



Lunch



2020, 2021
2022 & 2023
by NJ Monthly

EGGS served with home fries & toast

- Substitute egg whites +\$2 • substitute fruit for potato +\$1.95 • bagel/muffin +\$1.50
Substitute Two Fields Bakeshop English Muffin (GF, SF) +\$2.75 • Sub Roll (GF, DF, SF, V) +\$2.75*
- ★ **Eggs with Protein** (2) eggs any style; choice of ham, bacon, sausage or Taylor ham9.75
 - ★ **with Turkey Sausage, Chorizo or Smoked Canadian Bacon**9.95
 - ★ **Huevos Rancheros** two lightly fried corn tortillas topped with 2 eggs & mild salsa, served with rice & beans12.95
 - ★ **Scott's Zero Hero Omelet** egg white omelet with tomatoes, mushrooms, spinach, peppers & onions, served with fruit salad12.95
 - ★ **Western Omelet** diced peppers, onions & smoked ham9.95
 - ★ **Goat Cheese Omelet** creamy goat cheese with organic baby spinach & diced tomatoes10.95
 - ★ **Protein Omelet** egg whites with grilled chicken & broccoli, served with cottage cheese12.95
 - ★ **Farmer's Daughter Omelet** broccoli, mushrooms, organic baby spinach & tomato with a touch of garlic11.95
 - ★ **Avocado Sunrise Omelet** Haas avocado, onions, fresh mushrooms & cheddar cheese12.95
 - ★ **The Gabriele Fitness and Performance Ultimate Omelet** organic baby spinach, Canadian bacon, diced peppers & onions, with salsa & fresh fruit12.95
 - ★ **Eggs Benedict** (3) toasted English muffin halves, with smoked Canadian bacon, poached eggs with hollandaise sauce drizzled on top, served with fruit cup13.95
 - ★ **Avocado Benedict** (3) toasted English muffin halves, with Haas avocado, poached jersey eggs with homemade hollandaise sauce drizzled on top, served with fruit cup13.95
 - ★ **Create Your Own Omelet** *substitute egg whites for +2*6.25
 - ★ **Start with a plain 3-egg fluffy omelet**6.25
 - ★ **Add your favorites to make your signature omelet**
 - ★ **American, Swiss, Cheddar, Mozzarella or Feta**1.95
 - ★ **Fresh Mozzarella Cheese or Goat Cheese**2.95
 - ★ **Tomatoes, Peppers or Onions**1.25
 - ★ **Fresh Mushrooms or Broccoli Florets or Organic Baby Spinach**2.65
 - ★ **Portabella Mushroom or Haas Avocado**3.95
 - ★ **Bacon, Ham, Sausage, Taylor Ham, Chorizo or Turkey Sausage**2.95

AVOCADO TOAST Haas avocado smashed on fresh baked multi-grain toast

- Substitute Two Fields Bakeshop English Muffin (GF, SF) +\$2.75 • Sub Roll (GF, DF, SF, V) +\$2.75*
- ★ **The Pioneer** with any style eggs, red pepper flakes & EVOO12.95
 - ★ **The Mediterranean** with cherry tomatoes, feta cheese, basil & balsamic dressing12.95
 - ★ **The New Yorker** with Nova Scotia lox & red onions18.95

FROM THE GRIDDLE Made with real buttermilk, topped with warm syrup & butter

- Whole wheat pancakes \$2 extra • gluten-free pancakes \$2 extra*
- ★ **Paiko's Oreo Waffle** golden waffle filled with Oreo cookies, topped with Zita's vanilla ice cream & whipped cream12.95
 - ★ **Buttermilk Pancakes, Challah French Toast or Belgian Waffle**7.95
 - ★ **WITH Grace Chocolate Chip Pancakes** loaded with Hershey® chocolate chips & good vibes10.95
 - ★ **Flip Consignment Apple Pancakes** pancakes filled with cinnamon-braised fresh apples11.95
 - ★ **Workout Pancakes** (2) large whole wheat pancakes with grilled turkey sausage & egg whites11.95
 - ★ **Berry Berry Healthy French Toast** multi-grain bread with strawberries & blueberries11.95
 - ★ **Sophia's Sky High French Toast** (3) layers of our challah bread with strawberries & bananas folded in cream cheese filling, piled high and dusted with cinnamon sugar12.95
 - ★ **Red, White & Blue French Toast** our challah bread with strawberries, blueberries & bananas, topped with whipped cream12.95

