

## Signature Breakfast Sandwiches GF Available

<b>Breakfast Sandwich</b> .....	\$8	
<i>Pick: bacon, sausage, pork roll    Pick: scrambled, fried egg</i>		
<i>Pick: american, cheddar, swiss, pepperjack, provolone, feta, shredded</i>		
<b>Amazing Avocado Toast</b> .....	\$9	
<i>toasted 12 grain bread topped with our famous avocado spread, feta, egg whites or over easy, sliced tomato, red onion, arugula &amp; sprouts, balsamic drizzle</i>		
<b>Egg Bites (2) Packed with Protein(26 grams)</b> .....	\$4.75	
<i>Veggie &amp; cheese    Turkey &amp; Sausage</i>		
<b>The Taylor</b> .....	\$7	
<i>pork roll &amp; maple butter on a french toast bagel add egg \$1</i>		
<b>The Jared</b> .....	\$8.25	
<i>egg, turkey, american cheese, &amp; homemade hot sauce on a whole wheat bagel</i>		
<b>The Cali</b> .....	\$8	
<i>egg white, sliced avocado, tomato &amp; provolone on multi grain toast</i>		
<b>The Peppered Egg</b> .....	\$8.25	
<i>egg, Boar's Head ham, caramelized onion, pepper jack cheese on a Plain bagel * try adding <b>Spicy Mustard</b> for <b>ROBUST Flavor!</b></i>		
<b>The Beast</b> .....	\$9.50	
<i>bacon egg &amp; cheese between 2 slices of french toast</i>		
<b>The Super Scrambler</b> .....	\$9	
<i>scrambled egg, pork roll &amp; cheese on a hoagie roll</i>		
<b>The Breakfast Taco (2)</b> .....	\$8.50	
<i>scrambled eggs, melted cheddar, fresh pico, sliced avocado, bacon, home fries &amp; hot sauce</i>		
<b>Yes It's Low Fat</b> .....	\$8	
<i>egg whites, provolone, turkey bacon &amp; tomato on a whole wheat bagel</i>		
<b>Philly Special</b> .....	\$8.50	
<i>steak, egg &amp; cheese</i>		
<b>Breakfast Burrito</b> .....	\$8.50	
<i>scrambled egg, bacon, shredded cheese, caramelized onion &amp; avocado spread</i>		
<b>It's a Wrap</b> .....	\$8.00	
<i>scrambled egg, american cheese, tomato on a grilled whole wheat wrap</i>		
<b>Chicken &amp; Waffles</b> .....	\$9	
<i>topped with honey butter</i>		
<b>Kids Breakfast</b>		
<b>Scrambled Eggs</b> .....	\$6.00	
<i>with home fries</i>		
<b>Pancake 3 silver dollar</b> .....	\$6.00	
<b>French Toast (2)</b> .....	\$6.00	
<b>Breakfast Pizzas <span style="float: right;">GF Available</span></b>		
<b>Egg &amp; Cheese</b> .....	\$3/18	<i>Slice/Pie</i>
<b>Bacon Egg &amp; Cheese</b> .....	\$3.75/22	
<i>scrambled egg, cheese &amp; bacon</i>		
<b>Sausage Egg n Cheese</b> .....	\$3.75/22	
<i>scambled egg, cheese &amp; bacon</i>		

**Lattes, Cappuccinos, Espresso & Coffee**

## Breakfast Platters

**sub egg whites ...add \$1.50**

**all egg platters come w/ toast & home fries**

<b>2 Eggs any Style</b> .....	\$7.50
<i>add bacon, pork roll or sausage \$2.00</i>	
<b>Cheese Omelette</b> .....	\$9
<b>Veggie Omelette</b> .....	\$11
<i>tomatoes, onions, mushrooms, spinach, monterey jack blend</i>	
<b>Bacon &amp; Cheese Omelette</b> .....	\$11
<b>Western Omelette</b> .....	\$12
<i>ham, onions, peppers &amp; cheddar</i>	
<b>Spinach &amp; Feta Omelet</b> .....	\$11
<b>Ham &amp; Cheese Omelette</b> .....	\$12
<b>Egg White Omelette, Swiss, Tomato &amp; Sliced Avocado</b> .....	\$11
<b>Shawn's Breakfast</b> .....	\$12
<i>spinach &amp; american cheese omelet, (2) french toast, home fries, scoop of avocado spread</i>	

