

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 February 2nd

All deliveries are made to order

SALADS

Flank Steak Salad \$16

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

Arugula & Grilled Chicken Salad \$15

Grilled Chicken, Arugula, Candied Walnuts, Craisins, Goat Cheese & Balsamic Vinaigrette

Italian Antipasto Salad \$16

Baby Arugula, Ham, Genoa Salami, Homemade Fresh Mozzarella, Roasted Red Peppers, Basil, Grape Tomatoes, Cucumbers, Olives & Balsamic Vinaigrette

Tricolor Rotini Pasta Salad .5 \$5.50

Tuna Veggie Salad .5 lbs \$7

SOUPS



Chicken Noodle

Cream of Mushroom

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

Shortrounds Quinoa Bowl \$13

Seasoned Quinoa, Grilled Chicken Breast, Black Bean & Avocado Salad, Roasted Sweet Potatoes, Goat Cheese & Lite Raspberry Vinaigrette

APPS, SNACKS & DESSERTS

Bruschetta Bread \$7.99

Tomato & Fresh Mozzarella \$6.99

Shrimp Cocktail \$8.99

Homemade Pistachio Cake \$4.00

Fresh Fruit (16 oz) \$6

PANINIS

Shortrounds Panini \$13

Thinly Sliced Blackened Chicken, Sliced Red Bell Peppers, Red Onions, Chipotle Mayo, Melted Fresh Mozzarella Cheese on Grilled Flatbread

New York Roast Beef Panini \$13

Our House Roasted Beef with Roasted Onions, Melted Swiss Cheese, Russian Dressing on Grilled Flatbread

Cowboy Panini \$13

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

SANDWICHES & WRAPS



French Dip Hero \$15

House Roasted Beef & Melted Provolone On a Garlic Hero with a Side of Au Jus

Hot Meatball Parmesan \$14

Homemade Italian Style Meatballs in our Homemade Marinara Sauce, Melted Mozzarella Cheese on a Hero

Chicken Salad on Fresh Whole Wheat \$11.50

Homemade Chicken Salad With Romaine Lettuce Served on Fresh Sliced Whole Wheat Bread

NY Tuna Hero \$13

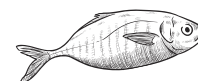
White Tuna Salad, Lettuce, Tomato, Red Onions & Red Wine Vinaigrette Served on a Hero Roll

The Roman \$11

Blackened Chicken, Pepper Jack Cheese & Chipotle Mayo Served on a Kaiser Roll

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 -> Lunch Orders for Delivery

Delivered Directly To You By Us, Not A Third Party