TACOS & QUESADILLAS

- ★ **Tacos** (3) Soft tacos with crunchy cabbage, pico, cilantro crema, Haas avocado & cilantro garlic fries
- ★ **Beer-Battered Cod**14.95
- ★ **The Salt Brook Tiger Taco** with blackened chicken14.95
- ★ **Blackened Shrimp**15.95
- ★ **Pork Belly**15.95
- ★ **Cheese Quesadillas** Plate-sized flour tortilla stuffed with mozzarella & American with salsa & fries11.95
- ★ **with Chicken**14.95
- ★ **with Steak**15.95

PANINIS Heat-pressed focaccia bread, served with french fries, cole slaw & pickle

- Substitute Two Fields Bakeshop English Muffin (GF, SF) +\$2.75 • Sub Roll (GF, DF, SF, V) +\$2.75*
- ★ **Goat Cheese** grilled chicken, roasted peppers and pesto sauce14.95
 - ★ **Portabella Mushroom** fire-roasted red peppers, melted mozzarella & pesto sauce13.95
 - ★ **Cajun Chicken** cajun spices, salsa and sharp cheddar14.95
 - ★ **Avocado & Chicken** avocado, chicken breast, smoked bacon, mozzarella, mayo, olive oil, oregano and tomatoes14.95
 - ★ **Vegetarian** fried eggplant, roasted peppers, tomatoes, mushrooms & mozzarella13.95
 - ★ **Cuban** ham, turkey & Swiss cheese with pickles & spicy brown mustard14.95
 - ★ **California** grilled chicken, Haas avocado, tomato, mozzarella & honey mustard dressing14.95

KIDS MENU Served with choice of milk, chocolate milk, soda and cookie, ice cream or jello 12 and under

Available All Day served with drink and dessert 8.95

- ★ **Flatbread Cheese Pizza** • **Chicken Fingers** with fries • **Burger** with fries
- ★ **Grilled Cheese** with fries • **Hot Dog** with fries • **Mac 'n Cheese Bites** with fries
- ★ **Penne Pasta** with butter, tomato sauce, or pesto
- ★ **Chocolate Chip Pancakes** • **Plain Pancakes** • **French Toast Sticks**

Substitute waffle fries, sweet potato fries or fruit salad instead of french fries +\$1.95; or homemade avocado fries +\$3.45

LUNCH SPECIALS includes cup of soup, coffee & rice pudding, jello or ice cream (vanilla, chocolate or strawberry)

**\$1.50 for substitute dessert • *\$1 for soda or herbal tea*

Available Mon-Fri from 10am-3pm • Not Available on Holidays

SALADS

- ★ **1 Italian Country Salad** crisp romaine tossed with tomatoes, fresh mozzarella, red onions, garlic, seasoned croutons, fresh basil leaves, sundried tomatoes & grilled pesto chicken breast13.95
- ★ **4 Mexi Cali Salad** Crispy tortilla bowl filled with grilled chicken, chopped romaine, corn, black beans, diced tomatoes, Haas avocado, cheddar & bacon with ranch13.95
- ★ **5 Garden Tossed Salad** Tuna or chicken salad, atop lettuce, tomatoes, onions & cucumbers12.95
- ★ **8 Buffalo Chicken Salad** crispy chicken tossed in buffalo sauce with romaine, tomatoes, scallions & bleu cheese crumbles with cool ranch dressing13.95