## Pancakes & French Toast

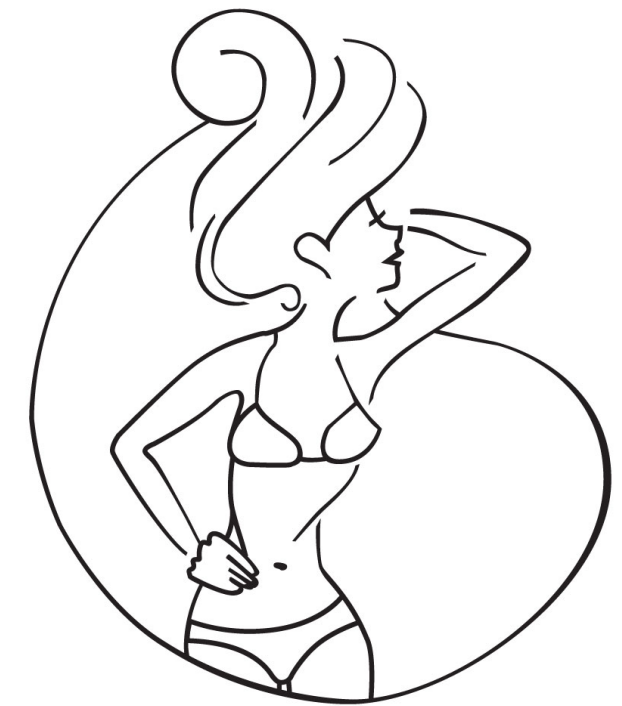
<b>Pancakes (3)</b> .....	\$9
<b>Pancakes, Nutella, Strawberries &amp; Bananas</b> .....	\$11.50
<b>Blueberry Pancakes (3)</b> .....	\$10
<b>Choc Chip Pancakes (3)</b> .....	\$10
<b>Lemon Blueberry Ricotta Pancakes</b> .....	\$14
<b>Thick Cut French Toast (3)</b> .....	\$9

## Toasts GF Available

<b>Monkeyin' Around</b> .....	\$6.75
<i>peanut butter, banana, strawberry, cocoa nibs</i>	
<b>I Ricotta Crush on You</b> .....	\$7.25
<i>ricotta, thin sliced pear &amp; candied pecans drizzled with honey</i>	
<b>Smashed Avocado</b> .....	\$7
<i>fresh forked smashed avocado with "everything but the bagel seasoning".(EBTB) add sliced hard boiled egg..... 8.25    add egg white... 8.00</i>	

## Flat Breads our flatbreads are 10 inch, low carb, low fat & available GF

<b>Provolone</b> .....	\$13
<i>provolone, scrambled egg, tomato, avocado drizzled with house made hot sauce</i>	
<b>Fontina</b> .....	\$13
<i>fontina cheese, scrambled egg, baby spinach, roasted peppers, caramelized onion</i>	
<b>Blended Cheese</b> .....	\$14
<i>shredded 3 cheese blend, scrambled egg, turkey bacon, onion &amp; tomato</i>	
<b>Pear &amp; Fig (Available in GF)</b> .....	\$12
<i>melted fontina, thin sliced pear drizzled with fig jam</i>	



