

Breakfast

FRIED EGGS : on your choice of bread

EGG & CHEESE : on your choice of bread

EGG WHITE & CHEESE : on your 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

BFEST BURRITO : eggs, sausage, burrito spice, 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

No bread

HANGOVER BURGER : 100% angus beef 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 ezeziel* bread

With added egg whites



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



BAY-GULL SPECIAL : toasted bagel with cream cheese & tomato *Upgrade with 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 : served with potato chips

CHICKEN FINGERS : two chicken tenders served 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

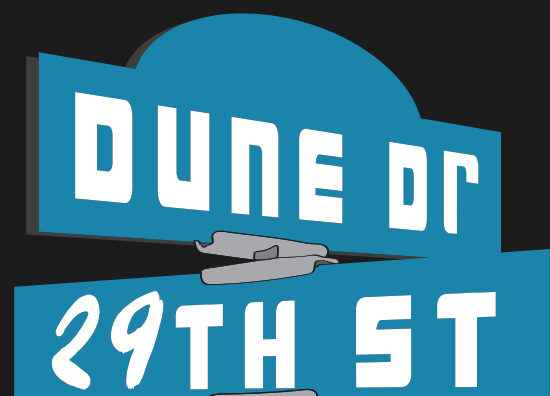
CHOICE OF BLEU CHEESE OR RANCH

TEN | TWENTY | THIRTY

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**

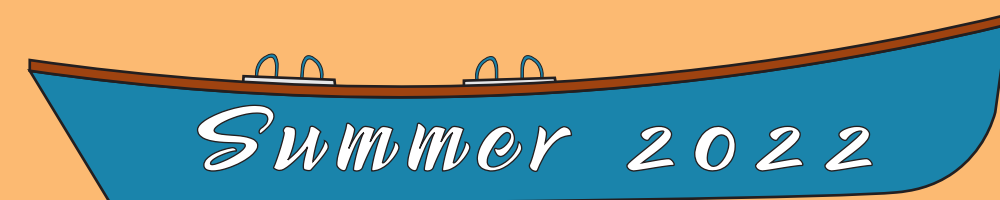
menu subject to change



CALL

609-967-3354

to ORDER



29thstreetdeli.com

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
- GODFATHER** : soppressata, prosciutto, fresh mozzarella, roasted red peppers, red onions, & EVOO
- 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 salad
-  **VEGETABLE** : broccoli, cuumbers, 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 salad
- 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

BEEF

- 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
- With Added Pepperoni
- BACON RANCH CHEESESTEAK** : choice of cheese

CHICKEN

- CHICKEN STEAK** : no cheese
- CHICKEN CHEESESTEAK** : american, provolone or wiz
- CHICKEN CHEESESTEAK HOAGIE** : L, T, O
-  **BUFFALO CHICKEN CHEESESTEAK** : bleu cheese
- CHICKEN PIZZA STEAK** : pizza sauce & provolone cheese
- 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 CS** : 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** :
- SPECIALS**
- DUNE BURGER** : sauteed mushrooms & onions, swiss cheese
- BAY BLEU BURGER** : bacon, fried onions, blue cheese
- ISLAND BURGER** : lettuce, tomatoes, red onions, feta cheese
-  **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

From the Grill

- MEATBALL SUB** : Avalon Market meatballs toasted on Italian roll
- With added cheese
- REUBAN** : piled high grilled corned beef topped with sauerkraut, 1000 island dressing & melted swiss on toasted rye bread
- TURKEY REUBAN** : piled high grilled turkey topped with sauerkraut, 1000 island dressing & melted swiss on toasted rye bread
- HOT HAM 'N CHEESE** : grilled shaved gourmet ham & melted american 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** : your choice of cheese & bread
- TACO SALAD** : seasoned *beef or chicken*, lettuce, diced tomato, sour cream, salsa & crushed tortilla chips

WRAPS

-  **CRISPY CHICKEN WRAP** : chopped chicken tenders, lettuce, melted cheddar cheese & your 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!

 local favorite

 vegetarian