

WRAPS

*Choice of Plain, Whole Wheat,
Spinach, Tomato Basil*

1. **Mixed Greens**
Fresh Mozzarella, Fire Roasted Peppers, Balsamic Glaze.....\$8.99
2. **Chicken Caesar**
Grilled Chicken, Romaine Lettuce, Parmesan Cheese, Caesar Dressing.....\$8.99
3. **Honey Mustard Chicken**
With Fresh Mozzarella.....\$9.49
4. **Sloppy Joe**
Store Baked Roast Beef, Fresh Turkey Breast, Swiss Cheese, Cole Slaw, Russian Dressing.....\$9.49
5. **Homemade Chicken Salad**
Sliced Avocado, Tomato.....\$8.99
6. **Homemade Albacore Tuna Salad**
Havarti Dill Cheese, Romaine Lettuce, Tomato.....\$8.99
7. **Buffalo Wrap**
Sliced Buffalo Chicken Breast, Pepper Jack Cheese, Romaine Lettuce, Spicy Blue Cheese Dressing.....\$8.99
8. **Buffalo Tenders**
With Romaine Lettuce & Blue Cheese Dressing.....\$9.49
9. **Breaded Chicken**
With Romaine Lettuce, Bacon, & Ranch Dressing.....\$9.49

SALADS

*Add Grilled Chicken \$2.00
Add Grilled Shrimp \$3.00*

1. **Cobb Salad**
Grilled Chicken, Bacon, Shredded Cheddar, Hard Boiled Egg, Romaine Lettuce, Tomato, Avocado & Ranch Dressing.....\$9.99
2. **Grilled Chicken Caesar Salad**
Grilled Chicken, Parmesan Cheese, Homemade Croutons & Caesar Dressing.....\$8.99
3. **Bruschetta Salad**
Mixed Baby Greens, Homemade Bruschetta, Crumbled Goat Cheese, Walnuts & Balsamic Vinaigrette.....\$7.99
4. **Arugula Salad**
Grilled Chicken, Bacon, Walnuts, Crumbled Gorgonzola, Mandarin Oranges, Baby Arugula, & Balsamic Vinaigrette.....\$9.99
5. **Strawberry Spinach Salad**
Baby Spinach, Fresh Strawberries, Sliced Red Onions, Walnuts, Crumbled Goat Cheese, & Raspberry Vinaigrette.....\$7.99
6. **Tenth & Willow Salad**
Romaine Lettuce, Cucumber, Tomato, Marinated Mushrooms, Artichoke Hearts, Mozzarella Balls, Roasted Peppers, & Balsamic Vinaigrette.....\$9.99
7. **Garden Salad**
Romaine Lettuce, Tomato, Cucumbers, Bell Peppers-Red & Yellow, Shredded Carrots & Balsamic Vinaigrette.....\$7.99

Tenth & Willow Gourmet Market & Deli

Lunch Menu



Shops at Equestra

1152 Rt. 33

Howell, NJ 07731

Open 7 Days

FREE DELIVERY

11-2 MON-FRI

\$15 Minimum Order

HOURS

MON - FRI 9 - 6:30 pm

SAT 8 - 5:30 pm

SUN 8 - 4 pm

Phone (732) 256-9694

*Catering For Office Luncheons
and All Occasions*

SPECIALTY HEROS

1. **Italian Supreme**
Imported Prosciutto, Soppressata, Mozzarella, Hot Capicola, Mortadella, Arugula, Tomato, Oil & Vinegar.....\$12.99
2. **Ham & Mozzarella**
Broccoli Rabe, Long Hot Peppers, & Oil.....\$9.99
3. **Imported Prosciutto**
Melted Mozzarella, Roasted Peppers, Oil & Balsamic Vinegar.....\$10.99
4. **Grilled or Breaded Chicken**
Mozzarella, Roasted Peppers, Broccoli Rabe, Oil & Balsamic Vinegar.....\$9.99
5. **Luigi**
Sweet Soppressata, Mortadella, & Mozzarella.....\$9.99
6. **Breaded Eggplant**
Spinach, Mozzarella, Roasted Tomatoes, & Balsamic Glaze.....\$9.99
7. **Prosciuttini**
Hot Capicola, Soppressata, Hot Pepper Spread & Picante Provolone.....\$11.99