# Jersey Girl Kitchen & Market

4th St & the BLVD

**Beach Haven, LBI**

The Queen City

**609-492-1424**

**Dine on our Patio/BYOB**

**Pick Up    Take Out**

*Easy Ordering in the App*



**Breakfast - Lunch - Dinner**

## Salads

<b>Seasonal</b> .....	\$15
<i>spring mix, fresh jersey strawberries, candied pecans, red onion, cucumber, croutons, feta &amp; grilled chicken with a tangy vinaigrette</i>	
<b>Mango Chicken</b> .....	\$13
<i>grilled chicken, chopped avocado, red onion, mango, asian noodles with a sesame ginger dressing</i>	
<b>Elite Chopped (GF)</b> .....	\$15
<i>iceburg, romaine, chickpeas, salami, mozzarella cheese all chopped, mixed with a dijon red wine vinegar</i>	
<b>Avocado BLT</b> .....	\$13.50
<i>chopped romaine, crispy bacon, tomato, onions, parmesan, egg, sliced avocado &amp; croutons with creamy parmesan dressing</i>	
<b>Avocado &amp; Grilled Chicken</b> .....	\$13.50
<i>grilled chicken, sliced avocado, roasted peppers, red onion, croutons with a balsamic vinaigrette</i>	
<b>Grilled Chicken Caesar</b> .....	\$14
<i>shaved parmesan, croutons, with a creamy caesar dressing</i>	
<b>Spinach &amp; Pear</b> .....	\$13
<i>baby spinach, crisp pear, fontina &amp; candied pecans with a honey balsamic dressing</i> add grilled chicken \$3.00	
<b>Citrus Grilled Shrimp</b> .....	\$16
<i>romaine lettuce with roasted corn, grilled bell pepper, diced cucumber, avocado, grape tomatoes &amp; croutons topped with a lemon vinaigrette</i>	
<b>Crispy Buffalo Chicken</b> .....	\$14
<i>crispy chicken dipped in homemade buffalo sauce, crispy romaine, shredded 3 cheese blend, crispy texas onions, tomato, croutons with a ranch dressing</i>	

## Wraps

sub gluten free wrap add \$3.00  
served with chips

<b>Veggie Hummus</b> .....	\$10
<i>hummus with shredded 3 cheese blend, romaine lettuce, sliced avocado, sliced mushroom, onion, tomato &amp; roasted red pepper drizzled with balsamic vinaigrette</i>	
<b>Basil Cashew Chicken</b> .....	\$11
<i>home-made basil chicken salad with cashews, sliced avocado, crisp romaine &amp; tomato</i>	
<b>California Turkey</b> .....	\$11
<i>turkey, cheddar, crisp bacon, sliced avocado, jersey tomato, cranberry chutney</i>	
<b>Grilled Chicken Caesar</b> .....	\$10
<i>romaine, parmesan cheese, croutons, with a tangy Caesar dressing</i>	
<b>Bacon Ranch</b> .....	\$10
<i>grilled chicken, chopped romaine, crispy bacon, shredded 3 cheese blend, tomato, ranch dressing</i>	

## Hot Pressed Wraps

served with chips

<b>Hot Honey</b> .....	\$10
<i>boars head turkey, spicy melted pepper jack cheese, bacon, tomato &amp; honey mustard spread</i>	
<b>Hot Buffalo</b> .....	\$10
<i>crispy chicken smothered in our homemade buffalo sauce, melted cheddar, tomato, onion, ranch dressing</i>	
<b>Texas Tuna</b> .....	\$12
<i>tuna, pepper jack, bacon, sautéed onion, avocado, BBQ Sauce, with a side of ranch</i>	
<b>Chicken Chipotle</b> .....	\$11
<i>sliced grilled chicken, bacon, cheddar &amp; jack cheese, spinach, tomato &amp; onion, chipotle ranch dressing</i>	

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## Signature Sandwiches GF Rolls Available

served with chips

<b>LBI Reuben</b> .....	\$10
<i>turkey, melted swiss, creamy cole slaw, russian dressing, on grilled rye</i>	
<b>Mozzarella Press</b> .....	\$9
<i>roasted red peppers, melted mozzarella &amp; basil, drizzled w/ balsamic on grilled rye</i>	
<b>Crab Cake Sandwich</b> .....	\$18
<i>house made, lettuce, tomato, brioche bun... side tarter, side of slaw</i>	
<b>Balsamic Grilled Chicken</b> .....	\$10.50
<i>melted mozzarella, roasted red peppers, honey mustard spread &amp; spring mix on a whole wheat roll</i>	
<b>Waldorf Chicken Salad</b> .....	\$10
<i>house made all white meat chicken salad mixed with cranberries &amp; walnuts with spring mix on 7 grain bread</i>	
<b>Signature Grilled Cheese</b> .....	\$7
<i>aged cheddar, swiss &amp; american on grilled rye tomato .50 Bacon 1.00</i>	
<b>The Barney</b> .....	\$10
<i>oven gold turkey with cranberry chutney, toasted pecans &amp; melted brie on grilled rye</i>	
<b>Avocado BLT</b> .....	\$9
<i>lettuce, tomato, crisp Boars Head bacon, sliced avocado with mayo served on 12 grain toast</i>	
<b>Turkey &amp; Avocado</b> .....	\$9.50
<i>thin sliced turkey, bacon, tomato, homemade avocado spread &amp; lettuce on multi grain roll</i>	
<b>Pesto Turkey Melt</b> .....	\$9.50
<i>oven-gold turkey, melted aged cheddar &amp; crisp bacon on pesto coated grilled rye</i>	
<b>Beachy Brie</b> .....	\$10
<i>balsamic grilled chicken breast, melted brie, cranberries, spring mix and honey dijon on a multi grain roll</i>	
<b>Original Chicken Salad</b> .....	\$10
<i>house made ...all white meat, spring mix on thick cut 7-grain</i>	
<b>Tuna Salad</b> .....	\$9.00
<i>lettuce, tomato, onion on white, wheat, rye or 7grain</i>	
<b>Club Sandwiches</b> .....	\$9.75
<i>choose turkey, ham, chicken salad or tuna salad on toasted white, wheat or rye</i>	
<b>BLT</b> .....	\$9.00
<i>CLASSIC...loaded with crisp bacon, crisp lettuce, tomato &amp; mayo on white, wheat, rye or 7grain</i>	

