

THE

WEST

ESSEX

LUNCHEON SPECIALS

Available Monday - Friday 11:00 am - 3:00 pm (Excludes Holidays)
All Served with Cup of Soup, Soft Drink & Choice of Chocolate Pudding, Ice Cream or Jello
Substitute French Fries for Side Salad \$3 extra

BOSS'S FAVORITES

Arroz con Pollo 17 Boneless Chicken, Diced Tomato, Fresh Garlic, Peppers, Onions, White Wine & Cilantro, tossed with Our Rice	Penne Primavera 17 Mixed Vegetables sautéed with Garlic & Oil over Penne Pasta Add Chicken \$2 extra	Chicken Teriyaki 17 Grilled Chicken chopped & tossed in Teriyaki Glaze, served over Rice
Chicken Roma 18 Grilled Chicken, Broccoli Rabe & Melted Mozzarella Cheese on a Toasted Italian Roll, served with French Fries	Fish Tacos 17 Fried Cod topped with a Cabbage Slaw, served with Rice & Pico de Gallo	The Bun-Less 17 Hamburger (No Bun) with Mozzarella Cheese, Avocado & Sliced Tomato, served over Mixed Green Salad
Cajun Salmon Wrap 19 Salmon, Arugula, Red Onion & Chipotle Aioli, served with French Fries	Vegetable Stir-Fry 17 Served over Rice Add Chicken \$2 extra	Chicken Sauté 17 Marsala, Scampi, Parmigiana or Francaise, served with Choice of Rice or Linguini

GOURMET DELI SANDWICHES

All served with French Fries
(Cole Slaw & Pickle Upon Request)

YOUR CHOICE: 18

- Roast Beef • Roast Turkey
Pastrami • Corned Beef
Tuna, Chicken or Shrimp Salad
Ham & American Cheese
Meatloaf Sandwich

Substitute
Sweet Potato Fries,
Waffle Fries or Onion Rings
instead of French Fries
\$2.00 Extra

Substitute Side Salad
instead of French Fries
\$3.00 Extra

1/2 LB. BURGERS

All served with French Fries (Cole Slaw & Pickle Upon Request)
Substitute Beef Burger for Veggie or Turkey Burger \$1 extra

YOUR CHOICE: 18

- Greek Burger**
with Feta, Red Onion, Tomato & Tzatziki Sauce on Grilled Pita
- Bronx Bomber**
with Bacon, Grilled Mushrooms & Swiss Cheese
- Texas BBQ Burger**
with Cheddar Cheese, Bacon & BBQ Sauce
- Jersey Burger**
with Taylor Ham, Fried Egg & Cheese
- Philly Burger**
with Grilled Onions, Mushrooms, Peppers & American Cheese
- Baja Turkey Burger**
with Avocado, Cheddar Cheese, Tomato & Mayo on the Side

SPECIAL SAMMY'S

All served with French Fries • **Gluten Free Bread \$2 extra**

YOUR CHOICE: 18

Mr. Jimmy Grilled Chicken Sandwich with Roasted Red Peppers & Mozzarella Cheese served with Jimmy's Secret Balsamic Dressing on the Side	Fish Fillet Sandwich Lightly Battered Filet of Flounder fried until crisp with Lettuce, Tomato, Red Onion and Tartar Sauce on a Kaiser Roll
The West Essex Grilled Chicken Sandwich with Bacon & Mozzarella Cheese, served with Our Homemade Honey Mustard on the Side	Reuben Your Choice of Corned Beef, Pastrami or Both with Sauerkraut, topped with Melted Swiss Cheese on Grilled Rye Bread
Cheeseburger Sliders with Fried Onions	ABC Chicken Sandwich Avocado, Bacon, Grilled Chicken on a Toasted Long Roll
Chicken Caprese Chicken Cutlet, Pesto Sauce & Tomato on a Pressed Round Roll	The Soprano Chicken Cutlet, Roasted Red Peppers, Arugula, Red Onions & Mozzarella Cheese on a Toasted Italian Roll with Homemade Balsamic Vinaigrette
Beef or Chicken Gyro Beef Gyro or Grilled Chicken Strips on Grilled Pita with Lettuce, Tomato, Onion and Tzatziki Sauce	Italian Cheesesteak with Broccoli Rabe, Caramelized Onions & Mozzarella Cheese

\$3.00 Sharing Charge (Includes Cup of Soup) • No Substitutions • Take-Out 1.5 additional

STRAIGHT FROM THE GARDEN

West Essex Steak Salad 20

Marinated Sliced London Broil, Fresh Mozzarella Cheese, Roasted Peppers, Tomatoes and Onions over Mixed Greens

Buffalo Chicken Salad 18

Golden Fried Buffalo Chicken over Romaine & Iceberg Lettuce, Red Onions, Tomatoes & Crumbled Bleu Cheese, served with Choice of Ranch or Bleu Cheese Dressing on the Side

