



**Shortrounds Grab & Go Market**  
 195 Kinderkamack Rd, Emerson, NJ  
 609-450-1147  
 shortroundsgrabandgo@gmail.com

**Market Hours**

Monday-Friday 9am-7pm  
 Saturday 9am-5pm  
 Sunday 10am-3pm



**Shortrounds Catering**  
 189 Kinderkamack Rd, Emerson, NJ  
 201-261-6585  
 shortroundscatering@gmail.com

Call or email to place a catering order  
 View our catering menu at  
 www.shortroundscatering.com



**Follow Us For Weekly  
 Specials & New Item Alerts!**



**LOCAL DELIVERY LUNCH MENU**

Monday- Friday 10am - 3pm  
 Orders Taken Online Only: [www.shortroundscatering.com](http://www.shortroundscatering.com)  
 Delivered to you by us, not a third party

**SPECIALTY SANDWICHES \$11- \$15**

**Lucky Strike**

Chicken Cutlet, Prosciutto, Fresh Mozzarella, Basil Spread, Balsamic  
 Vinegar on a Hero

**Emerson Drizzle**

Chicken Cutlet, Fresh Mozzarella, Roasted Red Peppers, Arugula, Balsamic  
 Glaze on a Hero

**Eggplant Special**

Fried Eggplant, Fresh Mozzarella, Roasted Red Peppers, Arugula, Balsamic  
 Vinegar on a Hero

**Fresh Italian**

Ham, Salami, Fresh Mozzarella, Lettuce, Tomato, Onion , Oil, Vinegar on a  
 Hero

**Classic Italian Combo**

Ham, Salami, Provolone, Lettuce, Tomato, Onion, Oil, Vinegar on a Hero

**Tuna on Pumpernickel**

Homemade Tuna Salad, Romaine Lettuce on Freshly Sliced Pumpernickel  
 Bread

**Turkey & Swiss**

Sliced Turkey, Swiss Cheese, Romaine Lettuce on Fresh Sliced Whole Wheat  
 Bread

**SHORTROUNDS BOWLS \$12 -\$15**

**Low Carb Bowl**

Blackened Chicken Over Sauteed Broccoli, String Beans, Asparagus, Brussel  
 Sprouts, Lemon Basil Aioli

**Blackened Chicken Bowl**

Quinoa, Blackened Chicken, Israeli Salad, Sweet Potato, Lemon Basil Aioli

**Maria's Bowl**

Quinoa, Avocado, Cucumber, Sweet Potato, Grilled Chicken & Avocado  
 Salad, Spicy Aioli

*\*ingredients subject to change upon availability & market price*

## PANINIS \$12-\$13

### Blackened Chicken

Sliced Blackened Chicken, Roasted Red Peppers, Fresh Mozzarella,  
Lemon Basil Mayo

### Californian

Sliced Grilled Chicken, Avocado, Roasted Red Peppers, Swiss Cheese,  
Balsamic Vinegar

### Italiano

Sliced Grilled Chicken, Pesto Sauce, Roasted Red Peppers, Fresh Mozzarella

### Mediterranean

Sliced Grilled Chicken, Sundried Tomatoes, Baby Spinach, Fresh  
Mozzarella, Balsamic Vinegar

### Napolitano

Sliced Breaded Eggplant, Roasted Red Peppers, Baby Arugula, Fresh  
Mozzarella, Balsamic Glaze

### Thanksgiving

Sliced Store Roasted Turkey Breast, Whole Cranberry Sauce, Homemade  
Stuffing with Side of Gravy

### Turkey Cuban

Sliced Turkey, Prosciutto, Sliced Pickles, Swiss Cheese, Russian Dressing

## WRAPS \$11-\$12

### Buffalo Chicken

Buffalo Chicken Cutlet, Blue Cheese on a Plain Wrap

### Chicken Cutlet

Chicken Cutlet, Fresh Mozzarella, Roasted Red Peppers, Balsamic Glaze on  
a Spinach Wrap

### Grilled Chicken Balsamic

Balsamic Grilled Chicken & Roasted Red Peppers on a  
Plain Wrap

### Honey Turkey & Provolone

Honey Turkey, Provolone, Romaine Lettuce on a Whole Wheat Wrap

### Turkey, Apple & Brie

Turkey, Granny Smith Apple, Cranberry Sauce, Brie Cheese on a Spinach  
Wrap

### Waldorf Chicken Salad

Chopped Grilled Chicken, Celery, Mayo, Craisins, Walnuts, Golden Raisins  
on a Spinach Wrap

**CHICKEN NOODLE SOUP 32 OZ \$12 16 OZ \$6**

**CHECK OUR WEEKLY SPECIALS FOR ADDITIONAL SOUP OPTIONS!**

## GREEN SALADS \$10 - \$15

### Arugula Salad

Arugula, Candied Walnuts, Craisins, Goat Cheese, Balsamic Vinaigrette

### Asian Sesame Salad (With Grilled Chicken Option)

Romaine, Carrots, Mandarin Oranges, Sesame Seeds, Wonton Strips, Oriental  
Dressing

### Caesar Salad (With Grilled Chicken Option)

Romaine, Croutons, Shredded Parmesan Cheese, Caesar Dressing

### Chef Salad

Romaine, Carrots, Cucumber, Tomato, Pepper, Ham, Turkey, Swiss, Russian  
Dressing

### Chicken Bruschetta Salad

Chicken Cutlet, Arugula, Seasoned Tomatoes, Fresh Mozzarella, Balsamic  
Vinaigrette

### Flank Steak Salad

Grilled Flank Steak, Romaine, Avocado, Cucumber, Red Onion, Grape Tomatoes,  
Roasted Corn, Lime Cilantro Dressing

### Garden Salad (With Grilled Chicken Option)

Mixed Greens, Carrots or Tomatoes, Cucumber, Peppers, Balsamic Vinaigrette

### Mediterranean Salad

Grilled Chicken, Romaine, Grape Tomatoes, Cucumber, Red Onion, Feta Cheese,  
Black Olives, Croutons, Balsamic Vinaigrette

*\*Additional Dressings & Aioli Available for Purchase*

## DELI SALADS

### Black Bean & Avocado Salad

Black Beans, Avocado, Tomatoes, Red Onion, Cilantro, Scallion, Italian Dressing

### Grilled Chicken & Avocado Salad

Grilled Chicken, Avocado, Tricolor Peppers, Onion, Scallions, Celery, Grape  
Tomatoes, Cilantro, House Dressing

**Chicken Salad Cole Slaw Egg Salad Macaroni Salad Potato Salad Tuna Salad**

## SNACKS/BAKERY

### Yogurt Parfait

Plain Low-Fat Greek Yogurt, Strawberries, Blueberries, Granola, Honey

### Overnight Oats

Blueberry, Milk Chocolate & Coconut, Peanut Butter Cup, Strawberry

### Fresh Fruit

Cantaloupe, Pineapple, Grapes, Honeydew, Strawberries, Blueberries

*\*ingredients subject to change upon availability*

### Seasoned Pretzels

Cinnamon Sugar, Garlic Parm, Honey Mustard, Zesty Ranch Flavors

**Chocolate Chip Cookies Cranberry Oatmeal Cookies Fudge Brownie**

**Banana Bread Bagel Chips**

Chips (Dirty Potato Chips, Sun Chips, Lays, Doritos)