## Hoagies

Oil & Vin / Mayo

lettuce/ tomato/ onion

Round Roll / 10 Inch Sub

served with chips

<b>Turkey</b> .....	\$8.50/13
<b>Ham</b> .....	\$8.50/13
<b>Italian</b> .....	\$9/14
<b>Mixed Cheese</b> .....	\$7/11

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order online @jerseygirlbi.com



## From the Grill

fried onions added upon request

<b>Cheesesteak</b> .....	\$12
<b>Chicken Cheesesteak</b> .....	\$12
<b>Buffalo Chicken Cheesesteak</b> .....	\$12.50
<b>Certified Angus Burger w/chips</b> .....	\$11
<i>on a brioche bun..... add cheese \$.50 add bacon \$1.50</i>	
<b>Cowboy Burger w/chips</b> .....	\$12
<i>topped with melted american, onion &amp; BBQ sauce</i>	
<b>Cheese Quesadilla</b> .....	\$9.25
<b>Chicken Quesadilla</b> .....	\$12
<i>w/ caramelized onions &amp; roasted red peppers</i>	
<b>Chicken Fingers w/ Fries</b> .....	\$12
<i>choice of sauce</i>	
<b>Buffalo Chicken Finger Basket w/ Fries</b> .....	\$12
<i>smothered in our house hot sauce</i>	

## Snacks & Sides

<b>Crinkle Cut Fries</b> .....	\$5
<b>Crinkle Cut Cheese Fries</b> .....	\$6
<b>Crab Fries</b> .....	\$5.25
<b>Tater Tots</b> .....	\$6.50
<b>Loaded Tater Tots</b> .....	\$8
<i>bacon, melted cheese</i>	
<b>Battered Mozzarella Sticks</b> .....	\$8

## Tacos (3)

<b>Fried Fish</b> .....	\$14
<i>Beer Battered Haddock with shredded cabbage, pico, fresh baha cream sauce and our house made avocado spread on soft tacos</i>	
<b>Grilled Fish</b> .....	\$14
<i>grilled mahi mahi, cilantro cabbage slaw, sliced avocado, chopped tomato, with a garlic lime crema</i>	
<b>Pulled Pork</b> .....	\$15
<i>with shredded cabbage, cotija cheese, red onion, jalapeños, cilantro &amp; a tangy barbeque aioli</i>	
<b>Grilled Chicken</b> .....	\$13
<i>grilled chicken, shredded 3 cheese blend, shredded lettuce, fresh baha cream sauce, pico &amp; chopped avocado on soft tacos</i>	
<b>BANG BANG Coconut Shrimp</b> .....	\$15
<i>coconut shrimp, shredded lettuce, diced avocado &amp; pico, topped with our sweet Thai chili Aioli on soft tacos</i>	
<b>The 3 Amigos</b> .....	\$15
<i>1 fish, 1 grilled chicken, 1 BANG</i>	
<b>Tuna</b> .....	\$17
<i>blackened sashimi grade tuna, cooked rare w/ asian slaw, mango &amp; drizzled with wasabi aioli</i>	
<b>Our VIRAL Smashed Burger (2)</b> .....	\$14
<i>smashed burger, american cheese, shredded lettuce, tomato, pickles, secret sauce</i>	

## Kids Menu

<b>Chicken Fingers (2) w/ Fries</b> .....	\$8
<b>Ham or Turkey on White or wheat w/Chips</b> .....	\$6
<b>Grilled Cheese w/ Fries</b> .....	\$6

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