

# Weekly Specials

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



*Many More Meal Options On Our Full Delivery Menu & Available in The Market!*

Week of March 2<sup>nd</sup>

All deliveries are made to order

## SALADS

**Blackened Chicken Caesar Salad \$15**  
Romaine Lettuce, Blackened Chicken Breast, Homemade Croutons, Shaved Parmesan Cheese & Creamy Caesar Dressing

**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

**Broccoli Pasta Salad .5 lbs \$5.50**

**Three Bean Salad .4 lbs \$5**

## SOUPS



**Chicken Noodle**

**Cream of Broccoli**

## BOWLS

**Low Carb Lunch Bowl \$13**  
Blackened Chicken Breast, Sauteed Asparagus, Broccoli, Cauliflower & String Beans Served with Lemon Basil Aioli

**Asian Chicken Quinoa Bowl \$13**  
Seasoned Quinoa, Grilled Chicken, Romaine Lettuce, Mandarin Oranges, Almonds, Chow Mein Noodles, Scallions, Oriental Dressing

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Seasoned Quinoa, Grilled Chicken, Romaine Lettuce, Mandarin Oranges, Almonds, Chow Mein Noodles, Scallions, Oriental Dressing

## APPS, SNACKS & DESSERTS

**Chicken & Cheese Quesadilla \$7.99**

**Pizza Bagel \$7.50**

**Cheese & Cracker Box \$10**

**Homemade Cranberry Oatmeal Cookies \$4.50**

**Fresh Fruit (16 oz) \$6**

## PANINIS

**Pastrami Sloppy Joe Panini \$13**  
Sliced Pastrami with Homemade Cole Slaw, Russian Dressing, Melted Swiss Cheese on Grilled Flatbread

**Napolitano Panini \$13**  
Sliced Breaded Eggplant, Roasted Red Peppers, Baby Arugula, Homemade Fresh Mozzarella, Balsamic Glaze on Grilled Flatbread

**Turkey Brie Panini \$13**  
Thinly Sliced Smoked Turkey, Brie Cheese, Honey Mustard Dressing on Grilled Flatbread

## SANDWICHES & WRAPS



**Hot Philly Chicken Cheesesteak \$14**  
Chopped Grilled Chicken, Sauteed Peppers & Onions, Melted Provolone Served on a Hero

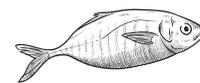
**Hot Meatball Parmesan \$14**  
Homemade Italian Style Meatballs in our Homemade Marinara Sauce, Melted Mozzarella Cheese on a Hero

**Tuna Sandwich \$11**  
Homemade Tuna Salad & Romaine on Sliced Marble Rye Bread

**Chicken Salad w/Cheddar & Apples \$11.50**  
Homemade Chicken Salad, Sliced Apples, Cheddar Cheese on Multigrain Bread

**The Saudino \$15**  
Thinly Sliced Prosciutto, Sweet Soppressata, Roasted Red Peppers, Fresh Mozzarella Cheese & Balsamic Vinegar on a Semolina Hero

**Mexican Wrap \$11.50**  
Cast Iron Blackened Chicken, Pepper Jack Cheese, Pico de Gallo, Sliced Avocado, Lettuce & Chipotle Mayo Rolled 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](http://www.shortroundscatering.com) -> Lunch Orders for Delivery**

Delivered Directly To You By Us, Not A Third Party