BURGERS & SANDWICHES

Includes cole slaw, pickle & French fries • Fries substitute: avocado fries (+\$3.45) or fruit salad (+\$1.95)

- ★ **11 Turkey Burger Deluxe** char-broiled all-white ground turkey meat, on hard roll13.95
- ★ **12 Fried Filet of Sole Sandwich** Lightly fried, on a kaiser roll with cocktail or tartar sauce12.95
- ★ **13 Vegetarian Panini** fried eggplant, roasted peppers, tomatoes, mushrooms, & mozzarella on focaccia13.95
- ★ **15 BLT Burger** triple-decker of lettuce, tomato & crisp bacon13.95
- ★ **17 California Wrap** chicken breast, avocado, onions & tomatoes with honey mustard dressing13.95
- ★ **18 Cheesesteak** Philly-style sliced steak smothered with grilled onions & American cheese13.95
- ★ **19 Beer-Battered Fish Tacos** (2) soft tacos stuffed with fresh cod, cabbage, cilantro crema, Haas avocado and pico13.95

DINER SPECIALTIES

- ★ **23 Hot Open Meatloaf** Homemade meatloaf topped with mushroom gravy & potato13.95
- ★ **25 Western Omelet** 3-egg omelet with green peppers, onions & ham, served with toast & potato11.95
- ★ **26 The Eclectic Grilled Cheese** black forest ham, Swiss cheese, honey mustard & caramelized onions14.95
- ★ **28 Buffalo Chicken Flatbread** buffalo chicken, bleu cheese & ranch drizzle13.95

START & SHARE

- ★ **New! Prestige Fries** crispy waffle fries loaded with cheese sauce and bacon crumbles11.95
- ★ **Buratta** locally sourced buratta served with cherry tomatoes, EVOO & toasted pita points12.95
- ★ **Starter Combo** (3) of each buffalo wings, chicken fingers, onion rings & mozzarella sticks with marinara sauce and bleu cheese13.95
- ★ **Maple Glazed Pork Belly** with bourbon sauce & diced jalapeños11.95
- ★ **Fried Calamari** Panko crusted fresh calamari with homemade marinara sauce for dipping12.95
- ★ **Cha Boys VB Macho Nacho** A mountain of tortilla chips baked with homemade chili, peppers & onions, topped with cheddar cheese12.95
- ★ **Homemade Avocado Fries** Panko crusted Haas avocado, with tzatziki sauce for dipping9.95
- ★ **Potato Skinfuls** Potato halves baked with sharp cheddar & smoked bacon, with sour cream9.95
- ★ **New! Potato Crisps** Sliced thin, flash fried and sprinkled with fresh herbs6.95
- ★ **Homemade Mozzarella Sticks**8.95
- ★ **Homemade Onion Rings**6.95
- ★ **Pretzel Bites** A baker's dozen fresh baked salted bites, with beer cheese sauce7.95
- ★ **Cheesesteak Egg Rolls** Juicy steak sliced thin with onions & American cheese, served with au jus dipping sauce11.95
- ★ **New! Fried Pickles** Made to order flash fried dill pickles with ranch dipping sauce7.95
- ★ **New! Buffalo Chicken Empanadas** (3) homemade empanadas stuffed with crispy chicken tossed in Buffalo sauce, scallions & shredded cheese, served with ranch dipping sauce11.95
- ★ **Guac & Chips** tricolor chips with homemade, fresh Haas guacamole and salsa8.95
- ★ **Buffalo Wings** ~ Often Imitated, Never Duplicated (10) fresh (never frozen!) wings, original or boneless, marinated in-house, baked crispy and tossed in your favorite sauce14.95

- Award-winning DefCon mild
- Award-winning DefCon just a kick
- Mango Habanero
- Kicking Bourbon
- Memphis Dry Rub
- Hot Honey

