

LUNCH MENU

GREENS & GRAINS \$10.95

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

● THE TAVERN SALAD

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

● QUINOA MONTERO

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

ICEBERG WEDGE

Crumbled Blue Cheese, Crispy Bacon, Cherry Tomatoes & Red Onion, with Blue Cheese
Dressing

GREEK CHOPPED SALAD

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

● RED BEET SALAD

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

CLASSIC CAESAR SALAD

Garlic & Herb Croutons, Shaved Parmesan & Our Own Dressing

HAND HELDS

Served with Crispy Fries or Mixed Greens

CHEF'S TACO OF THE DAY (2 PCS) ... 14.95

Served on Corn Tortillas

TAVERN BURGER ... 17.95

White Cheddar & Caramelized Onions, on a Brioche Bun

* Add Bacon \$2.00 *



BBQ BRISKET SANDWICH ... 16.95

Melted White Cheddar Cheese, Coleslaw, Napa Cabbage & Barbeque Sauce, on a Brioche Bun

CHICKEN CUTLET SANDWICH ... 16.95

Roasted Peppers, Arugula, Fresh Mozzarella & Balsamic Vinaigrette, on a Brioche Bun

FORK & KNIFE

BEEF MEATBALLS (2 PCS) ... 11.95

Dollop of Ricotta Cheese & Sprinkled Parmesan

* Family Style Sharing (4pcs) \$18.95 *

EGGPLANT ROLLANTINI ... 11.95

Spinach & Ricotta, with Tomato Sauce

* Family Sharing Size \$18.95 *

FRIED CHEESE CURDS ... 10.95

Served with Sriracha Ranch

FRIED CHICKEN WINGS ... 15.95

Served with Spicy Buffalo Sauce & Cool Ranch

TAVERN BURRATA ... 15.95

Tomato Jam, Grilled Peaches & Basil Olive Oil on a Crostini

FRIED CALAMARI ... 15.95

Classic: Side of Spicy Marinara

Signature: Chopped Tomatoes, Scallions & Julienne

Romaine, with Sweet & Spicy Chili Sauce

SALMON SASHIMI ... 14.95

Diced Scallions, Cucumber, Radish, Lime, Soy Sauce

& Extra Virgin Olive Oil

SPICY SUSHI PIZZA ... 15.95

Sushi Grade Tuna & Guacamole, Served on a Crispy Rice Patty,
with Sriracha Aioli & Soy Ginger Reduction

CRAB CAKE ... 15.95

Corn Relish, Cilantro, Pickled Red Onions & Sriracha Aioli

P.E.I. MUSSELS ... 15.95

Spicy Coconut Broth or Spicy Marinara

● SPICY TUNA POKE BOWL ... 21

Jasmine Rice, Fresh Seaweed, Napa Cabbage, Mango,
Cucumber, Avocado, Radish, Croutons, Peanuts,
Sesame Miso Dressing & Spicy Aioli

CHICKEN FRANCESE ... 19

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

CHICKEN PARMESAN ... 19

Over Linguini with Marinara

CHICKEN MILANESE ... 19

Thinly Pounded Breaded Chicken Breast, Topped with
Arugula, Grape Tomatoes, Red Onion, Fresh Mozzarella &
Balsamic Vinaigrette

● BROILED JUMBO SHRIMP ... 21

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

SEARED SALMON ... 24

Guacamole, Quinoa & a Touch of Mango Salsa

THE JERSEY PAN PIZZA

NANA'S SICILIAN PAN PIZZA ... 14.95

Tomato, Mozzarella, Olive Oil, Garlic & Oregano

* Pizza Made To Order - Please Allow 20 Minutes *

TAVERN WHITE PIZZA ... 14.95

Ricotta, Fresh Sliced Mozzarella, Crumbled Gorgonzola,
Grated Parmesan Cheese & Basil Aioli

PASTA

PENNE BOLOGNESE ... 18.95

Beef Ragu, Tomato Sauce & a Dollop of Ricotta

PENNE VODKA ... 16.95

Pink Vodka Sauce & Green Peas

TAVERN ORECCHIETTE ... 17.95

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

LINGUINI AZZURRO ... 18.95

Cauliflower, Sautéed Spinach, Shaved Parmesan & Toasted Breadcrumbs, in Garlic & Oil

SHORT RIB RAVIOLI ... 20.95

Green Peas, Shaved Pecorino Cheese & Cognac Cream Sauce

SIDES \$8.95

GRILLED ASPARAGUS

Grated Parmesan & Breadcrumbs

ROASTED ROSEMARY WEDGE POTATOES

● ROASTED CAULIFLOWER

Almonds, Chili Flakes & Lemon Garlic Olive Oil

TAVERN GARLIC BREAD

Roasted Garlic & Italian Hot Pepper

BEVERAGES

SODAS & ICED TEA ... 3

JUICES ... 5

ALL THE FLAVOR WITHOUT THE BOOZE ... 5

Virgin Strawberry Margarita, Virgin Bloody Mary

BOTTLED STILL WATER...7

BOTTLED SPARKLING WATER...7

● = Contains Nuts

 = 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