

## Signature Breakfast Sandwiches

|   |        |
|---|--------|
| <b>The Super Scrambler</b> .....  | \$7.00 |
| <i>scrambled egg, pork roll &amp; cheese on a hoagie roll</i>   |        |
| <b>The Jared</b> .....  | \$5.25 |
| <i>egg, turkey, american cheese, &amp; homemade hot sauce on a whole wheat bagel</i>                  |        |
| <b>Yes It's Low Fat</b> .....   | \$5.00 |
| <i>egg whites, provolone, tomato on a whole wheat bagel</i>   |        |
| <b>Breakfast Burrito</b> .....  | \$6.75 |
| <i>scrambled egg, bacon, shredded cheese, caramelized onion &amp; avocado spread</i>                  |        |
| <b>The Australian</b> .....   | \$5.00 |
| <i>egg, bacon, cheddar cheese, on a salt bagel</i>  |        |
| <b>The Breakfast BEAST</b> .....  | \$6.75 |
| <i>bacon, egg, cheese between 2 pieces of french toast w/side of syrup</i>                            |        |
| <b>The Breakfast Taco</b> .....   | \$7.25 |
| <i>scrambled eggs, melted cheddar, fresh pico, chopped avocado, bacon, home fries &amp; hot sauce</i> |        |
| <b>Killer Tomato Sandwich</b> .....   | \$4.25 |
| <i>cream cheese, tomato, onion, salt &amp; pepper on a wheat bagel</i>                                |        |
| <b>It's a Wrap</b> .....  | \$6.00 |
| <i>scrambled egg, american cheese, tomato on a grilled whole wheat wrap</i>                           |        |
| <b>The Peppered Egg</b> .....   | \$5.25 |
| <i>egg, ham, caramelized onion, pepper jack cheese on a sesame bagel</i>                              |        |
| <b>The Taylor</b> .....   | \$4.50 |
| <i>pork roll &amp; maple butter on a french toast bagel *also available w/egg add .75</i>             |        |
| <b>The Cali</b> .....   | \$5.50 |
| <i>egg white, sliced avocado, tomato &amp; provolone on multi grain toast</i>                         |        |
| <b>Bagel w/ Cream Cheese &amp; Lox</b> .....  | \$8.99 |

## Acai Bowl

|  |         |
|--|---------|
| <b>111th st</b> .....  | \$10.00 |
| <i>organic Sambazon acai, topped with banana, strawberry &amp; organic granola (delicious with a drizzle of organic peanut butter)</i> |         |
| <b>tropical</b> .....  | \$10.25 |
| <i>organic Sambazon topped with mango, pineapple, organic granola, coconut flakes &amp; a drizzle of honey</i>                         |         |
| <b>blue love</b> .....   | \$10.00 |
| <i>organic Sambazon topped with blueberries, strawberries, blackberries, organic granola &amp; drizzled with honey</i>                 |         |

## Egg Flat Breads

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

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|--|--------|
| <b>Provolone</b> .....   | \$6.75 |
| <i>provolone, scrambled egg, tomato, avocado drizzled with house made hot sauce</i>    |        |
| <b>Blended Cheese</b> .....  | \$7.50 |
| <i>3 cheese blend, scrambled, turkey bacon, onion, tomato</i>                          |        |
| <b>Fontina</b> .....   | \$8.00 |
| <i>fontina cheese, scrambled egg, baby spinach, roasted peppers, caramelized onion</i> |        |

## Breakfast Platters

*all platters come w/ toast & home fries*

*sub egg whites ...add \$1.00*

|   |        |
|---|--------|
| <b>2 Eggs any Style</b> .....   | \$4.50 |
| <i>add bacon, pork roll or sausage \$2.00</i>   |        |
| <b>Cheese Omelet</b> .....  | \$6.75 |
| <b>Veggie Omelet</b> .....  | \$8.00 |
| <i>tomatoes, onions, mushrooms, spinach, monterey jack blend</i>                                  |        |
| <b>Bacon &amp; Cheese Omelet</b> .....  | \$8.25 |
| <b>Western Omelette</b> .....   | \$8.50 |
| <i>ham, onions, peppers &amp; cheddar</i>   |        |
| <b>Spinach &amp; Feta Omelet</b> .....  | \$8.50 |
| <b>Ham &amp; Cheese Omelet</b> .....  | \$8.50 |
| <b>Egg White Omelet w/Swiss &amp; Tomato</b> .....  | \$8.00 |
| <i>w/ sliced avocado</i>  |        |
| <b>Shawn's Breakfast</b> .....  | \$9.00 |
| <i>spinach &amp; american cheese omelet,(2) french toast, home fries, scoop of avocado spread</i> |        |