HEROS

*Served on a 10" Regular or Semolina Hero
Also Served on a Kaiser Roll for a \$1.00 Less*

8. **Ham, Capicola, Genoa Salami**
Provolone, Lettuce, Tomato, Oil & Vinegar.....\$9.99
9. **Smoked Virginia Ham**
Muenster Cheese, Lettuce, Tomato, & Whole Grain Mustard.....\$8.99
10. **Maple Ham**
Fontana Cheese, Lettuce, Tomato, & Balsamic Glaze.....\$8.99

11. **Roast Beef**
Provolone, Lettuce, Tomato, Oil & Vinegar or Mayo.....\$9.99
12. **Roast Pork**
Muenster Cheese, Lettuce, Tomato, Mayo/Mustard Mix\$8.99
13. **Fresh Turkey Breast**
Swiss Cheese, Lettuce, Tomato, Basil Mayo.....\$8.99
14. **Honey Maple Turkey**
Cheddar Cheese, Vinegar Peppers, Lettuce, Tomato, Oil & Vinegar...\$8.99
15. **Cracked Pepper Turkey**
Cheddar Cheese, Cucumber, Romaine Lettuce Tomato, Ranch Dressing.....\$8.99

HOT HEROS

16. **Roast Beef**
Caramelized Onions, Fresh Mozzarella, & Brown Gravy.....\$9.99
17. **Roast Pork**
Broccoli Rabe, Provolone, Hot Cherry Peppers on Toasted Garlic Bread.....\$9.99
18. **Chicken Francese**
Melted Fresh Mozzarella, Sauted Spinach.....\$9.99
19. **Chicken Cutlet Parmigiana**.....\$8.99
20. **Eggplant Parmigiana**.....\$8.99
21. **Meatball Parmigiana**.....\$8.99
22. **Sausage & Peppers**.....\$8.99
23. **Chicken Meatball**
Fresh Mozzarella, Vodka Sauce, & Fresh Basil.....\$8.99

PANINIS

1. **Store Baked Roast Beef**
Melted Cheddar Cheese, Caramelized Onions, Horseradish Mayo.....\$9.99
2. **Grilled Chicken**
Fresh Mozzarella, Homemade Roasted Tomatoes, Baby Spinach, Pesto.....\$8.99
3. **Marinated Grilled Eggplant & Portabellas**
Fire Roasted Peppers, Fresh Mozzarella, Basil, Balsamic Glaze.....\$8.99
4. **Honey Maple Ham**
Brie Cheese, Tomato, Honey Dijon.....\$8.99
5. **Smoked Turkey**
Pepper Jack Cheese, Tomato, Avocado, Chipotle Mayo.....\$8.99
6. **Cuban**
Homemade Roasted Pork, Ham, Swiss Cheese, Mustard, Pickles.....\$9.99

SANDWICHES

Kaiser Roll, Rye, Wheat or White

1. **Sliced Chicken Breast**
American Cheese, Bacon, Avocado Lettuce, Tomato & Mayo.....\$8.99
2. **Sloppy Joe**
Store Baked Roast Beef, Fresh Turkey Breast, Swiss Cheese, Cole Slaw, Russian Dressing.....\$8.99
3. **Bologna & American Cheese**
Mayo or Mustard.....\$6.99
4. **Liverwurst**
Red Onion & Mustard.....\$6.99
5. **Chicken Salad**
Lettuce & Tomato.....\$7.99
6. **Tuna Salad**
Lettuce & Tomato.....\$7.99
7. **Mozzarella Caprese**
Tomato, Basil & Olive Oil.....\$7.99