

Signature Breakfast Sandwiches

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| Breakfast Sandwich | \$8 |
| <i>Pick: Bacon, Sausage, Porkroll Pick: Scrambled, Fried Egg</i> | |
| <i>Pick: American, cheddar, swiss, pepperjack, provolone, feta, shredded</i> | |
| Killer Tomato Sandwich | \$6 |
| <i>cream cheese, tomato, onion, salt & pepper on a wheat bagel</i> | |
| The Taylor | \$7 |
| <i>pork roll & maple butter on a french toast bagel add egg \$1</i> | |
| The Breakfast Taco (2) | \$7.50 |
| <i>scrambled eggs, melted cheddar, fresh pico, sliced avocado, bacon, home fries & hot sauce</i> | |
| The Cali | \$8 |
| <i>egg white, sliced avocado, tomato & provolone on multi grain toast</i> | |
| The Beast | \$9.50 |
| <i>Bacon Egg & Cheese Between 2 Slices of French Toast</i> | |
| Yes It's Low Fat | \$8 |
| <i>egg whites, provolone, turkey bacon & tomato on a whole wheat bagel</i> | |
| Philly Special | \$8.50 |
| <i>steak, egg & cheese</i> | |
| Breakfast Burrito | \$8.50 |
| <i>scrambled egg, bacon, shredded cheese, caramelized onion & avocado spread</i> | |
| It's a Wrap | \$7.25 |
| <i>scrambled egg, american cheese, tomato on a grilled whole wheat wrap</i> | |
| Amazing Avocado Toast | \$9 |
| <i>toasted 12 grain bread topped with our famous avocado spread, feta, egg whites or over easy, sliced tomato, red onion, arugula & sprouts, balsamic drizzle</i> | |
| The Super Scrambler | \$9 |
| <i>scrambled egg, pork roll & cheese on a hoagie roll</i> | |
| Chicken & Waffles | \$9 |
| <i>topped with honey butter</i> | |
| The Jared | \$8.25 |
| <i>egg, turkey, american cheese, & homemade hot sauce on a whole wheat bagel</i> | |
| The Peppered Egg | \$8.25 |
| <i>egg, Boar's Head ham, caramelized onion, pepper jack cheese on a sesame bagel</i> | |
| <i>* try adding Spicy Mustard for ROBUST Flavor!</i> | |

Flat Breads

our flatbreads are 10 inch, low carb, low fat & served open face.

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| Provolone | \$13 |
| <i>provolone, scrambled egg, tomato, avocado drizzled with house made hot sauce</i> | |
| Fontina | \$13 |
| <i>fontina cheese, scrambled egg, baby spinach, roasted peppers, caramelized onion</i> | |
| Blended Cheese | \$14 |
| <i>shredded 3 cheese blend, scrambled egg, turkey bacon, onion & tomato</i> | |
| Pear & Fig | \$12 |
| <i>melted fontina, thin sliced pear drizzled with fig jam</i> | |

Breakfast Platters

sub egg whites ...add \$1.00

all egg platters come w/ toast & home fries

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|---|------|
| 2 Eggs any Style | \$6 |
| <i>add bacon, pork roll or sausage \$2.00</i> | |
| Cheese Omelette | \$9 |
| Veggie Omelette | \$10 |
| <i>tomatoes, onions, mushrooms, spinach, monterey jack blend</i> | |
| Bacon & Cheese Omelette | \$11 |
| Western Omelette | \$12 |
| <i>ham, onions, peppers & cheddar</i> | |
| Spinach & Feta Omelet | \$10 |
| Ham & Cheese Omelette | \$12 |
| Egg White Omelette, Swiss, Tomato & Sliced Avocado | \$11 |
| Shawn's Breakfast | \$12 |
| <i>spinach & american cheese omelet,(2) french toast, home fries, scoop of avocado spread</i> | |
| Crab & Avocado Eggs Benedict | \$19 |
| <i>grilled tomato, avocado, poached egg, Lump crab meat, smothered in hollandaise sauce on an english muffin.</i> | |

Pancakes & French Toast

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|---|------|
| Pancakes (3) | \$9 |
| <i>with nutella, bananas & strawberries...\$11.00</i> | |
| Blueberry Pancakes (3) | \$9 |
| Choc Chip Pancakes (3) | \$9 |
| lemon Blueberry Ricotta Pancakes | \$14 |
| Thick Cut French Toast (3) | \$9 |

