

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

Gf WATERMELON WEDGE SALAD ... 12.95

Mango, Arugula, & Feta Cheese, with a Honey Lemon Vinaigrette

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) ... 14.95

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

SPICY SUSHI PIZZA ... 14.95

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

Gf CRAB CAKE ... 15.95

Corn Relish, Cilantro, Pickled Red Onions, & Sriracha Aioli

Gf P.E.I. MUSSELS ... 14.95

Spicy Coconut Broth or Spicy Marinara

SPICY TUNA POKE BOWL ... 21

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

CHICKEN FRANCESE ... 19

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

CHICKEN PARMESAN ... 19

Over Linguine, Marinara

CHICKEN MILANESE ... 19

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

● BROILED JUMBO SHRIMP ... 21

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

Gf SEARED SALMON ... 24

Guacamole, Quinoa, & Touch of Mango Salsa

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

FRIED CHICKEN WINGS ... 14.95

Spicy Buffalo Sauce & Cool Ranch

● TAVERN BURRATA ... 15.95

Cherry Tomatoes, Arugula, Crostini, & Basil Olive Oil

FRIED CALAMARI ... 14.95

Classic: Side of Spicy Marinara

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

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 ... 16.95

Beef Ragù, Tomato Sauce, Dollop of Ricotta

PENNE VODKA ... 16.95

Pink Vodka Sauce & Green Peas

TAVERN ORECCHIETTE ... 16.95

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

LINGUINE AZZURRO ... 16.95

Cauliflower, Sautéed Spinach, Pecorino, Toasted Breadcrumbs in Garlic & Oil

SHORT RIB RAVIOLI ... 20.95

Green Peas, Shaved Pecorino Cheese, & Cognac Cream Sauce

SIDES \$7.95

GRILLED ASPARAGUS

Parmesan & Breadcrumbs

Gf ROASTED ROSEMARY WEDGE POTATOES

TAVERN GARLIC BREAD

Roasted Garlic & Italian Hot Pepper

● **Gf** HONEY ROASTED CAULIFLOWER PUREE

Chili Flakes, Almonds, Lemon Garlic Olive Oil

Gf SAUTÉED SPINACH

Garlic & Oil

SPICY ROASTED BRUSSEL SPROUTS & PANCETTA

BEVERAGES

ALL THE FLAVOR WITHOUT THE BOOZE ... 5

Virgin Strawberry Margarita, Virgin Bloody Mary

BOTTLED STILL WATER...7

BOTTLED SPARKLING WATER...7

SODA,
ICED TEA,
JUICE ... 3

● = Contains Nuts

Gf = Gluten Free

Chef: J.C. Montero

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

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!