## Pancakes & French Toast

|                                     |        |
|-------------------------------------|--------|
| <b>Pancakes (3)</b> .....           | \$6.00 |
| <b>Texas French Toast (3)</b> ..... | \$6.75 |
| <b>Blueberry Pancakes (3)</b> ..... | \$6.75 |

## Breakfast Sandwiches

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

*Roll choice: kaiser, brioche, multi grain*

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

*Wrap Choice: white, wheat*

|  |        |
|--|--------|
| <b>Egg &amp; Cheese</b> .....                    | \$4.25 |
| <b>Egg &amp; Cheese w/Meat</b> .....             | \$5.00 |
| <i>sausage, pork roll or bacon</i>               |        |
| <b>Egg &amp; Cheese w/Boars Head Brand</b> ..... | \$5.25 |
| <i>ham, turkey</i>                               |        |
| <b>Egg Whites and Cheese</b> .....               | \$4.50 |
| <b>Egg Whites &amp; Cheese w/Meat</b> .....      | \$5.00 |

*\* sub turkey bacon \$1.25*

## Kids Breakfast

|                               |        |
|-------------------------------|--------|
| <b>Scrambled Eggs</b> .....   | \$2.00 |
| <b>Pancake (1)</b> .....      | \$2.00 |
| <b>French Toast (1)</b> ..... | \$2.00 |

## Coffee & Espresso

### Coffees

*wide variety of dark, regular and flavored*

### Signature Iced Coffee

*our house blend, simply the best! straight coffee you add what you need!!*

### Espresso

*drinks to order*



# Jersey Girl

111th & the BLVD

Long Beach Island NJ 08008



FACEBOOK\JERSEYGIRLLBI



@JERSEYGIRLBAGEL



JERSEY\_GIRL\_LBI

# 609-492-1313

EAT IN HOME & BEACH DELIVERY CATERING

## Salads

|   |         |
|---|---------|
| <b>Seasonal Salad</b> .....   | \$9.00  |
| <i>fresh jersey strawberries, sunflower seeds, candied pecans, red onion, croutons, feta &amp; grilled chicken with a tangy vinaigrette on spring mix</i> |         |
| <b>Mango Chicken</b> .....  | \$11.00 |
| <i>grilled chicken, chopped avocado, red onion, mango, jicama, asian noodles, mixed with a mandarin orange sesame ginger dressing</i>                     |         |
| <b>Avocado &amp; Grilled Chicken Salad</b> .....  | \$9.00  |
| <i>grilled chicken, sliced avocado, roasted peppers, red onion, alfalfa sprouts, croutons with balsamic vinaigrette</i>                                   |         |
| <b>Grilled Chicken Caesar Salad</b> .....   | \$7.25  |
| <i>Grilled Chicken, Shaved Parmesan, croutons, creamy caesar dressing</i>   |         |
| <b>Spinach &amp; Pear Salad</b> .....   | \$7.50  |
| <i>baby spinach, crisp pear, fontina, quinoa &amp; candied pecans w/ a honey balsamic dressing add grilled chicken \$9.00</i>                             |         |
| <b>Crispy Buffalo Chicken Salad</b> .....   | \$9.00  |
| <i>crispy chicken dipped in homemade buffalo sauce with a 3 cheese blend, crispy texas onions, tomato, croutons &amp; ranch dressing on crisp romaine</i> |         |

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|--|---------|
| <b>Chicken Taco Salad</b> .....  | \$11.25 |
| <i>sautéed onions, peppers &amp; tomatoes on shredded lettuce with a monterey cheese blend topped with marinated grilled chicken &amp; thousand island, all in an edible taco bowl</i> |         |

