

## STARTERS

SOUP DU JOUR CUP \$4 BOWL \$5

Made fresh on premise. Served with crostini



VEGGIE CHILI CUP \$4.50 BOWL \$6

Served with tortilla chips, cheddar cheese & sour cream

GARDEN HUMMUS PLATTER \$6.50

Carrot, celery, cucumber, peppers & multigrain toast points

CHICKEN TENDERS \$7.50

Five chicken breast tenders served with fries or our signature house made chips

BUFFALO CHICKEN TENDERS \$8.50

Four chicken breast tenders served with celery, blue cheese dressing & fries or our signature house made chips

**QUESADILLA** SERVED WITH  
TORTILLA CHIPS, SALSA & SOUR CREAM

CHEESE QUESADILLA \$7

Cheddar-jack cheese, peppers & onion

CHICKEN QUESADILLA \$9

Grilled chicken, cheddar-jack cheese, peppers & onion

BUFFALO QUESADILLA \$9

Breaded chicken, mozzarella cheese & hot sauce  
Served with celery & blue cheese dressing



VERY VEGGIE QUESADILLA \$11

Mozzarella & Swiss cheeses, grilled eggplant, zucchini, red peppers, avocado & spinach on a gluten free tortilla

**SPECIALTIES** SERVED WITH  
VEGGIE STICKS, FRIES OR OUR SIGNATURE  
HOMEMADE CHIPS

CALIFORNIA TURKEY \$11

Oven roasted turkey, bacon, avocado, tomato, chipotle mayo, rustic focaccia

GRILLED VEGETABLE PANINI \$11

Eggplant, zucchini, red pepper, fresh mozzarella cheese, arugula, balsamic glaze, rustic focaccia

TUSCAN CHICKEN PANINI \$11

Grilled chicken, bacon, fresh mozzarella, tomato, arugula, pesto, rustic focaccia

SUPER AHI TUNA \$13.50

Rare seared ahi tuna, cucumber, superfood slaw, cilantro, tzatziki sauce, multigrain flatbread

## SIDES

TORTILLA CHIPS WITH SALSA \$3

FRIES OR CHIPS \$3.50

SWEET POTATO FRIES \$4

WILD RICE PILAF \$4

SAUTEED BROCCOLI \$4.50

SAUTEED SPINACH \$4.50

VEGGIE STICKS \$3

With ranch dressing



THE ATLANTIC CLUB  
TO-GO MENU | 732.22.4476  
1904 Atlantic Ave., Manasquan, NJ 08736



Open daily for pick-up or delivery (\$50 minimum)

## GREENS

DRESSINGS: BALSAMIC, RANCH, BLEU CHEESE, HONEY MUSTARD, CAESAR, CITRUS CHAMPAGNE VINAIGRETTE, TOASTED SESAME

### GARDEN SALAD SMALL \$4.50 LARGE \$7

Mixed baby greens, tomato, carrot, cucumber, red onion & croutons

### CAESAR WEDGE \$7

Crisp romaine wedge, shaved Parmigiano-Reggiano, croutons, creamy Caesar drizzle

### APPLE CRAISIN \$9

Mixed baby greens, cucumber, raisins, candied walnuts, apples, bleu cheese crumbles

### GREEK GODDESS \$11

Arugula, tomato, grilled eggplant, zucchini, red pepper, black olives, crumble feta

### ATLANTIC COBB \$12

Chopped romaine, red onion, carrot, avocado, hardboiled egg, cheddar, blue cheese, bacon

### WHITE CITRUS & ALMOND QUINOA

\$11.50

Spinach, tomato, carrot, corn, peppadew pepper, sliced almonds, white quinoa, goat cheese

*\*Tossed with Citrus Champagne Vinaigrette*

## HEALTHY WRAPS

SERVED SERVED ON SPINACH OR WHEAT WRAP WITH VEGGIE STICKS



### AVOCADO GREENS \$9

Avocado, hummus, cucumber, tomato, red onion, arugula, gluten free wrap

CALORIES: 403 / FAT: 26g / CARBS: 32g / PROTEIN: 9g

### CITRUS SHRIMP \$13

Grilled shrimp, Spinach, tomato, carrot, corn, peppadew pepper, sliced almonds, white quinoa, goat cheese

CALORIES: 321 / FAT: 9.5g / CARBS: 33g / PROTEIN: 30g

### ASIAN SALMON \$14

Grilled salmon, superfood slaw, mixed baby greens, toasted sesame glaze

CALORIES: 331 / FAT: 12g / CARBS: 34g / PROTEIN: 26g



*Any wrap or sandwich can be easily made...*

## CLASSIC SANDWICHES

SERVED ON WHITE, MULTIGRAIN, RYE OR WHEAT WRAP WITH VEGGIE STICKS, FRIEND, OR OUR SIGNATURE HOMEMADE CHIPS

### CHICKEN OR TUNA SALAD \$8

Served with lettuce & tomato

### OVEN ROASTED TURKEY \$8

Served with lettuce, tomato & mayo

### B.L.T. \$7.50

An American Classic served with mayo

With turkey bacon \$8

### GRILLED CHEESE \$5.50

With tomato & bacon \$8

With tomato & turkey bacon \$8.50

## FLAME GRILLED

SERVED ON A KAISER ROLL OR FLAT BREAD WITH LETTUCE, TOMATO & ONION. SERVED WITH VEGGIE STICKS, FRIES OR OUR SIGNATURE CHIPS

### ANGUS BURGER \$8

### TURKEY BURGER \$7

### GRILLED CHICKEN SANDWICH \$6

### FALAFEL BURGER \$8

With tzatziki sauce

## UPGRADE

ANY SALAD FOR AN ADDITIONAL COST

### CHICKEN \$3

### SALMON OR AHI TUNA \$8

### SHRIMP \$6

## UPGRADE

ITEMS AVAILABLE FOR SUBSTITUTION FOR ADDITIONAL CHARGE

### GLUTEN FREE TORTILLA WRAP \$1

### GLUTEN FREE

### WHOLE GRAIN BREAD \$1.75

## UPGRADE

WITH YOUR FAVORITE GOURMET TOPPINGS

\$1.50 each: Turkey bacon, bacon, pork roll

\$1.00 each: American, Swiss, mozzarella, cheddar, feta, goat cheese, avocado

\$0.50 each: Peppers, onions, mushrooms