

## *The Little Food Inn Lunch Menu*

• Monday- Saturday 10am- 3pm • 575 Newark Pompton Turnpike • •973.616.8600 •  
Pickups/Deliveries • gluten free bread, wraps, & rolls available •

### SANDWICH BOARD

*served with chips, house slaw, & dill pickle*

**GRILLED CHICKEN & ROASTED VEGETABLE** 10  
chicken, zucchini, squash, peppers, fresh mozzarella, balsamic vinaigrette on Italian roll

**CAPRESE** 9.50  
thick tomato, fresh mozzarella, capers, red onion, and house pesto olive oil on toasted ciabatta roll

**ITALIAN EGGPLANT SANDWICH** 10  
breaded eggplant, oven roasted green peppers, fresh mozzarella, house pesto served on Italian roll

**WITCHCRAFT TURKEY CIABATTA** 10  
oven turkey, goat cheese, caramelized onion jam, bacon, & avocado served on toasted ciabatta roll

**THE HOBOKEN** 10  
prosciutto, ham, salami, provolone, tomato, onion, pesto, sun dried tomatoes, mixed greens, & garlic aioli on Italian roll

**BEEF & BLUE** 10  
our own roast beef, crumbled blue cheese, balsamic mixed spinach, tomato, red onion, & buttermilk ranch on toasted ciabatta roll

**ULTIMATE MEATLOAF SANDWICH** 10  
homemade meatloaf, melted cheddar, & homemade ketchup mayo blend served on grilled Texas toast

**TUSCAN TUNA MELT BIALY** 9.5  
our homemade tuna salad, melted cheddar, sliced pickles, red onion, open face on cheddar onion bialy

### PANINI BOARD

**VEGGIE PRESS** 9.5  
zucchini, squash, portobello mushroom, peppers, fresh mozzarella, basil pesto, pressed Italian roll

**CHICKEN PESTO PRESS** 9  
grilled chicken, fresh mozzarella, homemade pesto, pressed Italian roll

**CHEDDAR, APPLE, & ROAST BEEF FOCACCIA** 10  
house roast beef, white cheddar chive cheese, sauteed onions, sliced green apple, balsamic greens, & horseradish cream on rosemary focaccia

**TURKEY APRICOT AND BRIE** 9.5  
roasted turkey, brie cheese, apricot jam, pressed Italian roll

**CHIPOTLE CHEESE BURGER** 9.75  
angus burger, cheddar, tomato, red onion, and chipotle aioli on pressed Italian roll

**LF CUBANO** 9.75  
slow cooked pork, sliced ham, melted swiss cheese, sliced pickles, and honey dijon served on pressed italian roll

### CLUB BOARD

*triple decker, white, rye, multi*

**MALIBU TUNA** 9.75  
our homemade tuna salad, swiss, avocado, tomato, red onion, mixed greens, toasted multi

**CHICKEN SALAD, BRIE, & BACON** 9.75  
our homemade chicken salad with pecans & grapes, brie cheese, bacon, tomato, & honey dijon greens on toasted multi

**SOUTHWEST CLUB** 9.75  
grilled chicken, pepperjack, bacon, avocado, lettuce, tomato, & house chipotle aioli on toasted multi

**EGGPLANT DREAM** 9.5  
breaded baked eggplant, roasted peppers, portobello mushrooms, balsamic mixed spinach, avocado, fresh mozzarella, & garlic aioli on toasted multi

**TURKEY, BACON, & SWISS** 9.5  
oven turkey, bacon, swiss cheese, lettuce, tomato, & mayo on toasted white

### BURGER BOARD

**TUSCAN VEGGIE BURGER** 9.5  
house veggie burger, goat cheese, roasted peppers, avocado, sauteed onions, balsamic greens, & garlic aioli on toasted brioche roll

**ATHENS TURKEY BURGER** 10  
our homemade lean turkey burger, feta, cucumber, tomato, red onion, lemon vinaigrette greens served in pressed flatbread

**BRUNCH BURGER** 10  
black angus burger cooked to your liking topped with fried egg, bacon, avocado, and American cheese with mayo on toasted brioche roll

**IMPOSSIBLE BURGER**  
soy based vegan patty, melted cheddar chive cheese, tomato, shredded lettuce, red onion, sliced pickles, & ketchup mayo blend on toasted brioche roll

### KIDS BOARD

GRILLED CHEESE & FRIES 7

CHICKEN FINGERS & FRIES 8

ORGANIC PEANUT BUTTER & JELLY 7

ZOE SPECIAL  
chicken finger, half grilled cheese, side fries 8

ANGUS BURGER SLIDERS 8

MOZZARELLA STICKS 6

HOMEMADE MAC & CHEESE 7

PLEASE ALERT SERVER OF ANY FOOD ALLERGIES

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## GREENS BOARD

**ITALIAN SALAD** 9.75  
bite size breaded baked eggplant, romaine, provolone cheese, tomato, red onion & avocado with our balsamic vinaigrette

**WINTER SALAD** 9.75  
greens, feta cheese, mandarin orange, dried cranberries, honey roasted walnuts,balsamic vinaigrette

**COBB SALAD** 10  
cubed turkey,swiss cheese, avocado,bacon,hard boiled egg, tomato, red onion, romaine,ranch dressing.

**MEDITERRANEAN SALAD** 10  
grilled chicken, fresh mozzarella, roasted peppers, red onion, and avocado over mixed greens with side of balsamic vinaigrette

**BUFFALO CHICKEN SALAD** 10  
romaine lettuce, chicken breast in a spicy buffalo sauce, crumbled blue cheese, celery,tomato,red onion, tortilla strips,ranch dressing.