FLATBREADS

- ★ **Buffalo Chicken** crispy buffalo chicken, bleu cheese crumbles & ranch dressing drizzle13.95
- ★ **Eggplant Caprese** sliced eggplant, fresh mozzarella & tomatoes12.95
- ★ **Fig & Ham** fig jam with black forest ham, goat cheese, arugula & balsamic drizzle13.95
- ★ **New! Bacon Me Crazy** applewood smoked bacon, charred jalapeños, scallions and ranch drizzle13.95
- ★ **New! Roasted Veggies** roasted peppers, eggplant, zucchini and mozzarella12.95
- ★ **Roast Beef** with lettuce, tomato, onions, peppers & Swiss cheese with Russian dressing14.95
- ★ **Grilled Chicken** with creamy Caesar dressing, romaine lettuce & croutons14.95
- ★ **Tuna Salad** fresh homemade tuna salad with lettuce, tomato & hard boiled egg14.95
- ★ **Turkey Town** fresh carved turkey with cranberry sauce, walnuts, Swiss cheese & lettuce14.95
- ★ **Buffalo Chicken** crispy chicken with buffalo sauce, lettuce, tomatoes, bleu cheese with ranch14.95
- ★ **California Wrap** grilled chicken, avocado, bermuda onions & tomatoes with honey mustard14.95
- ★ **908 Athletics** Grilled chicken, arugula, feta, tomatoes with honey mustard14.95

WRAPS served on a plain or whole wheat tortilla • with french fries, cole slaw & pickle



GARDEN GOODNESS Please inform your server if you'd like your salad finely chopped

★ Mama Bessie grilled chicken, baby spinach with tomatoes, red onions, walnuts & goat cheese in balsamic vinaigrette dressing	16.95
Christopher's Steakhouse charbroiled marinated rib-eye, organic baby arugula, bacon, tomatoes, bleu cheese crumbles and red onions	21.95
Calamari fresh grilled or fried calamari with romaine, chickpeas, tomatoes, red onions & fresh basil, tossed in a light Italian dressing with toasted pita points	15.95
Asian teriyaki-glazed chicken with romaine, scallions, carrots, mandarin oranges, almonds & sesame ginger dressing	16.95
Buffalo Chicken crispy chicken tossed in NP's own DefCon buffalo sauce, with romaine, tomatoes, scallions & bleu cheese crumbles, tossed in cool ranch dressing	16.95
Garden State Cobb turkey breast, bleu cheese, bacon, tomatoes, sliced eggs & romaine	16.95
★ Mexi-Cali crispy tortilla bowl filled with grilled chicken, chopped romaine, corn, black beans, tomatoes, Haas avocado, cheddar and bacon tossed in ranch dressing	16.95

Salad add ons: Grilled Chicken Breast 6.95 • Grilled Jumbo Shrimp (4) 12.95 • Salmon 14.95 • Rib-Eye Steak 14.95 • Haas Avocado 3.95 • Homemade Falafel 5.95

California Coast Crisp romaine tossed with sliced Haas avocado, oranges, grilled marinated chicken & Bermuda Onions with a Raspberry Vinaigrette Dressing	16.95
with Grilled Shrimp	21.95
Tuscan grilled chicken, olives, artichoke hearts, tomatoes, fresh mozzarella, romaine & creamy Italian dressing	16.95
Greek tossed salad with feta cheese, olives and our homemade Greek vinaigrette	13.95
with Grilled Chicken or Homemade Falafel	16.95
Caesar crisp romaine tossed in a creamy Caesar dressing topped with seasoned garlic croutons	8.95
with Grilled Chicken	14.95
with Grilled Shrimp	19.95
with Steak	21.95
The Gabriele Fitness & Performance Lean and Strong grilled chicken, avocado, fresh organic baby spinach, blueberries, tomatoes & cucumbers with raspberry vinaigrette	17.95
★ Phoenix romaine, blackened chicken, charred tomatoes, fire-roasted corn, black beans, avocado & smokey chipotle dressing	16.95

