

# LUNCH MENU

## GREENS & GRAINS \$10.95

Add Chicken \$10 Shrimp \$13 Salmon \$14

### ● **Gf** THE TAVERN SALAD

Arugula, Walnuts, Strawberries, Cranberry  
Goat Cheese, Raspberry Vinaigrette

### **Gf** QUINOA MONTERO

Sweet Potato, Hard Boiled Egg, Avocado,  
Arugula, Red Onion, Pumpkin Seeds, Citrus Dijon Vinaigrette

### ● WINTER FENNEL SALAD

Grapefruit, Feta Cheese, Cranberries, Kalamata Olives, Roasted Peanuts &  
Lemon Olive Oil

### CLASSIC CAESAR SALAD

Shaved Parmesan, Our Own Dressing

### **Gf** GREEK CHOPPED SALAD

Hot House Cucumbers, Red Onion, Olives, Peppers,  
Cherry Tomatoes, Crumbled Feta Cheese, Over Chopped  
Romaine & Iceberg, Red Wine Vinaigrette

### ● RED BEET SALAD

Fresh Baby Spinach, Orange Wedges, Grapefruit, Toasted Almonds, Roasted  
Goat Cheese & Blood Orange Vinaigrette

### HOUSE SALAD

Mixed Greens, Cherry Tomatoes, Roasted Pepper, Cucumbers & Radish,  
Balsamic Vinaigrette

## HAND HELDS

Served with Crispy Fries or Mixed Greens

### CHEF'S TACO OF THE DAY (2) ... MARKET PRICE

Corn Tortilla. Served With Salad Or French Fries

### TAVERN BURGER ... 16.95

White Cheddar, Caramelized Onions  
\* Add Bacon \$2.00 \*



### BBQ BRISKET SANDWICH ... 16.95

Melted Cheddar Cheese, Coleslaw, Napa Cabbage & Barbecue Sauce

### CHICKEN CUTLET SANDWICH ... \$16.95

Roasted Peppers, Fresh Mozzarella & Balsamic Reduction

## FORK & KNIFE

### **Gf** SALMON SASHIMI ... 13.95

Cucumber, Radish, Lime, Soy,  
Extra Virgin Olive Oil

### FRIED CALAMARI ... 14.95

Classic: Side of Spicy Marinara

OR Signature: Chopped Tomatoes, Scallions, Julienne  
Romaine, Sweet & Spicy Chili Sauce

### **Gf** P.E.I. MUSSELS ... 14.95

Spicy Coconut Broth or Spicy Marinara

### ● TAVERN BURRATA ... 15.95

Homemade Tomato Jam, Arugula, Crostini  
& Basil Olive Oil

### FRIED CHICKEN WINGS ... 14.95

Spicy Buffalo Sauce & Cool Ranch

### CHICKEN FRANCESE ... 19

Diced Tomatoes, Green Peas, Whipped Potatoes  
& Lemon White Wine Sauce

### CHICKEN PARMESAN ... 19

Over Linguine, Marinara

### **Gf** SEARED SALMON ... 24

With Mascarpone Risotto, Roasted Asparagus &  
Beurre Blanc Sauce

### ● BROILED JUMBO SHRIMP ... 21

Panko Crusted, Walnuts, Craisins,  
Napa Cabbage, Spicy Apple Slaw,  
Citrus White Wine Emulsion

### CHICKEN MILANESE ... 24

Thinly Pounded Breaded Chicken Breast,  
Topped With Arugula, Grape Tomatoes & Red  
Onion. Sliced Mozzarella & Balsamic  
Vinaigrette

### BEEF MEATBALLS (2PCS) ... 10.95

Dollop of Ricotta Cheese & Sprinkled Parmesan  
\* Family Style Sharing (4pcs) \$17.95 \*

### EGGPLANT ROLLATINI ... 10.95

Spinach & Ricotta, Tomato Sauce  
\* Family Sharing Size \$17.95 \*

### FRIED CHEESE CURDS ... 9.95

Sriracha Ranch

### SPICY SUSHI PIZZA ... 14.95

Sushi Grade Tuna & Avocado, Served on Crispy  
Rice Patty, Sriracha Aioli & Soy Ginger Reduction

### **Gf** CRAB CAKE ... 15.95

Spicy Red Coleslaw & White Wine Emulsion

## THE JERSEY PAN PIZZA

### NANA'S SICILIAN PAN PIZZA ... 13.95

Tomato, Mozzarella, Olive Oil, Garlic & Oregano  
\* Pizza Made To Order - Please Allow 20 Minutes \*

### TAVERN WHITE PIZZA ... 13.95

Ricotta, Fresh Sliced Mozzarella,  
Crumbled Gorgonzola & Basil Aioli

## PASTA

### PENNE BOLOGNESE ... \$15.95

Beef Ragu, Tomato Sauce, Dollop of Ricotta

### TAVERN ORECCHIETTE ... \$15.95

Broccoli Rabe, Italian Sausage, Cherry Tomatoes, Garlic & Oil

### PENNE VODKA ... \$15.95

Pink Vodka Sauce & Green Peas

### FRESH PAPPARDELLE BURRATA ... \$22

Sundried Tomatoes, Roasted Pines Nuts, Topped With Burrata Cheese &  
Touch of Pesto. Fresh Tomato Sauce

## SIDES \$7.95

### **Gf** SAUTÉED SPINACH

Garlic & Oil

### **Gf** CREAMY WHIPPED POTATOES

### SPICY ROASTED BRUSSEL SPROUTS & PANCETTA

### TAVERN GARLIC BREAD

Roasted Garlic & Italian Hot Pepper

## BEVERAGES \$5.00

### ALL THE FLAVOR WITHOUT THE BOOZE

Virgin Mango Mojito, Virgin Bloody Mary

### GRILLED ASPARAGUS

Parmesan & Breadcrumbs

SODA,  
ICED TEA,  
JUICE ... \$3

BOTTLED STILL WATER...7  
BOTTLED SPARKLING WATER...7

● = Contains Nuts

**Gf** = Gluten Free

*Chef: J.C. Montero*

20% gratuity added for parties of 10 or more  
guests Party room available from 20 to 100 people  
Make your next event Simple & Delicious "Lettuce" cater for you!

Please advise your server of any food allergies  
Please be advised we use many varieties of nuts

Consuming raw or undercooked meats, poultry, seafood,  
shellfish, or eggs may increase your risk of foodborne illness,  
especially if you have certain medical conditions