**TEX MEX SALAD** 10  
romaine, chicken cutlet, cheddar cheese, black olives, tomato,red onion, tortilla strips,ranch dressing.

**MYKONOS SALAD** 10  
grilled chicken, feta, tomato, red onion, kalamata olives, & stuffed grape leaves served over romaine with lemon vinaigrette

**POWER SPINACH SALAD** 9.75  
fresh baby spinach, shredded carrots, hard boiled egg, bacon, dried cranberries, & dried figs with balsamic vianigrette

**CHICKEN GARDEN QUINOA SALAD** 10  
grilled chicken, goat cheese, homemade quinoa with corn, tomato, & celery, shredded carrots,cucumber, avocado,roasted walnuts, mandarin oranges, & red onion over mixed greens with side of lemon vinaigrette

## GRILL BOARD

*gluten free bread or roll available upon request\**

**FRIED GREEN TOMATO BLT** 9.5  
cornmeal battered fried green tomato, bacon, lettuce, avocado, red onion, & garlic aoili toasted brioche roll

**CHIPOTLE CHICKEN OR STEAK BURRITO** 9.75  
grilled chicken or steak with cheddar, cilantro rice, sauteed onions, peppers, & avocado with chipotle aoili in toasted wrap

**PASTRAMI REUBEN** 9.75  
homemade lean pastrami, melted Swiss, house slaw, and Russian dressing on grilled rye

**PHILLY CHEESESTEAK** 9.5  
shaved sirloin smothered in peppers, onions, & melted American cheese on Italian roll

**CHIPOTLE & CHORIZO GRILLED CHEESE** 9.5  
crumbled chorizo sausage, melted pepper jack, chipotle aoili, avocado, and pico de gallo served on grilled Texas toast

**ANTIPASTO FOCACCIA** 10  
ham, salami, provolone,artichoke hearts, roasted peppers, sauteed onions, balsamic mixed greens, & garlic aoili served on grilled rosemary focaccia

**BUFFALO CHICKEN QUESADILLA** 9.5  
breaded buffalo chicken, melted cheddar, bacon, & buttermilk ranch on pressed tortilla

## WRAP BOARD

*gluten free wraps available upon request\**

**AHI TUNA WRAP** 13  
seared ahi tuna, homemade coleslaw,avocado, and creamy chipolte aoili in tomato basil wrap

**AVOGADO CLUB WRAP** 9.25  
avocado, bacon, lettuce. tomato, and mayo served in tomato basil wrap

**BUFFALO WRAP** 9.5  
breaded chicken breast in spicy buffalo sauce with lettuce, tomato, and blue cheese dressing

**CALIFORNIA WRAP** 9.5  
fresh turkey, crumbled bacon, lettuce, tomato, & homemade buttermilk ranch dressing

**CHICKEN CAESAR WRAP** 8.5  
grilled chicken, romaine, parmesan reggiano, and homemade creamy Caesar dressing

**CHICKEN RANCH WRAP** 9.5  
breaded chicken cutlet, lettuce, tomato, and crumbled bacon with our homemade buttermilk ranch dressing

**EGG SALAD BABY SPINACH WRAP** 9.5  
our homemade egg salad, baby spinach, tomato, & bacon in spinach wrap

**HARVEST TURKEY WRAP** 10  
oven carved turkey, creamy brie cheese, sliced green apples, dried cranberries and honey dijon mixed green

**THANKSGIVING WRAP** 10  
oven carved turkey, homemade bread stuffing, cranberry sauce, and homemade gravy served in toasted wrap

**MEDITERRANEAN TUNA WRAP** 9.5  
our homemade tuna salad, capers, roasted red peppers, red onion, sun dried tomatoes and lemon vinaigrette mixed greens served in sun dried tomato wrap

**PORTOBELLO CHICKEN WRAP** 10  
marinated grilled chicken, fresh mozzarella, portobello mushrooms, tomato, and our balsamic dressing in toasted wrap

**GARDEN VEGGIE & QUINOA WRAP** 10  
organic quinoa with corn, tomato, & celery, lemon vinaigrette greens, roasted peppers, avocado, baked breaded eggplant, feta, & house tzatiki served in warm spinach tortilla wrap

## SIDES BOARD

**GRILLED VEGETABLES** 4

**SIDE TOSSED OR CAESER SALAD** 4

**HOMEMADE ONION RINGS** 4

**SHOE STRING FRIES** 4

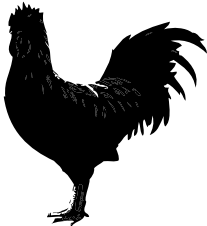
**SWEET POTATO OR CURLY FRIES** 4

**ORGANIC FRUIT CUP** 4

**BONELESS BUFFALO BITES** 5  
with buttermilk ranch dipping sauce

**TRUFFLE FRENCH FRIES** 6  
served with garlic aoili dipping sauce

**CREATIVE CATERING ON AND OFF PREMISE**



PLEASE ALERT SERVER OF ANY FOOD ALLERGIES, PRICES SUBJECT TO CHANGE