SAMMIES on choice of bread

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Roast Beef or Roast Turkey	10.95	Chicken Salad	8.95	Turkey Club with bacon, lettuce & tomato	14.95
Pastrami or Corned Beef	11.95	B.L.T	7.95	Grilled Cheese	5.25
Roast Beef Club	13.95	Tuna Salad	8.95	with ham or bacon	6.25

CHARBROILED CRAFT BURGERS

All of our burgers are 8 oz. custom John's meat market short rib & brisket blend also available in all-white meat homemade turkey or impossible patty at no additional charge

★ The Prestige 12 oz. homemade blend of sirloin, short rib and brisket stuffed with tomatoes, & feta cheese, topped with onion straws, served with oregano-sprinkled fries	16.95
Eclectic topped with imported baked brie and fig jam, served with fries	15.95
Bistro topped with creamy horseradish sauce, crispy onion straws & organic baby arugula, served with fries	15.95
★ Bourbon Street rubbed with Cajun spices, with cheddar, grilled onion, lettuce, tomato & salsa, served with fries	14.95
Greek on toasted pita with Greek salad & tzatziki sauce, served with fries	14.95
★ Sonoma Valley with Haas avocado, sun-dried tomato-mayo & cheddar, served with fries	15.95
<i>New!</i> AWR Ram Burger Gruyere cheese, sriracha aioli, sliced avocado with French fries	16.95
<i>New!</i> Lamb Burger with tzatziki, arugula, sliced tomato and French fries	17.95
Patty Melt on grilled rye with onions, Swiss, lettuce & tomato, served with fries	15.95
Hickory BBQ with cheddar, bacon & BBQ sauce, topped with onion rings, served with fries	15.95
Berkeley Aquatics Woody with Swiss & jalapeños, with Jim's favorite Bleu cheese buffalo fries	14.95
Hamburger (no fries)	6.95
Deluxe with lettuce, tomato & french fries	11.95
Bill's Positive Image Photography Just Say Cheese-burger with American, Swiss, cheddar or mozzarella	8.95
Deluxe with lettuce, tomato & french fries	13.95
Impossible Burger with Swiss cheese & sun-dried tomato aioli, served with fries	17.95
Twin Bunless Turkey Burgers (2) Charbroiled homemade white meat turkey burgers with sautéed onions, mushrooms & green peppers topped with melted mozzarella cheese & salad	18.95
<i>New!</i> Waffly Burger with waffle fries, beer-cheese sauce & smoked bacon, served with waffle fries	17.95

GOURMET GRILLED CHEESES

on multi-grain bread, with cilantro garlic fries

The Southerner BBQ pulled chicken, onion straws & Swiss cheese	14.95
Baja Street chorizo, avocado, aged cheddar & Russian dressing	14.95
The Eclectic black forest ham, Swiss cheese, honey mustard & caramelized onions	14.95
★ French Country baked brie, fig jam & applewood smoked bacon	14.95

Mac 'n Cheese, please!

With or without breadcrumbs on top!

4-Cheese Delight

Made to order mac 'n cheese! cheddar, muenster, gruyere and a touch of parmesan ~ 14.95

Tex Mex

For the hearty meat lover! Seasoned ground beef mixed in ~ 19.95

New! Crab Cakes

Maryland Lump Crabmeat served on top of four cheese creamy baked macaroni ~ 26.95

