

Weekly Specials

Many More Meal Options On Our Full Delivery Menu & Available in The Market!

Week of February 9th

All deliveries are made to order

Shortrounds Grab & Go Market Hours
Monday - Friday 9am-7pm
Saturday 9am-5pm
Sunday 10am-3pm
195 Kinderkamack Road, Emerson, NJ



S A L A D S

Chef Salad \$15

Romaine Lettuce, Sliced Turkey, Ham, Swiss Cheese, Grape Tomatoes, Cucumbers, Hard Boiled Egg, Sliced Peppers, Olives & Russian Dressing

Eggplant Bruschetta Salad \$14

Baby Arugula, Crisp Breaded Eggplant, Seasoned Tomatoes, Diced Fresh Mozzarella & Balsamic Vinaigrette

Southwestern Chicken Salad \$15

Spring Mix, Grilled Chicken, Avocado, Grape Tomatoes, Cucumbers, Cheddar Cheese, Tortilla Strips & Lime Cilantro Vinaigrette

Tuna Pasta Salad .5 lbs \$7.50

Mediterranean Quinoa Salad .5 lbs \$6

S O U P S



Chicken Noodle

Cream of Mushroom

B O W L S

Low Carb Lunch Bowl \$13

Blackened Chicken Breast, Sautéed Asparagus, Broccoli, Cauliflower & String Beans Served with Lemon Basil Aioli

Quinoa Burrito Bowl \$13

Seasoned Quinoa, Grilled Chicken Breast, Black Bean & Corn Salsa, Sliced Avocado, Shredded Cheddar Cheese, Pico de Gallo & a Lime Wedge

Blackened Chicken Bowl \$13

Seasoned Quinoa, Blackened Chicken Breast, Homemade Israeli Salad, Sliced Avocado, Roasted Sweet Potato & Lemon Basil Aioli

A P P S, S N A C K S & D E S S E R T S

Vegetable Crudite Box w/Ranch Dip \$8.99

Tomato Bruschetta & Crostinis \$8.99

Pizza Bagel \$7.50

Homemade Crumb Cake \$5

Fresh Fruit (16 oz) \$6

P A N I N I S

Pastrami Sloppy Joe Panini \$13

Sliced Pastrami with Homemade Cole Slaw, Russian Dressing, Melted Swiss Cheese on Grilled Flatbread

Blackened Chicken Panini \$13

Our Cast Iron Blackened Chicken, Roasted Red Peppers, Lemon Basil Mayo, Melted Fresh Mozzarella on Grilled Flatbread

BBQ Chicken Panini \$13

Thinly Sliced Chicken Cutlets, Crisp Bacon, Tomato, BBQ Sauce, Melted Cheddar Cheese on Grilled Flatbread



S A N D W I C H E S & W R A P S

Hot Muenster Special \$14

Crisp Breaded Chicken Cutlets, Muenster Cheese & Honey Mustard on a Garlic Toasted Hero

Grilled Steak Diablo \$14.50

Thinly Sliced Grilled Steak Sautéed Hot Peppers, Sweet Peppers & Onions, Melted Pepperjack Cheese & Spicy Mayo on a Hero

Chicken Caesar Hero \$15

Shortrounds Caesar Salad & Chicken Cutlet on a Hero

Fresh Turkey & Avocado \$12

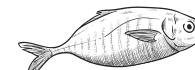
Turkey, Avocado, Baby Spinach, Tomato & Lemon Basil Mayo on Multigrain Bread

Tuna Sandwich \$11

Homemade Tuna Salad, Romaine on Sliced Marble Rye Bread

Balsamic Chicken Wrap \$11

Balsamic Grilled Chicken & Roasted Red Peppers 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