

LUNCH MENU

GREENS & GRAINS \$11.95

Add Chicken \$12 Shrimp \$14 Salmon \$15

GF ● THE TAVERN SALAD

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

GF ● QUINOA MONTERO

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

CLASSIC CAESAR SALAD

Garlic & Herb Croutons, Shaved Parmesan & Our Own Dressing

GF GREEK CHOPPED SALAD

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

GF ● RED & GOLDEN BEET CARPACCIO

Chopped Spinach, Orange Wedges, Toasted Almonds, Shredded Goat Cheese & Orange Ginger Aioli

EGGPLANT ROLLANTINI ... 12.95

Spinach & Ricotta, with Tomato Sauce
* Family Sharing Size \$19.95 *

GF CRAB CAKE ... 16.95

Apple, Celery, Radish Crunch Salad over Tarter Sauce

FRIED CHICKEN WINGS ... 16.95

Served with Spicy Buffalo Sauce & Blue Cheese Sauce

TAVERN BURRATA ... 16.95

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

STARTERS

FRIED CALAMARI ... 16.95

Classic: Side of Spicy Marinara

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

SPICY SUSHI PIZZA ... 16.95

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

GF P.E.I. MUSSELS ... 16.95

Spicy Coconut Broth or Spicy Marinara

BEEF MEATBALLS (2 PCS) ... 13.95

Dollop of Ricotta Cheese & Sprinkled Parmesan
* Family Style Sharing (4pcs) \$20.95 *

GF SALMON SASHIMI ... 14.95

Diced Scallions, Cucumber, Radish, Lime, Soy Sauce & Extra Virgin Olive Oil

FRIED CHEESE CURDS ... 11.95

Served with Sriracha Ranch

MAINS

CHICKEN MILANESE ... 19

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

CHICKEN FRANCÉSE ... 19

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

CHICKEN PARMESAN ... 19

Over Linguini with Marinara

GF SALMON ROSETTE ... 26

Stuffed with Crab Meat over Saffron Risotto & Touch of Beurre Blanc Sauce

● BROILED JUMBO SHRIMP ... 22

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

SPICY TUNA POKE BOWL ... 22

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

* Served Cold *

HAND HELDS



Served with Crispy Fries or Mixed Greens

CHEF'S TACO OF THE DAY (2 PCS) ... 16.95

Served on Corn Tortillas

BBQ BRISKET SANDWICH ... 18.95

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

TAVERN BURGER ... 19.95

White Cheddar & Caramelized Onions, on a Brioche Bun

* Add Bacon \$3.00 *

CHICKEN CUTLET SANDWICH ... 18.95

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

THE JERSEY PAN PIZZA

NANA'S SICILIAN PAN PIZZA

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

TAVERN WHITE PIZZA ... 16.95

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

PASTA

PENNE BOLOGNESE

Beef Ragu, Tomato Sauce & a Dollop of Ricotta

LINGUINI AZZURRO ... 18.95

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

TAVERN ORECCHIETTE ... 19.95

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

PENNE VODKA ... 18.95

Pink Vodka Sauce & Green Peas

● FRESH PORCINI FETTUCCINI FUNGHI ... 21.95

Wild Mushrooms, Asparagus, Chopped Almonds & Truffle Oil in Chevre Sauce

HOMEMADE SHORT RIB RAVIOLI ... 21.95

Green Peas, Shaved Pecorino Cheese & Cognac Cream Sauce

CLASSIC MEAT & CHEESE LASAGNA ... 22.95

Ground Beef & Mozzarella, Topped with Toasted Breadcrumbs, In Pomodoro Sauce

SIDES \$8.95

GRILLED ASPARAGUS

Grated Parmesan & Breadcrumbs

GF SAUTÉED WILD MUSHROOMS

Chopped Parsley & Balsamic Drizzle

TAVERN GARLIC BREAD

Roasted Garlic & Italian Hot Pepper

BEVERAGES

SODAS & ICED TEA ... 3

JUICES ... 6

ALL THE FLAVOR WITHOUT THE BOOZE ... 6

Virgin Strawberry Margarita, Virgin Bloody Mary

BOTTLED STILL WATER ... 7

BOTTLED SPARKLING WATER ... 7

● = Contains Nuts

GF = Gluten Free