



Hoagies

ITALIAN: cappicola, dilusso genoa, pepperoni, provolone, lettuce, tomato, onion, oil, & seasoning

OLD STYLE: prosciutto, dilusso genoa, cappicola, aged provolone, lettuce, tomato, red onion, locatelli w olive oil, & red wine vinager

GODFATHER: soppressata, prosciutto, fresh mozzarella, roasted red peppers, red onions, & Extra Virgin Olive Oil

TURKEY: oven roasted turkey breast

ROAST BEEF: top round

HAM: shaved gourmet ham

THREE CHEESE: muenster, swiss, & provolone

TUNA SALAD: homemade white albacore tuna salad

CHICKEN SALAD: homemade big chunk white chicken

VEGETABLE: broccoli, cucumbers, spinach, peppers, tomatoes, red onions, marinated in Italian dressing

Sandwiches

TURKEY: oven roasted turkey breast

CRACK PEPPER TURKEY: Boar's Head

ROAST BEEF: top round

HAM: shaved gourmet ham

TUNA SALAD: homemade white albacore tuna salad

CHICKEN SALAD: homemade big chunk white chicken

EGG SALAD: homemade egg salad

BLT: jersey tomatoes (July-August) & mayo

TURKEY BLT: jersey tomatoes (July-August) & mayo

CORNED BEEF SPECIAL: piled high corned beef, cole slaw, 1000 island dressing & swiss cheese

Substitute roast beef or turkey

Wraps

CHICKEN CAESAR: grilled white chicken breast, romaine lettuce, parmesan cheese & caesar dressing

C.P.T.: cracked pepper turkey, roasted red peppers, spinach, fresh mozzarella & EVOO

FETA VEGGIE : broccoli, cucumbers, red onion, spinach, peppers, italian dressing, avocado, feta cheese & spicy hummus

Additional Toppings: AMERICAN, SWISS OR PROVOLONE CHEESE
HUMMUS | ROASTED RED PEPPERS | GOURMET CHEESE |
FRESH MOZZ | BACON | AVOCADO

Cheesesteaks

PLAIN STEAK: no cheese

CLASSIC CHEESESTEAK: american, provolone or wiz

CHEESESTEAK HOAGIE: lettuce, tomato, & onion

JALAPENO CHEESESTEAK: diced jalapenos, salsa, & wiz

PIZZA STEAK: pizza sauce & provolone cheese

BACON RANCH CHEESESTEAK: choice of cheese

CHICKEN STEAK: no cheese

CHICKEN CHEESESTEAK: american, provolone or wiz

CHICKEN CHEESESTEAK HOAGIE: lettuce, tomato, & onion

BUFFALO CHICKEN CHEESESTEAK: bleu cheese

CHICKEN PIZZA STEAK: pizza sauce & provolone

POPEYE CHICKEN CHEESESTEAK: grilled spinach, roasted red peppers, fried onions, and provolone cheese

BBQ CHICKEN CHEESESTEAK: american cheese

PINEAPPLE CHICKEN CHEESESTEAK: grilled pineapple, teriyaki sauce, and provolone cheese

CRISPY CHICKEN CHEESESTEAK: chicken tenders , lettuce, melted cheddar cheese & your choice of sauce

Market Burgers

HAND FORMED IN THE BUTCHER SHOP

BURGER: no cheese

CHEESEBURGER: choice of cheese

GARDEN BURGER

DUNE BURGER: sauteed mushrooms & onions, swiss

BAY BLEU BURGER: bacon, fried onions, blue cheese

ISLAND BURGER: lettuce, tomatoes, red onions, feta

JIMS HOUSE BURGER: fried onions, melted aged provolone, drenched in house special sauce

CATACOMB BURGER: onion rings, bacon, house BBQ sauce, and aged sharp cheddar cheese

BONGO BURGER: lettuce, tomato, chipolte peppers, adobe sauce, & melted pepper jack cheese

Add Toppings: LETTUCE | TOMATO | PICKLES |
HANKS SAUCE | MUSHROOMS | ROASTED RED PEPPERS
| BACON | AVOCADO

Hot Dogs

DIETZ & WATSON ALL BEEF DOGS

**HOT DOG | CHEESE DOG
KRAUT DOG**

**SALAD BAR
HOT SOUPS**



TAKE OUT CATERING

**COLD BREW & KOMBUCHA
ON TAP**

From the Grill

MEATBALL SUB : Avalon Market meatballs toasted on Italian roll
...OR Make it a Meatball Prov

