

# 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

<p><b>Arroz con Pollo</b> 16                  Boneless Chicken, Diced Tomato, Fresh Garlic, Peppers, Onions, White Wine &amp; Cilantro, tossed with Our Rice</p>	<p><b>Penne Primavera</b> 16                  Mixed Vegetables sautéed with Garlic &amp; Oil over Penne Pasta  <b>Add Chicken</b> \$2 extra</p>	<p><b>Chicken Teriyaki</b> 16                  Grilled Chicken chopped &amp; tossed in Teriyaki Glaze, served over Rice</p>
<p><b>Chicken Roma</b> 16                  Grilled Chicken, Broccoli Rabe &amp; Melted Mozzarella Cheese on a Toasted Italian Roll, served with French Fries</p>	<p><b>Fish Tacos</b> 16                  Fried Cod topped with a Cabbage Slaw, served with Rice &amp; Pico de Gallo</p>	<p><b>The Bun-Less</b> 16                  Hamburger (No Bun) with Mozzarella Cheese, Avocado &amp; Sliced Tomato, served over Mixed Green Salad</p>
<p><b>Cajun Salmon Wrap</b> 17                  Salmon, Arugula, Red Onion &amp; Chipotle Aioli, served with French Fries</p>	<p><b>Vegetable Stir-Fry</b> 16                  Served over Rice  <b>Add Chicken</b> \$2 extra</p>	<p><b>Chicken Sauté</b> 16                  Marsala, Scampi, Parmigiana or Francaise, served with Choice of Rice or Linguini</p>

### GOURMET DELI SANDWICHES

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

YOUR CHOICE: 17

- 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: 17

- 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: 17

- Mr. Jimmy**  
 Grilled Chicken Sandwich with Roasted Red Peppers & Mozzarella Cheese served with Jimmy's Secret Balsamic Dressing on the Side
- The West Essex**  
 Grilled Chicken Sandwich with Bacon & Mozzarella Cheese, served with Our Homemade Honey Mustard on the Side
- Cheeseburger Sliders**  
 with Fried Onions
- Chicken Caprese**  
 Chicken Cutlet, Pesto Sauce & Tomato on a Pressed Round Roll
- Beef or Chicken Gyro**  
 Beef Gyro or Grilled Chicken Strips on Grilled Pita with Lettuce, Tomato, Onion and Tzatziki Sauce
- Fish Fillet Sandwich**  
 Lightly Battered Filet of Flounder fried until crisp with Lettuce, Tomato, Red Onion and Tartar Sauce on a Kaiser Roll
- Reuben**  
 Your Choice of Corned Beef, Pastrami or Both with Sauerkraut, topped with Melted Swiss Cheese on Grilled Rye Bread
- ABC Chicken Sandwich**  
 Avocado, Bacon, Grilled Chicken on a Toasted Long Roll
- The Soprano**  
 Chicken Cutlet, Roasted Red Peppers, Arugula, Red Onions & Mozzarella Cheese on a Toasted Italian Roll with Homemade Balsamic Vinaigrette
- 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 19

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

## Buffalo Chicken Salad 17

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 18

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

## Chicken Caesar Salad 17

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

## Opa Salad 17

Grilled Chicken or Beef Gyro over Greek Salad

## Fried Calamari Salad 17

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 \$2 extra)

## Blackened Shrimp Salad 17

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: 17

### 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

## QUESADILLAS

All served with French Fries

YOUR CHOICE: 17

### 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

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

## "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: 17

### 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 1.5 extra

### Cheese Omelette 13

American, Swiss, Cheddar or Mozzarella

### Western Omelette 13

Ham, Peppers & Onions

### Garden Omelette 13

Peppers, Onions, Mushrooms & Tomato

### Protein Omelette 13

Grilled Chicken & Egg Whites

## DOCTOR'S CHOICE

### Tropical Health Platter 15

Fresh Fruit Salad, Cottage Cheese & Jello

### Low Carb Chicken Parm 17

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 17

served with Potato & Steamed Broccoli

### Caprese Portobello 15

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

### Grilled Salmon 19

over Steamed Spinach