## Wraps

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

|  |        |
|--|--------|
| <b>Veggie Hummus</b> .....   | \$7.00 |
| <i>hummus on a wrap with shredded 3 cheese blend, romaine, sliced avocado, onion, tomato &amp; roasted red pepper drizzled with balsamic vinaigrette</i> |        |
| <b>Basil Cashew Chicken</b> .....  | \$7.25 |
| <i>home-made basil chicken salad with cashews, sliced avocado, crisp romaine &amp; tomato</i>  |        |
| <b>California Turkey</b> .....   | \$8.00 |
| <i>turkey, cheddar, crisp bacon, sliced avocado, jersey tomato, alfalfa sprouts, w cranberry chutney</i>   |        |
| <b>Grilled Chicken Caesar</b> .....  | \$7.25 |
| <i>romaine, parmesan cheese, croutons, tangy Caesar dressing</i>   |        |
| <b>Honey Dijon</b> .....   | \$7.25 |
| <i>grilled chicken, 3 cheese blend, tomato, onion &amp; honey dijon</i>  |        |
| <b>Bacon Ranch</b> .....   | \$8.00 |
| <i>grilled chicken, crispy bacon, 3 cheese blend, tomato, ranch</i>  |        |

## Hot Pressed Wraps

|   |        |
|---|--------|
| <b>Hot Honey</b> .....  | \$7.50 |
| <i>boars head turkey, spicy melted pepper jack cheese, bacon, tomato &amp; honey mustard spread</i>     |        |
| <b>Key West Cuban</b> .....   | \$7.75 |
| <i>ham, turkey, melted swiss &amp; american, tomato, pickles, onion &amp; russian</i>                   |        |
| <b>Hot Buffalo</b> .....  | \$7.50 |
| <i>crispy chicken in our homemade buffalo sauce, melted cheddar, tomato, onion &amp; ranch dressing</i> |        |

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|--|--------|
| <b>Chicken Chipotle</b> .....  | \$7.75 |
| <i>sliced grilled chicken, bacon, cheddar &amp; jack cheese, spinach, tomato &amp; onion w/chipotle ranch dressing</i> |        |

## Signature Sandwiches

|  |        |
|--|--------|
| <b>Turkey Hummus</b> .....   | \$6.75 |
| <i>Turkey, Swiss, spring mix Lemon Basil Humus on a Multi Grain Roll</i>                                   |        |
| <b>Club Sandwiches</b> .....   | \$7.50 |
| <i>choose turkey, ham, on chicken salad on toasted white or wheat</i>                                      |        |
| <b>LBI Reuben</b> .....  | \$7.25 |
| <i>Oven Gold turkey, melted swiss, creamy cole slaw &amp; russian dressing on grilled rye</i>              |        |
| <b>Mozzarella Panini</b> .....   | \$7.00 |
| <i>Roasted red peppers, melted mozzarella &amp; basil, drizzled w/ balsamic on grilled rye</i>             |        |
| <b>Pesto Turkey Melt</b> .....   | \$7.25 |
| <i>Oven-gold turkey, melted aged cheddar &amp; crisp bacon on pesto coated grilled rye</i>                 |        |
| <b>Balsamic Grilled Chicken</b> .....  | \$7.25 |
| <i>melted mozzarella, red roasted peppers, honey mustard spread &amp; spring mix on a whole wheat roll</i> |        |

|                                     |        |
|-------------------------------------|--------|
| <b>Original Chicken Salad</b> ..... | \$7.00 |
| <i>House made all white meat</i>    |        |

