



195 Kinderkamack Road, Emerson, NJ

609 - 450 - 1147

shorttroundsgrabandgo@gmail.com

Monday - Friday 9am - 7pm

Saturday 9am - 5pm Sunday 10am - 3pm

SPECIALTY SANDWICHES \$11 - \$13

Classic Italian: Ham, Salami, Provolone, Lettuce, Tomato, Onion (Oil & Vinegar on Side)

Eggplant Special: Fried Eggplant, Fresh Mozzarella, Roasted Peppers, Arugula, Balsamic Vinegar

Emerson Drizzle: Chicken Cutlet, Fresh Mozzarella, Roasted Peppers, Arugula, Balsamic Glaze

Fresh Italian: Ham, Salami, Fresh Mozzarella, Lettuce, Tomato, Onion (Oil & Vinegar on Side)

Lucky Strike: Chicken Cutlet, Prosciutto, Fresh Mozzarella, Basil Spread, Balsamic Vinegar

OTHER SANDWICH FAVORITES \$10 - \$13

Fresh Mozzarella, Roast Peppers, Fresh Tomato

Grilled Chicken, Fresh Mozzarella, Roasted Peppers

Tuna Salad on Pumpernickel Bread

Roast Beef, Cheddar, Tomato & Lettuce

WRAPS \$11

Balsamic Chicken, Fresh Mozzarella, Roasted Peppers

Buffalo Chicken, Blue Cheese

Chicken Cutlet, Fresh Mozzarella, Roasted Peppers, Balsamic Glaze

Grilled Veggies, Fresh Mozzarella, Balsamic

Eggplant Special

Roast Beef, Provolone, Lettuce, Horseradish Mayo

Sloppy Joe: Roast Beef, Turkey, Cole Slaw, Russian Dressing

Turkey, Cranberry Sauce, Brie Cheese, Granny Smith Apple

Smoked Turkey, Brie Cheese, Lettuce, Honey Mustard

Turkey, Swiss Cheese, Lettuce

Tuna Salad

Waldorf Chicken Salad

PREPARED, PREPACKAGED & READY TO GO!

PLEASE NOTE NOT ALL MENU ITEMS WILL BE AVAILABLE EVERYDAY

PANINIS \$11

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

Cowboy: Sliced Grilled Chicken, Sliced Jalapeno Peppers, BBQ Sauce, Pepperjack Cheese

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

Smoked Turkey: Sliced Smoked Turkey, Bacon, Tomato, Provolone Cheese, Honey Mustard Dressing

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

GREEN SALADS \$13-\$15

Arugula Salad: Arugula, Candied Walnuts, Craisins, Crumbled Goat Cheese, Balsamic Vinaigrette

Asian Chicken Salad: Romaine served w/Carrots, Mandarin Oranges, Sliced Toasted Almonds, Wonton Strips, Oriental Dressing

Caesar Salad: Romaine, Croutons, Shredded Parmesan Cheese, Caesar Dressing

Chicken Caesar Salad: Grilled Chicken, Romaine, Croutons, Shredded Parmesan Cheese, Caesar Dressing

Chef Salad: Mixed Greens, Hard Boiled Egg, Carrots, Cucumber, Tomato, Pepper, Ham, Turkey, Swiss, Russian Dressing

Garden Salad: Mixed Greens, Carrots or Tomatoes, Cucumber, Tomato, Peppers, Balsamic Vinaigrette

Chicken Garden Salad: Grilled Chicken, Mixed Greens, Carrots, Cucumber, Tomato, Peppers, Balsamic Vinaigrette

Flank Steak Salad: Grilled Flank Steak, Romaine, Avocado, Cucumber, Red Onion, Grape Tomatoes, Sauteed Corn, Lime Cilantro Dressing

Greek Salad: Mixed Greens, Feta Cheese, Tomato, Cucumber, Red Onion, Kalamata Olives, Celery, Green Peppers, Red Peppers, Yellow Peppers, Balsamic Vinaigrette

Chicken Mediterranean Salad: Grilled Chicken, Mixed Greens, Feta Cheese, Tomato, Cucumber, Red Onion, Celery, Green Peppers, Red Peppers, Yellow Peppers, Croutons, Balsamic Dressing

