



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

Market Hours

Monday-Friday 10am-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
 Delivered to you by us, not a third party

SPECIALTY SANDWICHES \$9- \$13

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 \$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

Buffalo Chicken

Buffalo Chicken Cutlet, Blue Cheese on a Plain Wrap

Chicken Cutlet

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

Grilled Chicken Balsamic

Balsamic Grilled Chicken, Roasted Red Peppers, Fresh Mozzarella 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, Golden Raisins on a Spinach Wrap

CHICKEN NOODLE SOUP 32 OZ \$10.32 16 OZ \$5.30

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

Fresh Fruit

Cantaloupe, Pineapple, Grapes, Honeydew, Strawberries, Blueberries

**ingredients subject to change upon availability*

Seasoned Pretzels

Garlic Parmesan, Cinnamon Sugar and Zesty Ranch Flavors

Chocolate Chip Cookies Cranberry Oatmeal Cookies Fudge Brownie

Banana Bread Bagel Chips

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