



**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](http://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](mailto:shortroundscatering@gmail.com)

Call or email to place a catering order

View our catering menu at  
[www.shortroundscatering.com](http://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 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 \$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)