



# Arugula

MODERN CUISINE

*Executive Chef George Edward*

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## LUNCH MENU

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### *Appetizers*

\$14.95

**Drunken Clams**

**Eggplant Tower**

**Escargot**

**Broccoli Rabe**

\$18.95

**Ahi Tuna Tartar**

**Shrimp Cocktail**

**Burrata Black Truffles**

**Polynesian Seafood Salad**

Seafood, tomato, cilantro, fruit, and salsa

### *Salads*

\$13.00

#### **WALDORF SALAD**

Grilled chicken, shredded coconut, granola, celery, tomato, apples, walnuts, & raisins topped with honey lemon dressing.

#### **HEALTHY SPINACH SALAD**

Served with a scoop of both chicken & tuna salad, fresh fruit with vinaigrette topped with flax seeds.

*Chef Favorite*

#### **GRILLED CHICKEN CAESAR**

Grilled chicken over romaine lettuce with croutons & homemade house Caesar dressing.

#### **ITALIAN CHEF SALAD**

Assorted cold cuts, tomato, peppers, onions and hard-boiled egg with Italian vinaigrette.

#### **GREEK SALAD**

Fresh romaine lettuce, onions, black olives, peppers and tomatoes with lemon wine vinaigrette and feta cheese topped with chia seeds.

#### **ARUGULA SALAD**

Arugula mixed greens, chicken, strawberries, grapes and onions topped with almonds, goat cheese and citrus vinaigrette

### *Platters*

\$17.00

#### **MEAT BOLOGNESE**

Black Angus ground beef with a plum tomato sauce and Italian spices over pasta.

*Chef Favorite*

#### **ITALIAN VODKA**

Plum tomato, pancetta, pecorino cheese, shallots, vodka cream sauce tossed with pasta.

#### **TWO PEAS IN A POD**

Sautéed onions with peas, diced tomato tossed with pasta and extra virgin olive oil.

#### **CHICKEN PARM**

Breaded chicken breast with tomato sauce and melted cheese served over pasta.

#### **MAMA MARIA**

Sliced grilled chicken breast, imported prosciutto, spinach, garlic, roasted peppers, Vidalia onions and cheese, sautéed and tossed with pasta.

*Chef Favorite*

#### **DRUNKEN CLAMS**

Tender young clams in a garlic wine sauce with spicy fresh herbs and lager beer over pasta

**WE DO PARTIES!**

CALL 732.295.2800 OR DIAL EXT 1737 TO ORDER

## Deli Wraps

**\$13.00** Served with Potato Chips

### **BEEF, ONION & CHEESE** — *Chef Favorite*

Beef, onion and cheddar cheese with Worcestershire sauce.

### **NUTTY CHICKEN**

Chicken salad with blueberries, nuts, lettuce & tomatoes with honey lemon sauce.

### **CHICKEN CAESAR**

Grilled chicken with homemade Caesar dressing, lettuce & shredded parmesan.

### **CHICKEN SALAD**

White meat chicken salad with lettuce & tomatoes.

### **TUNA SALAD**

Tuna Salad with lettuce & tomatoes.

### **TWO PIRATES HOT DOGS**

2 Jumbo Hot Dogs, one topped with Pico de Gallo and one with Bacon Mac n' Cheese

## Burgers

**\$13.00** Served with Potato Chips

\*All burgers cooked medium\*

### **JERSEY BURGER**

Burger topped with pork roll & American Cheese.

### **CAPTAIN'S BURGER**

Grilled ground beef, sautéed onions, bacon, BBQ sauce & pepper - jack.

### **STEAK & ONION CHEESE BURGER**

### **MAC ATTACK BURGER**

Bacon, Mac n' Cheese.

### **PULLED PORK SANDWICH**

Homemade

### **INCREDIBLE BURGER - VEGAN**

Lettuce, tomatoes & guacamole



## Sandwiches and Heros

**\$13.00** Served with Potato Chips

### **HOT PASTRAMI & SWISS**

Hot pastrami piled high with melted Swiss cheese on rye.

### **CORNED BEEF RUEBEN**

Hot open faced corned beef, sauerkraut, Russian dressing baked with Swiss on rye.

### **TURKEY DELI**

Sliced turkey breast with Swiss coleslaw & Russian dressing.

### **BEEF DIP**

Sliced beef with onions & melted cheese.

### **FISH PO-BOY**

breaded fish filet with lettuce, tomato, tartar sauce & melted cheese.

### **ITALIAN SUB**

Shredded cold cuts with cheese, lettuce, tomato, oil, spices & vinegar.

### **MEATBALL PARMIGIANA**

Homemade meatball parmigiana with a fresh plum tomato sauce & melted cheese.

### **CHICKEN PANINI** — *Chef Favorite*

Sliced grilled chicken with onions, fresh basil, garlic, roasted peppers & mozzarella cheese.

### **MAMA MARIA**

Sliced grilled chicken breast, imported prosciutto, spinach, garlic, roasted peppers, vidalia onions and cheese, sautéed with extra virgin olive oil and tossed with pasta.

### **CUBAN PANINI** — *Chef Favorite*

Roasted pork, Virginia ham, relish, Russian dressing, swiss & mustard.

### **BROCCOLI RABE**

Chicken, broccoli rabe, garlic in oil, roasted peppers melted cheese and balsamic

### **NJ THANKSGIVING**

Turkey, pork roll and cheese with cranberry, apple chutney and walnut mayonaise

## Drinks

**\$2.50**

**COKE | DIET COKE | SPRITE | LEMONADE | ICED TEA | ICED COFFEE**

CREDIT CARD SERVICE CHARGE WILL BE ADDED

ARUGULA | 1106 OCEAN AVENUE | POINT PLEASANT BEACH, NJ 08742