|   |         |
|---|---------|
| <b>Waldorf Chicken Salad</b> .....  | \$7.50  |
| <i>house made all white meat chicken salad mixed with cranberries &amp; walnuts with spring mix on 7 grain bread</i>  |         |
| <b>Oven Gold Turkey BLT</b> .....   | \$7.00  |
| <i>crisp bacon, crisp lettuce and jersey tomato on white or wheat</i>   |         |
| <b>BLT</b> .....  | \$6.25  |
| <b>Signature Grilled Cheese</b> .....   | \$5.50  |
| <i>aged cheddar, swiss &amp; american on grilled rye Tomato .50 Bacon 1.00</i>  |         |
| <b>Grilled Chicken Taco (3)</b> .....   | \$8.99  |
| <i>grilled Chicken with a blend of cheddar &amp; jack cheeses, fresh baha cream sauce, pico de gallo &amp; chopped avocado in shredded lettuce on a soft taco</i> |         |
| <b>Fish Tacos (3)</b> .....   | \$10.99 |
| <i>lightly Battered Haddock with shredded cabbage, pico de gallo, fresh baha cream sauce and our house made avocado spread on a soft taco</i>                     |         |
| <b>Turkey Special</b> .....   | \$7.25  |
| <i>Oven gold turkey with cranberry chutney, toasted pecans &amp; melted brie on grilled rye</i>   |         |
| <b>Turkey &amp; Avocado</b> .....   | \$7.75  |
| <i>thin sliced turkey, bacon, tomato, homemade avocado spread &amp; lettuce on multi grain roll</i>   |         |
| <b>Beachy Brie</b> .....  | \$7.50  |
| <i>balsamic grilled chicken, melted brie, cranberries, spring mix and honey dijon on a multi grain roll</i>   |         |

Proudly Featuring



## From the Grill

|  |        |
|--|--------|
| <b>Cheese Steak</b> .....                                      | \$7.50 |
| <i>fried onions added upon request</i>                         |        |
| <b>Chicken Cheese steak</b> .....                              | \$7.75 |
| <b>Fresh 1/2 LB Angus Burger</b> .....                         | \$7.25 |
| <i>on a brioche bun add cheese \$7.75 add bacon \$8.50</i>     |        |
| <b>Cowboy Burger</b> .....                                     | \$7.50 |
| <i>topped w/melted swiss, onion rings &amp; barbeque sauce</i> |        |
| <b>Cheese Quesadilla</b> .....                                 | \$7.25 |
| <b>Chicken Quesadilla</b> .....                                | \$8.75 |
| <i>w/ caramelized onions &amp; roasted red peppers</i>         |        |
| <b>Pork roll &amp; Cheese</b> .....                            | \$6.25 |
| <b>Chicken Fingers w/ Fries</b> .....                          | \$8.00 |
| <i>choice of sauce</i>   |        |
| <b>Buffalo Chicken Finger Basket w/ Fries</b> .....            | \$8.25 |
| <i>smothered in our house hot sauce</i>                        |        |

## Snacks & Sides

|   |        |
|---|--------|
| <b>Fresh Cut Fries</b> .....            | \$4.00 |
| <b>Fresh Cut Cheese Fries</b> .....     | \$4.50 |
| <b>Tater Tots</b> .....                 | \$4.00 |
| <b>Loaded Tater Tots</b> .....          | \$5.00 |
| <i>bacon, melted cheese,</i>            |        |
| <b>Crab Fries</b> .....                 | \$4.00 |
| <b>Battered Mozzarella Sticks</b> ..... | \$5.75 |

## Hoagies

Round Roll / 10 Inch Sub

|                           |           |
|---------------------------|-----------|
| <b>Turkey</b> .....       | 5.99/8.25 |
| <b>Ham</b> .....          | 5.99/7.75 |
| <b>Italian</b> .....      | 6.99/9.50 |
| <b>Mixed Cheese</b> ..... | 5.25/6.99 |

## Kids Menu (under 10)

|  |        |
|--|--------|
| <b>Chicken Fingers (2) w/Fries</b> .....             | \$5.00 |
| <b>Ham or Turkey on White or wheat w/Chips</b> ..... | \$4.75 |
| <b>Grilled Cheese w/Chips</b> .....                  | \$4.25 |

## Fresh Brewed Iced Teas

*all 3 iced teas are available daily*

|  |                |
|--|----------------|
| <b>Black tea (unsweetened)</b> .....         | 2.00/2.50/3.00 |
| <b>Peach (unsweetened)</b> .....             | 2.00/2.50/3.00 |
| <b>Pacific Raspberry (unsweetened)</b> ..... | 2.00/2.50/3.00 |

**EAT IN TAKE OUT DELIVERY & BEACH DELIVERY CATERING 856-492-1313**