



## Shortrounds Grab & Go Market

195 Kinderkamack Rd, Emerson, NJ

609-450-1147

shortroundsgrabandgo@gmail.com

### Market Hours

Monday-Friday 9am-7pm

Saturday 9am-5pm

Sunday 10am-3pm

### Delivery Available Monday-Friday 10am-3pm

Orders taken online only

www.shortroundscatering.com

Delivered to you by us, not a third party



## 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!



## Market Menu

195 Kinderkamack Road, Emerson

Monday-Friday 9am-7pm, Saturday 9am-5pm

Sunday 10am-3pm

Menu items listed are available daily along with over 300 other family meals, sandwiches, bowls, wraps, paninis, apps, snacks, sauces, soups, homemade desserts & more!

WEEKLY SPECIALS CAN BE FOUND ON OUR WEBSITE & SOCIAL

### SPECIALTY SANDWICHES \$11 - \$15

#### 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

#### Classic Italian Combo

Ham, Salami, Provolone, Lettuce, Tomato, Onion, Oil, Vinegar on a Hero

#### Tuna on Marble Rye

Homemade Tuna Salad, Romaine on Freshly Sliced Marble Rye Bread

#### Turkey & Swiss

Sliced Turkey, Swiss Cheese, Romaine on Fresh Sliced Whole Wheat Bread

### SHORTROUNDS BOWLS \$13

#### Low Carb Bowl

Blackened Chicken Over Sautéed 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 \$12 - \$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 Spinach Wrap

### **Grilled Chicken Balsamic**

Balsamic Grilled Chicken & Roasted Red Peppers 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, Walnuts, Golden Raisins  
on a Spinach Wrap

**CHICKEN NOODLE SOUP 32 OZ \$12 16 OZ \$6**

**CHECK OUR WEEKLY SPECIALS FOR ADDITIONAL SOUP OPTIONS!**  
**PLEASE NOTE NOT ALL MENU ITEMS ARE AVAILABLE EVERYDAY**

## **GREEN SALADS \$11 - \$17**

### **Arugula Salad**

Arugula, Candied Walnuts, Craisins, Goat Cheese, Balsamic Vinaigrette

### **Asian Sesame Salad**

Grilled Chicken, Romaine, Carrots, Mandarin Oranges, 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**

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

### **Overnight Oats**

Blueberry, Milk Chocolate & Coconut, Peanut Butter Cup, Strawberry

### **Fresh Fruit**

Cantaloupe, Pineapple, Grapes, Honeydew, Strawberries, Blueberries

*\*selections subject to change upon availability*

### **Seasoned Pretzels**

Cinnamon Sugar, Garlic Parm, Honey Mustard, Zesty Ranch Flavors

**Chocolate Chip Cookies Cranberry Oatmeal Cookies Fudge Brownie**

**Banana Bread Bagel Chips**

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