Grilled Chicken Strawberry & Salad: Grilled Chicken, Romaine, Strawberries, Feta Cheese, Toasted Almonds, Raspberry Vinaigrette

SHORTROUNDS BOWLS \$13 - \$15

Low Carb Bowl: Blackened Chicken Breast Over Sauteed Broccoli, String Beans, Asparagus, Brussel Sprouts, Lemon Basil Aioli

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

Greek Bowl: Grilled Chicken, Romaine Lettuce, Feta Cheese, Grape Leaves, Toasted Pita

Maria's Bowl: Quinoa, Avocado, Yellow Squash, Sweet Potato, Grilled Chicken & Avocado Salad, Spicy Aioli

Shortrounds Quinoa Bowl: Grilled Chicken, Quinoa, Sweet Potatoes, Goat Cheese, Black Bean & Avocado Salad, Raspberry Vinaigrette

DELI SALADS (PRICES VARY BY WEIGHT)

Beet Salad

Black Bean & Avocado Salad

Black Bean, Quinoa & Corn Salad

Bowtie Pasta Salad

Chicken Salad

Chicken & Veggie Salad

Chickpea & Scallions Salad

Chickpea & Cucumber Salad

Cole Slaw

Couscous Salad

Crantastic Salad

Egg Salad

Farfalle Salad

Five Bean Salad

Grilled Chicken & Avocado Salad

Israeli Salad

Lentil Salad

Macaroni Salad

Marinated Fresh Mozzarella w/Olive Oil, Garlic & Parsley

Marinated Fresh Mozzarella w/Balsamic & Sundried Tomatoes

Mediterranean Quinoa Salad

Potato Salad

Quinoa & Asparagus Salad

Shrimp Salad

Tabouleh Salad

Tuna Salad

Tuna Pasta Salad

Tuna & Veggie Salad

SNACKS, DIPS, SAUCES & SOUPS

Black Bean & Corn Salsa

Buffalo Chicken

Pesto Chicken

Guacamole

Pico de Gallo

Tomato Bruschetta

Tzatziki Sauce

Spinach Dip

Hummus

Marinara Sauce

Pesto Sauce

Vodka Sauce

Chicken Noodle Soup

Cream of Broccoli Soup

Cream of Mushroom Soup

French Onion Soup

Tomato Soup

INDIVIDUAL & FAMILY MEALS

Chicken Francaise
Chicken Marsala
Chicken Parmigiana
Chicken, Spinach, Mozzarella
Chicken Fingers
Eggplant Parmigiana
Eggplant Rollatini
Fettuccine Alfredo w/Blackened
Grilled Chicken
Meatloaf
Meat Lasagna
Mozzarella Sticks
Grilled Chicken
Grilled Blackened Chicken
Chicken Cutlets

Angel Hair Pasta in Garlic Sauce
Penne Alla Vodka
Rigatoni Alla Vodka
Spaghetti Alla Vodka
Rice Balls w/Peas & Mozzarella
Rice Balls w/Prosciutto & Mozzarella
Blackened Salmon
Herb Roasted Salmon
Sausage & Peppers

SIDES

Golden Mashed Potatoes	Broccoli
Yellow Rice	Cauliflower
Mixed Vegetables	Yellow Squash
Sweet Potatoes	

HOMEMADE DESSERTS & SNACKS

Banana Bread
Chocolate Chip Banana Bread
Cranberry Oatmeal Cookies
Chocolate Chip Cookies
Crumb Cake
Fudge Brownie
Seven Layer Bar
Cinnamon Sugar Pretzels
Garlic Parmesan Pretzels
Honey Mustard Pretzels
Zesty Ranch Pretzels

Vegetable Crudite w/Ranch Dip
Cheese & Cracker Box
Tomato Bruschetta w/Crostinis
Pumpernickel Bread w/Spinach Dip
Rice Pudding
Bagel Chips
Crostinis
Dirty Chips (all varieties)
Fresh Fruit
Fresh Mozzarella
Pizza Bagels

We also carry, milk, eggs, bacon, hot dogs and a variety of beverages

**SHORTROUNDS IS AVAILABLE FOR CATERING ALL
EVENTS AND CELEBRATIONS!**

**VIEW OUR EXTENSIVE CATERING MENU AT
SHORTROUNDSATERING.COM**