

Signature Breakfast Sandwiches

Amazing Avocado Toast	\$9.00
<i>toasted 12 grain bread topped with our famous avocado spread, feta, egg whites, sliced tomato, red onion, arugula & sprouts</i>	
The Super Scrambler	\$7.00
<i>scrambled egg, pork roll & cheese on a hoagie roll</i>	
The Jared	\$5.25
<i>egg, turkey, american cheese, & homemade hot sauce on a whole wheat bagel</i>	
Yes It's Low Fat	\$6.00
<i>egg whites, provolone, turkey bacon & tomato on a whole wheat bagel</i>	
Philly Special	\$6.00
<i>egg, steak, Fried onion, wit american cheese</i>	
The Australian	\$5.00
<i>egg, bacon, cheddar cheese, on a salt bagel</i>	
The Breakfast BEAST	\$7.00
<i>bacon, egg, cheese between 2 pieces of french toast drizzled w/ syrup</i>	
The Breakfast Taco	\$7.25
<i>scrambled eggs, melted cheddar, fresh pico, chopped avocado, bacon, home fries & hot sauce</i>	
Killer Tomato Sandwich	\$4.25
<i>cream cheese, tomato, onion, salt & pepper on a wheat bagel</i>	
It's a Wrap	\$6.00
<i>scrambled egg, american cheese, tomato on a grilled whole wheat wrap</i>	
The Peppered Egg	\$5.25
<i>egg, Boar's Head ham, caramelized onion, pepper jack cheese on a sesame bagel</i>	
The Taylor	\$4.75
<i>pork roll & maple butter on a french toast bagel *also available w/egg add .75</i>	
The Cali	\$5.50
<i>egg white, sliced avocado, tomato & provolone on multi grain toast</i>	
Breakfast Burrito	\$7.25
<i>scrambled egg, bacon, shredded cheese, caramelized onion & avocado spread</i>	

Breakfast Sandwiches

Bread choice: white, rye, multi grain, any bagel

Roll choice: kaiser, brioche, multi grain

Wrap Choice: white, wheat

*** sub Udi's gluten free wrap...\$2.50**

Egg & Cheese	\$4.25
Egg & Cheese w/Meat	\$5.00
<i>sausage, pork roll or bacon</i>	
Bagel w/ Cream Cheese & Lox	\$8.99
Egg & Cheese w/Boars Head Brand	\$5.75
<i>ham, turkey</i>	
Egg Whites and Cheese	\$4.50
Egg Whites & Cheese w/Meat	\$5.00

*** sub turkey bacon \$1.25**

Kids Breakfast

Scrambled Eggs	\$2.00
Pancake (1)	\$2.00
French Toast (1)	\$2.00

Breakfast Platters

all platters come w/ toast & home fries

sub egg whites ...add \$1.00

2 Eggs any Style	\$5.50
<i>add bacon, pork roll or sausage \$2.00</i>	
Cheese Omelet	\$7.00
Veggie Omelet	\$8.00
<i>tomatoes, onions, mushrooms, spinach, monterey jack blend</i>	
Bacon & Cheese Omelet	\$8.25
Western Omelette	\$8.50
<i>ham, onions, peppers & cheddar</i>	
Spinach & Feta Omelet	\$8.50
Ham & Cheese Omelet	\$8.50
Egg White Omelet w/Swiss & Tomato	\$8.00
<i>w/ sliced avocado</i>	
Shawn's Breakfast	\$9.00
<i>spinach & american cheese omelet, (2) french toast, home fries, scoop of avocado spread</i>	

Pancakes & French Toast

Pancakes (3)	\$6.00
<i>with bananas & strawberries...\$7.25</i>	
Blueberry Pancakes (3)	\$6.75
Thick Cut French Toast (3)	\$6.75
Rolled Oats French Toast (2)	\$7.25
<i>thick cut egg bread dipped in our house made french toast batter, rolled in whole grain granola, grilled & topped w/ strawberries & blueberries</i>	