Valentina Salad 19

Arugula, Red Onion, Fresh Mozzarella & Roasted Red Peppers, topped with Chicken Cutlet & Imported Prosciutto (Pork), served with Balsamic Dressing

Chicken Caesar Salad 18

Grilled Chicken over Our Classic Caesar Salad with Romaine Lettuce, Shaved Parmesan Cheese, Garlic Croutons & Creamy Caesar Dressing

Opa Salad 18

Grilled Chicken or Beef Gyro over Greek Salad

Fried Calamari Salad 18

Over Fresh Mixed Greens, Scallions & Cherry Tomatoes, served with Balsamic Dressing
(Substitute Buffalo Calamari No Charge)

Garden Salad 15

Lettuce, Tomatoes, Onions, Carrots, Olives, Cucumbers & Green Peppers with Choice of Scoop of Tuna or Chicken Salad
(Substitute Grilled Chicken \$3 extra)

Blackened Shrimp Salad 19

Cajun Baby Shrimp atop Romaine, Tomatoes, Avocado & Red Onion, served with Ranch Dressing

Spinach Salad 14

Fresh Spinach with Mushrooms, Bacon, Hard Boiled Egg, Tomatoes and Red Onions

PANINIS

All served with French Fries (Cole Slaw & Pickle Upon Request)

YOUR CHOICE: 18

Brooklyn

Chicken Cutlet, Broccoli Rabe, Roasted Red Peppers & Mozzarella Cheese

Cuban

Grilled Pork, Ham, Swiss Cheese, Thin Sliced Pickle & Mustard

N.Y.C.

Sliced Sirloin with Sautéed Mushrooms, Onions & Swiss Cheese

Primo Pesto Chicken

Grilled Chicken, Roasted Peppers, Tomatoes, Mozzarella Cheese & Fresh Basil Pesto

Aztec

Grilled Chicken, Pepper Jack Cheese, Fried Onions & Guacamole

Substitute Sweet Potato Fries, Waffle Fries or Onion Rings instead of French Fries \$2.00 Extra
Substitute Side Salad instead of French Fries \$3.00 Extra

QUESADILLAS

All served with French Fries

YOUR CHOICE: 18

Chicken Parmigiana

Breaded Chicken Cutlet, Marinara Sauce & Mozzarella

Philly Cheese Steak

with Mushrooms, Onions & Peppers

The Portobello

Portobello Mushroom, Roasted Red Peppers, Fresh Baby Spinach & Mozzarella Cheese

The Chipotle

Grilled Chicken, Red Onion, Cheddar Cheese & Chipotle Sauce

"WRAP" EM UP

Your Choice of White, Wheat or Spinach Tortilla
All served with French Fries (Cole Slaw & Pickle Upon Request)
Gluten Free Wrap \$2 extra

YOUR CHOICE: 18

Buffalo Spicy Chicken Wrap

Diced Chicken Fingers with Spicy Buffalo Wing Sauce, Crisp Lettuce & Diced Tomatoes, Side of Ranch or Bleu Cheese

Caesar Wrap

Grilled Chicken Breast, Romaine Lettuce & Creamy Caesar Dressing

Turkey Blt Wrap

with Crisp Bacon, Lettuce & Tomato

Big Fat Greek Wrap

Grilled Chicken with Feta Cheese, Lettuce, Tomato, Onion and Greek Dressing

Bacon & Cheddar Chicken Wrap

Grilled Chicken Breast, Cheddar Cheese & Bacon (BBQ Sauce Upon Request)

Big Nick's Wrap

Macaroni and Cheese with Chicken Tenders & Crispy Bacon drizzled with BBQ Sauce

Veggie Wrap

Fresh Blend of Grilled Vegetables with Mozzarella Cheese
(Add Grilled Chicken \$2 extra)

SPECIALTY OMELETTES

Made with Three Eggs and served with Home Fries & Your Choice of White, Wheat or Rye Toast
Substitute Egg Whites 1.75 extra

Cheese Omelette 14

American, Swiss, Cheddar or Mozzarella

Western Omelette 14

Ham, Peppers & Onions

Garden Omelette 14

Peppers, Onions, Mushrooms & Tomato

Protein Omelette 14

Grilled Chicken & Egg Whites

DOCTOR'S CHOICE

Tropical Health Platter 16

Fresh Fruit Salad, Cottage Cheese & Jello

Low Carb Chicken Parm 18

Grilled Chicken topped with Marinara Sauce & Mozzarella Cheese, served over Fresh Baby Spinach

West Essex Salad Platter 17

A Scoop of Your Choice of Tuna, Chicken or Shrimp Salad, served with Cole Slaw & Potato Salad

Grilled Chicken 18

served with Potato & Steamed Broccoli

Caprese Portobello 16

Two Portobello Mushrooms stuffed with Sautéed Spinach & Tomatoes, topped with Mozzarella Cheese & Balsamic Glaze

Grilled Salmon 20

over Steamed Spinach