

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 2nd

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
- Quinoa Burrito Bowl \$13**
Seasoned Quinoa, Grilled Chicken Breast, Black Bean & Corn Salsa, Sliced Avocado, Shredded Cheddar Cheese, Pico de Gallo & a Lime Wedge

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

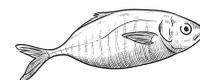
PANINIS

- 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 -> Lunch Orders for Delivery

Delivered Directly To You By Us, Not A Third Party