Acai & Pitaya Bowl

111th st	\$10.00
<i>organic Sambazon acai, topped with banana, strawberry & organic granola (delicious with a drizzle of organic peanut butter)</i>	
Tropical	\$10.25
<i>organic Sambazon topped with mango, pineapple, organic granola, coconut flakes & a drizzle of honey</i>	
Blue Love	\$10.00
<i>organic Sambazon topped with blueberries, strawberries, blackberries, organic granola & drizzled with honey</i>	
Pink Dragon	\$10.00
<i>organic dragon fruit, granola & cocoa nibs with raspberry & strawberries topped with Nutella</i>	
Preppy Bowl	\$10.00
<i>organic dragon fruit, granola and kiwi with coca nibs strawberries, pineapple & organic honey</i>	

Egg Flat Breads

our flatbreads are 10 inch, low carb, low fat & served open face.

Provolone	\$7.25
<i>provolone, scrambled egg, tomato, avocado drizzled with house made hot sauce</i>	
Blended Cheese	\$7.50
<i>3 cheese blend, scrambled, turkey bacon, onion, tomato</i>	
Fontina	\$8.00
<i>fontina cheese, scrambled egg, baby spinach, roasted peppers, caramelized onion</i>	



Jersey Girl

111th & the BLVD

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EAT IN HOME & BEACH DELIVERY

TAKE OUT CATERING

Salads

Seasonal Salad	\$9.00
<i>fresh jersey strawberries, sunflower seeds, candied pecans, red onion, cucumber, croutons, feta & grilled chicken with a tangy vinaigrette on spring mix</i>	
Mango Chicken	\$11.00
<i>grilled chicken, chopped avocado, red onion, mango, asian noodles, mixed with a mandarin orange sesame ginger dressing</i>	
Avocado & Grilled Chicken Salad	\$9.00
<i>grilled chicken, sliced avocado, roasted peppers, red onion, alfalfa sprouts, croutons with balsamic vinaigrette</i>	
Grilled Chicken Caesar Salad	\$7.50
<i>Grilled Chicken, Shaved Parmesan, croutons, creamy caesar dressing</i>	
Spinach & Pear Salad	\$9.00
<i>baby spinach, crisp pear, pomegranate, fontina & candied pecans w/ a honey balsamic dressing add grilled chicken \$11.00</i>	
Crispy Buffalo Chicken Salad	\$9.00
<i>crispy chicken dipped in homemade buffalo sauce with a 3 cheese blend, crispy texas onions, tomato, croutons & ranch dressing on crisp romaine</i>	

Wraps

sub for Udi's gluten free wrap add \$2.50

Veggie Hummus	\$7.50
<i>hummus on a wrap with shredded 3 cheese blend, spring mix, sliced avocado, cucumber, onion, tomato & roasted red pepper drizzled with balsamic vinaigrette</i>	
Basil Cashew Chicken	\$8.00
<i>home-made basil chicken salad with cashews, sliced avocado, crisp romaine & tomato</i>	
California Turkey	\$8.00
<i>turkey, cheddar, crisp bacon, sliced avocado, jersey tomato, alfalfa sprouts, w cranberry chutney</i>	
Grilled Chicken Caesar	\$7.50
<i>romaine, parmesan cheese, croutons, tangy Caesar dressing</i>	
Bacon Ranch	\$8.00
<i>grilled chicken, chopped romaine, crispy bacon, 3 cheese blend, tomato, ranch</i>	

Hot Pressed Wraps

Hot Honey	\$7.50
<i>boars head turkey, spicy melted pepper jack cheese, bacon, tomato & honey mustard spread</i>	
Hot Ham & Swiss	\$7.50
<i>thinly sliced Boar's Head Ham, melted swiss, roasted pineapple & caramelized onions</i>	
Hot Buffalo	\$7.50
<i>crispy chicken in our homemade buffalo sauce, melted cheddar, tomato, onion & ranch dressing</i>	
Chicken Chipotle	\$7.75
<i>sliced grilled chicken, bacon, cheddar & jack cheese, spinach, tomato & onion w/chipotle ranch dressing</i>	

