

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 September 7th (CLOSED MONDAY)

All deliveries are made to order

SALADS



Flank Steak Salad \$17

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

Asian Grilled Chicken Salad \$15

Romaine Lettuce, Grilled Chicken, Mandarin Oranges, Chow Mein Noodles, Fresh Cut Scallions, Toasted Almonds & Oriental Dressing

Eggplant Bruschetta Salad \$14

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

SMALL SALADS

Garden Salad \$6.49

Caesar Salad \$6.49

Arugula Salad With Plain Or Candied Walnuts \$6.99/\$7.25

Add Grilled Chicken \$2

Spinach Bowtie Pasta Salad .5 lbs \$5.50

Carrot Salad .5 lbs \$5

SOUPS



Chicken Noodle Beef Barley

BOWLS

Low Carb Lunch Bowl \$14

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

Greek Bowl \$14

Homemade Greek Salad Topped with Seasoned Grilled Chicken Breast, Feta Cheese, Grape Leaves, Toasted Pita, Crisp Romaine Lettuce & Oregano Vinaigrette

Shortrounds Quinoa Bowl \$14

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

APPS, SNACKS & DESSERTS

Chicken & Cheese Quesadilla \$7.99

Shrimp Cocktail \$8.99

Chocolate Pudding \$3

Homemade Banana Bread \$3.25

Fresh Fruit (16 oz) \$6

Watermelon (16 oz) \$6

PANINIS

Pastrami Sloppy Joe Panini \$13

Sliced Pastrami with Homemade Cole Slaw, Russian Dressing, Melted Swiss Cheese on Grilled Flatbread

Californian Panini \$13

Grilled Chicken Breast, Fresh Avocado, Roasted Red Peppers, Balsamic Vinegar & Melted Swiss Cheese on Grilled Flatbread

Turkey Cuban Panini \$13

Sliced Turkey, Sliced Prosciutto, Sliced Pickles, Melted Swiss Cheese, Russian Dressing on Grilled Flatbread



SANDWICHES & WRAPS

Hot Drunken Meatball Parm \$14.50

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

The Cavo \$14.50

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

Chicken Caesar Hero \$15

Shortrounds Caesar Salad & Chicken Cutlet on a Hero

Turkey & Swiss on Fresh Whole Wheat \$10.50

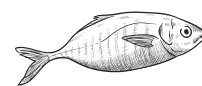
Turkey, Swiss Cheese, Romaine on Fresh Whole Wheat Bread

Fresh Turkey & Spinach \$12

Turkey, Spinach & Lemon Basil Mayo on Fresh Sliced 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