BBQ Pulled Chicken

Savory and satisfying ~ 19.95

SUPREME SAMMIES served with french fries, cole slaw & pickle

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<i>New!</i> Prime Steak Stack sliced steak with creamy horseradish sauce, tomato and arugula on a fresh baked baguette with hand cut fries	19.95
Roast Prime Rib French Dip sliced thin, on a brioche roll with au jus for dipping	18.95
Reuben corned beef or pastrami with melted Swiss cheese and sauerkraut	16.95
Philly Cheesesteak with fried onions	14.95
Tuna Melt grilled tuna on choice of bread with American cheese and tomato	14.95
Greek Gyro marinated grilled beef strips on a toasted pita with tzatziki sauce & Greek salad	14.95
Chicken Gyro chicken strips on a toasted pita with tzatziki sauce & Greek salad	14.95
★ Greek Souvlaki marinated pork loin on pita bread, served with Greek salad	15.95
Chicken Souvlaki marinated chicken breast on pita bread, served with Greek salad	15.95
White Tiger Dojo pulled BBQ chicken, onion straws, served with fries	15.95
Fried Filet of Sole Sandwich Lightly fried, on a kaiser roll with cocktail or tartar sauce	14.95

CHICKEN SANDWICHES served with french fries, cole slaw & pickle

Substitute Two Fields Bakeshop English Muffin (GF, SF) +\$2.75 • Sub Roll (GF, DF, SF, V) +\$2.75

★ Pioneer Crispy Chicken buttermilk fried chicken on a brioche with special Pioneer Sauce, lettuce & tomato	14.95
The Basic grilled chicken with lettuce & tomato	11.95
American grilled chicken with American, lettuce & tomato	12.95
★ Nashville Hot Honey Chicken Buttermilk-fried chicken topped with hot honey sauce, pickles & ranch dressing	15.95

Substitute waffle fries, sweet potato fries or fruit salad instead of french fries +\$2.95 or homemade avocado fries +\$3.95 or brown rice +\$3.95

BASKET FULL OF YUMMY served with french fries, cole slaw & pickle

Shrimp	15.95	Fried Chicken	15.95	Chicken Fingers	15.95
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THAT'S GREEK TO ME

Mediterranean Appetizer platter homemade babaganoush, hummus, tzatziki and red pepper feta spreads with toasted pita points	13.95
★ Old-Fashioned Avgolemono Soup traditional dish served with garlic bread	8.95
Michael's Moussaka layers of grilled eggplant, potatoes, ground meat, topped with creamy Bechamel and Greek side salad	19.95
Spanakopita baby spinach, Greek feta and fresh herbs between layers of crispy phyllo dough and Greek side Salad	18.95
Lemon Chicken roasted chicken simmered in lemon butter sauce with fresh herbs and vegetables served with roasted potatoes	19.95
Lamb Kabobs fresh ground lamb meat mixed with mediterranean herbs, served with baked pita, tzatziki sauce, Greek salad & hand cut fries	28.95
Shrimp Santorini large shrimp sautéed in EVOO with cherry tomatoes, feta cheese & fresh mint	29.95

VEGETARIAN & GLUTEN-FREE SELECTIONS

We make every effort to serve gluten-free products is made, please understand that all food is prepared in a non-gluten free environment. Please alert your if any health concerns or illnesses.

Vegetable Brown Rice Bowl lentils, grilled eggplant, carrots, chickpeas, kidney beans	14.95
Gluten-Free Stuffed Peppers (2) organic peppers stuffed with cauliflower rice & mixed vegetables, with choice of homemade soup or salad	17.95
Organic Gluten-Free Pasta Basilico organic quinoa & rice flour pasta, tossed with diced tomatoes & fresh basil, sautéed in extra virgin olive oil, with choice of soup or salad	16.95
Superfood Bowl organic quinoa, brown rice lentils mixed with black beans, fire roasted peppers, tomatoes, grilled onions, cilantro & Haas avocado	14.95
Stuffed Avocado with homemade tuna salad	16.95

Add-ons: Grilled Chicken Breast 6.95 • Grilled Jumbo Shrimp (4) 12.95 • Salmon 14.95 • Steak 14.95 • Haas Avocado 3.95 • Brown Rice 3.95 • Homemade Falafel 5.95

Thank you!

* We love to see our community support each other and want to help in a meaningful way. A portion of the Phoenix salad sales will be donated to a different local charity each month. Thank you to the volunteers for all that you do to make our world that much brighter.