

Weekly Specials

Shortrounds Grab & Go Market Hours
Monday - Friday 9am-7pm
Saturday 9am-5pm
Sunday 10am-3pm
195 Kinderkamack Road, Emerson, NJ



More Salads, Sandwiches, Wraps & Breakfast Platters On Full Delivery Menu!

Week of January 20th

All deliveries are made to order

SALADS

Eggplant Bruschetta Salad \$14

Baby Arugula, Crisp Breaded Eggplant, Seasoned Tomatoes, Diced Fresh Mozzarella & Balsamic Vinaigrette

Chicken Milanese Salad \$14

Baby Arugula, Crisp Breaded Chicken Cutlet, Grape Tomatoes, Cucumbers, Carrots, Red Onion & Balsamic Dressing

Greek & Grilled Salad \$16

Spring Mix, Grilled Chicken Breast, Grape Leaves, Grape Tomatoes, Cucumber, Red Bell Pepper, Red Onions, Feta Cheese, Olives, Seasoned Toasted Pita & Oregano Vinaigrette

Tuna Pasta Salad .5 lbs \$7.50

Three Bean Salad .4 lbs \$5

SOUPS

Chicken Noodle

Cream of Mushroom

Cream of Broccoli with Cheddar

Tuscan White Bean with Rosemary & Tomato

BOWLS

Low Carb Lunch Bowl \$12

Blackened Chicken Breast, Sauteed Asparagus, Broccoli, Cauliflower & String Beans Served with Lemon Basil Aioli

Blackened Chicken Bowl \$15

Seasoned Quinoa, Blackened Chicken Breast, Homemade Israeli Salad, Sliced Avocado, Roasted Sweet Potato & Lemon Basil Aioli

Quinoa Burrito Bowl \$15

Seasoned Quinoa, Grilled Chicken Breast, Black Bean & Corn Salsa, Sliced Avocado, Shredded Cheddar Cheese, Pico de Gallo & a Lime Wedge

APPS, SNACKS & DESSERTS

Shrimp Cocktail \$8.99

Vegetable Crudite Box w/Ranch Dip \$8.99

Homemade Chocolate Chip Cookies \$4

Chocolate Pudding \$3

Fresh Fruit Mix (16 oz) \$6

PANINIS

Blackened Chicken Panini \$13

Our Cast Iron Blackened Chicken, Roasted Red Peppers, Lemon Basil Mayo, Melted Fresh Mozzarella on Grilled Flatbread

Cowboy Panini \$13

Grilled Chicken, Sliced Jalapeno Peppers, BBQ Sauce, Melted Pepper Jack Cheese on Grilled Flatbread

Roast Beef Panini \$13

Thinly Sliced Roast Beef, Red Onion, Bacon, Honey Mustard Dressing, Melted Provolone Cheese on Grilled Flatbread

SANDWICHES

Grilled Steak Diablo \$14.50

Thinly Sliced Grilled Steak Sauteed Hot Peppers, Sweet Peppers & Onions, Melted Pepperjack Cheese & Spicy Mayo on a Hero

The Cavo \$14.50

Fried Chicken Cutlets, Cheddar Cheese, Bacon, Buffalo Sauce, Caesar Dressing on a Hero

Turkey & Swiss on Fresh Whole Wheat \$10.50

Turkey, Swiss Cheese, Romaine on Fresh Whole Wheat Bread

NY Tuna Hero \$13

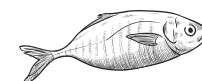
White Tuna Salad, Lettuce, Tomato, Red Onions & Red Wine Vinaigrette Served on a Hero Roll

Chicken Salad w/Cheddar & Apples \$11.50

Homemade Chicken Salad, Sliced Apples, Cheddar Cheese on Multigrain Bread

Balsamic Chicken Wrap \$11

Balsamic Grilled Chicken & Roasted Red Peppers in a Plain Wrap



EVERY FRIDAY IS SEAFOOD FRIDAY!

Shrimp Salad, Low Carb Salmon Bowl, Fresh Flounder, Shrimp Po' Boy, Blackened Salmon & More!

Local Delivery: Monday - Friday 10:00am - 3:00pm

Orders Taken Online Only: www.shortroundscatering.com -> Lunch Orders for Delivery

Delivered Directly To You By Us, Not A Third Party