

# LUNCH MENU

## GREENS & GRAINS \$11.95

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



### ● 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

### CLASSIC CAESAR SALAD

Garlic & Herb Croutons, Shaved Parmesan & Our Own Dressing



### GREEK CHOPPED SALAD

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



### ● RED & GOLDEN BEET CARPACCIO

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

## STARTERS

### EGGPLANT ROLLANTINI ... 12.95

Spinach & Ricotta, with Tomato Sauce

\* Family Sharing Size \$19.95\*



### 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

### 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



### 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\*



### 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 FRANCESE ... 19

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

### CHICKEN PARMESAN ... 19

Over Linguini with Marinara



### 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



### ROASTED ROSEMARY WEDGE POTATOES



### SAUTÉED WILD MUSHROOMS

Chopped Parsley & Balsamic Drizzle

### TAVERN GARLIC BREAD

Roasted Garlic & Italian Hot Pepper

### SPICY ROASTED BRUSSEL SPROUTS & PANCETTA



### SAUTÉED SPINACH

Garlic & Oil

### 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

Chef: J.C. Montero

● = Contains Nuts



= Gluten Free

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