REUBAN: grilled corned beef topped with sauekraut, 1000 island dressing & melted swiss on toasted rye

TURKEY REUBAN: grilled turkey topped with sauerkraut, 1000 island dressing & melted swiss on toasted rye

HOT HAM 'N CHEESE: on a kaiser

JO JO MELT: seasoned tomatoes topped with olive oil & melted sharp cheddar and imported swiss served on an open faced kaiser roll

GRILLED CHICKEN CHIPOLTE:lettuce, tomato, avocado, bacon, melted cheddar & house chipolte sauce

GRILLED CHICKEN CLUB: grilled white chicken breast, bacon, lettuce, tomato & mayo on a kaiser roll

HONEY MUSTARD CHICKEN: grilled chicken, lettuce, tomato, onion, honey mustard & melted swiss

GRILLED CHICKEN SPECIAL: sauteed spinach, roasted red peppers, fresh mozzarella

GRILLED CHEESE: choice of cheese & bread

TACO SALAD: seasoned *beef or chicken*, lettuce, diced tomato, sour cream, salsa & crushed tortilla chips

CRISPY CHICKEN WRAP: chopped chicken tenders, lettuce, cheddar cheese & choice of sauce

GRILLED VEGGIE WRAP: bell peppers, zuchinni, mushrooms, fried onions, broccoli, sweet peppers, light italian dressing & provolone

CHICKEN TACO WRAP: house seasoned grilled chicken, lettuce, tomato, shedded cheddar & salsa

BURRITO: seasoned *steak or chicken*, black beans, salsa, sour cream, melted shedded cheese

Flatbreads

SUMMER GARDEN: grilled vegetables, balsamic glaze, & melted provolone cheese

CAPRESE: tomatoes, fresh basil, sauteed spinach, fresh mozzarella, balsamic drizzle & pesto

Add chicken!

Breakfast

FRIED EGGS: choice of bread

EGG & CHEESE: choice of bread

EGG WHITE & CHEESE: choice of bread

LONG BOARD: three eggs & cheese on a long roll

LONG BOARD WHITES: 5 egg whites on a long roll

JERSEY ROLLS: taylor pork roll & melted american cheese on a kaiser roll

BREAKFAST BURRITO: eggs, sausage, spices, salsa, cheddar cheese

WAKEBOARD: two eggs, sauteed spinach, fried onions, roasted red peppers, hanks cilantro hot sauce, & a slice of provolone cheese on your choice of bread

HANGOVER BURGER: burger topped with bacon, a fried egg & melted american cheese

ADD YOUR BREAKFAST MEAT
BACON , SAUSAGE , PORKROLL , HAM
TURKEY BACON , TURKEY SAUSAGE

Lighter Options

AVOCADO TOAST: avocado & tomato, drizzled with balsamic glaze on *multigrain or ezeikel* bread

With added egg whites

BANANA NUT TOAST: natural peanut butter with sliced banana on multigrain or ezeikel bread, drizzled with honey

BAY-GULL SPECIAL: toasted bagel with cream cheese & tomato *[Add spinach, onions, & cucumber]*

Kids Buckets

SERVED IN A SAND BUCKET

PEANUT BUTTER & JELLY: served with potato chips

HOT DOG : served with fries

GRILLED CHEESE : served with fries

HAM OR TURKEY & CHEESE : with potato chips

CHICKEN FINGERS : two chicken tenders with fries

MINI BURGERS : from The Island Butcher Shop at Avalon Market
Make it a Cheeseburger

WITHOUT THE BUCKET -WHITE, WHEAT OR RYE-

HAM OR TURKEY & CHEESE : white, wheat or rye

PEANUT BUTTER & JELLY : white, wheat or rye

From the Frier

FRENCH FRIES
BAY FRIES
CHEESE FRIES
SWEET POTATO FRIES
MOZZARELLA STICKS
JUMBO PUB ONION RINGS
CHICKEN TENDERS
BUFFALO CHICKEN TENDERS

Buffalo Wings

HOT SAUCE | HANKS SAUCE CILANTRO
BBQ | OLD BAY

CHOICE OF BLEU CHEESE OR RANCH

TEN | TWENTY | THIRTY