

Weekly Specials

Shortrounds Grab & Go Market Hours

Monday - Friday 9am-7pm

Saturday 9am-5pm

Sunday 10am-3pm

195 Kinderkamack Road, Emerson, NJ



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

Week of August 17th

All deliveries are made to order

SALADS

Arugula & Grilled Chicken Salad \$15

Arugula, Grilled Chicken, Candied Walnuts, Craisins, Goat Cheese & Balsamic Vinaigrette

Blackened Chicken & Avocado Caesar Salad \$15

Romaine Lettuce, Blackened Chicken Breast, Avocado, Homemade Croutons, Shaved Parmesan Cheese & Creamy Caesar Dressing

Blueberry & Peach Salad \$16

new!

Arugula, Candied Walnuts, Blueberries, Fresh Sliced Peaches, Cucumbers, Goat Cheese & Raspberry Vinaigrette

SMALL SALADS

Garden Salad \$6.49

Caesar Salad \$6.49

Arugula Salad With Plain Or Candied Walnuts \$6.99/\$7.25

Add Grilled Chicken \$2

Broccoli Pasta Salad .5 lbs \$5.50

Tuna Veggie Salad .5 lbs \$7

SOUPS



Chicken Noodle

BOWLS

Low Carb Lunch Bowl \$14

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

Emerson P.D. Bowl \$14

Seasoned Quinoa, Grilled Chicken Breast, Roasted Sweet Potatoes, Fresh Chickpea Sheppard Salad, and Sliced Avocado, Lemon Wedge & Olive Oil

Baja Bowl \$14

Blackened Chicken Breast, Basmati Rice, Lettuce, Black Beans, Sliced Avocado, Pico De Gallo, Queso Fresco, Crema

APPS, SNACKS & DESSERTS

Bruschetta Bread \$7.99

Spinach Dip & Marble Rye Bread Box \$8

Homemade Pistachio Cake \$4.50

Homemade M & M Brownie 4.50

Fresh Fruit (16 oz) \$6

Watermelon (16 oz) \$6

PANINIS

Californian Panini \$13

Grilled Chicken Breast, Fresh Avocado, Roasted Red Peppers, Balsamic Vinegar & Melted Swiss Cheese on Grilled Flatbread

BBQ Chicken Panini \$13

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

Napolitano Panini \$13

Sliced Breaded Eggplant, Roasted Red Peppers, Baby Arugula, Homemade Fresh Mozzarella, Balsamic Glaze on Grilled Flatbread



SANDWICHES & WRAPS

Hot Chicken Parm Hero \$14.50

Crisp Breaded Chicken Cutlets & Melted Mozzarella Cheese in Our Signature Marinara Sauce Served on a Hero

Hot Philly Cheesesteak \$14

Chopped Grilled Beef with Sauteed Peppers, Onions & Melted American Cheese Served on a Hero

Chicken Caesar Hero \$15

Shortrounds Caesar Salad & Chicken Cutlet on a Hero

Roast Beef Focaccia \$12

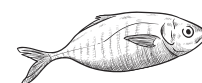
Thinly Sliced House Roasted Beef with Provolone Cheese, Fresh Romaine Lettuce & Horseradish Mayo Served on Everything Focaccia

Chicken Salad B.L.T. \$11.50

Homemade Chunky Chicken Salad, Crisp Bacon, Lettuce & Tomatoes Served on Multigrain Bread

Turkey, Apple & Brie Wrap \$11

Turkey, Granny Smith Apple, Cranberry Sauce & Brie Cheese in a Spinach 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