Signature Sandwiches

LBI Reuben	\$7.25
<i>Oven Gold turkey, melted swiss, creamy cole slaw & russian dressing on grilled rye</i>	
Club Sandwiches	\$7.50
<i>choose turkey, ham, on chicken salad on toasted white or wheat</i>	
Mozzarella Press	\$7.25
<i>Roasted red peppers, melted mozzarella & basil, drizzled w/ balsamic on grilled rye</i>	
Balsamic Grilled Chicken	\$7.50
<i>melted mozzarella, red roasted peppers, honey mustard spread & spring mix on a whole wheat roll</i>	
Original Chicken Salad	\$7.25
<i>House made all white meat</i>	
Waldorf Chicken Salad	\$7.75
<i>house made all white meat chicken salad mixed with cranberries & walnuts with spring mix on 7 grain bread</i>	
Signature Grilled Cheese	\$6.00
<i>aged cheddar, swiss & american on grilled rye Tomato .50 Bacon 1.00</i>	
Turkey Special	\$7.75
<i>Oven gold turkey with cranberry chutney, toasted pecans & melted brie on grilled rye</i>	
Turkey & Avocado	\$7.75
<i>thin sliced turkey, bacon, tomato, homemade avocado spread & lettuce on multi grain roll</i>	
Pesto Turkey Melt	\$7.25
<i>Oven-gold turkey, melted aged cheddar & crisp bacon on pesto coated grilled rye</i>	
Beachy Brie	\$7.50
<i>balsamic grilled chicken, melted brie, cranberries, spring mix and honey dijon on a multi grain roll</i>	
BLT	\$6.75
<i>CLASSIC....crisp bacon, crisp lettuce & tomato</i>	

Tacos

Fish Tacos (3)	\$11.00
<i>Grilled Haddock with shredded cabbage, pico de gallo, fresh baha cream sauce and our house made avocado spread on a soft taco</i>	
Grilled Chicken Tacos (3)	\$9.50
<i>grilled Chicken with a blend of cheddar & jack cheeses, fresh baha cream sauce, pico de gallo & chopped avocado in shredded lettuce on a soft taco</i>	
BANG BANG Coconut Shrimp Tacos (3)	\$11.50
<i>coconut shrimp, shredded lettuce, diced avocado & pineapple pico, topped with our sweet Thai Chilli Aioli</i>	
The 3 Amigos	\$10.50
<i>1 fish, 1 grilled chicken, 1 BANG BANG</i>	



From the Grill

fried onions added upon request

Cheese Steak	\$8.00
Chicken Cheese steak	\$8.00
Buffalo Chicken Cheese steak	\$8.25
Certified Angus Burger	\$7.25
<i>on a brioche bun..... add cheese \$.50 add bacon \$1.50</i>	
Cowboy Burger	\$8.00
<i>topped w/melted swiss, caramelized onion & barbeque sauce</i>	
Cheese Quesadilla	\$7.25
Chicken Quesadilla	\$8.75
<i>w/ caramelized onions & roasted red peppers</i>	
Pork roll & Cheese	\$6.25
Chicken Fingers w/ Fries	\$8.50
<i>choice of sauce</i>	
Buffalo Chicken Finger Basket w/ Fries	\$8.75
<i>smothered in our house hot sauce</i>	

Snacks & Sides

Fresh Cut Fries	\$4.00
Fresh Cut Cheese Fries	\$4.50
Tater Tots	\$5.00
Loaded Tater Tots	\$6.00
<i>bacon, melted cheese,</i>	
Crab Fries	\$4.75
Battered Mozzarella Sticks	\$6.00

Hoagies

Round Roll / 10 Inch Sub

Turkey	6.25/8.25
Ham	5.99/8.00
Italian	6.99/9.50
Mixed Cheese	5.50/7.25

Kids Menu (under 10)

Chicken Fingers (2) w/Fries	\$5.00
Ham or Turkey on White or wheat w/Chips	\$4.75
Grilled Cheese w/Chips	\$5.00

Fresh Brewed Iced Teas

all 3 iced teas are available daily

Black tea (unsweetened)	2.50/3.00/3.50
Georgia Peach (unsweetened)	2.50/3.00/3.50
Pacific Raspberry (unsweetened)	2.50/3.00/3.50