018



CENTRAL PARK
1717 Broadway
New York New York 10019



LONG ISLAND CITY
29-15 Queens Plaza North
Long Island City New York 11101



JFK AIRPORT
145-11 North Conduit Avenue
Jamaica New York 11436

BREAKFAST

Fast & Fresh

Classic Oatmeal 280 cal Dried fruit, nuts	4.95
Quick Start 540 cal Oatmeal, banana, and orange juice	7.75
Breakfast Cereal 110-250 cal Ripe banana, milk	4.95
Granola Yogurt Parfait 330 cal	4.25
Ripe Strawberries 60 cal	5.25
Fresh cut fruit 185 cal	5.25
Strawberry Banana Smoothie	5.95
Baked Goods	3.95

Sandwiches

Sunrise Starter 785 cal Bacon, egg, sharp cheddar on a La Brea artisan roll	9.55
Healthy Start 390 cal Egg whites, roast turkey, spinach and cheese on an English muffin	10.75
Croissant Breakfast Sandwich 390 cal Ham, egg and cheddar	10.75

Beverages

Starbucks Coffee	Tall	Grande	Venti
Caffé Latte 100-290 cal	3.85	4.6	5
Cappuccino 60-180 cal	3.85	4.6	5
Caffé Mocha 170-450 cal	4.4	5.15	5.6
Caramel Macchiato 140-340 cal	4.6	5.2	5.75
Caffé Americano 10-25 cal	2.75	3.5	4
Coffee of the Day 5-10 cal	2.25	2.7	3
White Chocolate Mocha 270-620 cal	4.6	5.5	5.75
Hot Chocolate 290-460 cal	3.5	4	4.3
Iced Coffee 0 cal	2.6	3.05	3.5
Tazo® Chai Tea Latte 150-320 cal	4.1	4.9	5.15
Tazo® Teas 0 cal	2.25	2.7	3
Espresso 5-10 cal	2.4	2.75	



Signature drinks with added ingredients may increase caloric content.

AFTERNOON & EVENING

Starters & Shares

Hummus 390 cal Served with crisp flatbread	8.95
Flatbread 490 cal Spicy chicken and spinach, tomatos and monterey jack cheese	11.95
Half Dozen Wings 650 cal Buffalo or BBQ	11.95
Chicken Quesadilla 550 cal	11.95
Shrimp Pot Stickers 340 cal	11.95

Soup & Salad

Today's Soup Cal Vary 4.95 with any sandwich or salad	6.95
Perfect Ceasar Salad 675 cal Add \$3 for chicken	12.95
Citrus spinach Salad 475 cal Chicken, quinoa, walnuts and cranberries	15.95
Southwestern Chicken Cobb Salad 595 cal Served ranch dressing	15.95

Something More

Albacore Tuna Salad on a Croissant 540 cal	13.25
Chicken Melt 695 cal Melted jack and mild green chilies	13.25
nosh! Burger 1,100 cal Sharp cheddar, bacon, arugula and tomatoes	15.95
Cheese or Classic Pepperoni Pizza 1,380-1,660 cal	16.95

Bottled Beers

Budweiser	6	Heineken	7
Yuengling	6	Sam Adam	7
Miller Lite	6	Stella Artois	7
Blue Moon	7	Sierra Nevada	7
Corona	7	Craft Beer (Vary)	8

Courtyard New York JFK Airport
145-11 North Conduit Avenue, Jamaica NY 11436 • 718-848-2121 ext. 616