Toasts

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|---|--------|
| Monkeyin' Around | \$6.75 |
| <i>peanut butter, banana, strawberry, cocoa nibs</i> | |
| I Ricotta Crush on You | \$7.25 |
| <i>ricotta, thin sliced pear & candied pecans drizzled with honey</i> | |
| They Said it Would be Salmon Like You | \$9.50 |
| <i>avocado spread, salmon, sliced cucumber, scallions,</i> | |
| Smashed Avocado | \$7 |
| <i>fresh forked smashed avocado with "everything but the bagel seasoning".(EBTB) add sliced hard boiled egg.... 8.25 add egg white... 8.00</i> | |

Kids Breakfast

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|--------------------------------------|--------|
| Scrambled Eggs | \$5.50 |
| <i>with home fries</i> | |
| Pancake 3 silver dollar | \$5.50 |
| French Toast (2) | \$5.50 |

Lattes, Cappuccinos, Espresso & Coffee



The Haven Beach, LBI

609-492-1313

Dine on our Patio/BYOB

Pick it UP

Easy Ordering in the App



Salads

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|--|---------|
| Seasonal | \$13 |
| <i>spring mix, fresh jersey strawberries, candied pecans, red onion, cucumber, croutons, feta & grilled chicken with a tangy vinaigrette</i> | |
| Mango Chicken | \$13 |
| <i>grilled chicken, chopped avocado, red onion, mango, asian noodles with a sesame ginger dressing</i> | |
| Avocado BLT Salad | \$13.00 |
| <i>chopped romaine, crispy bacon, tomato, onions, parmesan, egg, sliced avocado & croutons with creamy parmesan dressing</i> | |
| Avocado & Grilled Chicken | \$13 |
| <i>grilled chicken, sliced avocado, roasted peppers, red onion, alfalfa sprouts, croutons with a balsamic vinaigrette</i> | |
| Grilled Chicken Caesar | \$11 |
| <i>Grilled Chicken, Shaved Parmesan, croutons, with a creamy caesar dressing</i> | |
| Spinach & Pear | \$13 |
| <i>baby spinach, crisp pear, fontina & candied pecans with a honey balsamic dressing add grilled chicken \$3.00</i> | |
| Harvest Apple | \$14 |
| <i>spring mix, brie, apple, dried cherry, walnut, red onion with grilled chicken & a balsamic vinaigrette</i> | |
| Grilled Shrimp Salad | \$14.99 |
| <i>romaine lettuce with roasted corn, grilled bell pepper, diced cucumber, avocado, grape tomatos & croutons topped with a honey mustard vinaigrette</i> | |
| Crispy Buffalo Chicken | \$12 |
| <i>crispy chicken dipped in homemade buffalo sauce, crispy romaine, shredded 3 cheese blend, crispy texas onions, tomato, croutons with a ranch dressing</i> | |

Wraps

served with chips

sub gluten free wrap add \$3.00

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| Veggie Hummus | \$9.50 |
| <i>hummus with shredded 3 cheese blend, romaine lettuce, sliced avocado, sliced mushroom, onion, tomato & roasted red pepper drizzled with balsamic vinaigrette</i> | |
| Basil Cashew Chicken | \$10 |
| <i>home-made basil chicken salad with cashews, sliced avocado, crisp romaine & tomato</i> | |
| California Turkey | \$10 |
| <i>turkey, cheddar, crisp bacon, sliced avocado, jersey tomato, alfalfa sprouts, cranberry chutney</i> | |
| Grilled Chicken Caesar | \$10 |
| <i>romaine, parmesan cheese, croutons, with a tangy Caesar dressing</i> | |
| Bacon Ranch | \$10 |
| <i>grilled chicken, chopped romaine, crispy bacon, shredded 3 cheese blend, tomato, ranch dressing</i> | |

Hot Pressed Wraps

served with chips

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|---|---------|
| Hot Honey | \$10 |
| <i>boars head turkey, spicy melted pepper jack cheese, bacon, tomato & honey mustard spread</i> | |
| Hot Buffalo | \$10 |
| <i>crispy chicken smothered in our homemade buffalo sauce, melted cheddar, tomato, onion, ranch dressing</i> | |
| Texas Tuna | \$10.50 |
| <i>tuna, pepper jack, bacon, sautéed onion, avocado, BBQ, with a side of Ranch</i> | |
| Chicken Chipotle | \$10.50 |
| <i>sliced grilled chicken, bacon, cheddar & jack cheese, spinach, tomato & onion, chipotle ranch dressing</i> | |

609-492-1313

Signature Sandwiches

served with chips

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|--|--------|
| LBI Reuben | \$9.50 |
| <i>turkey, melted swiss, creamy cole slaw, russian dressing, on grilled rye</i> | |
| Mozzarella Press | \$8 |
| <i>Roasted red peppers, melted mozzarella & basil, drizzled w/ balsamic on grilled rye</i> | |
| Crab Cake Sandwich | \$18 |
| <i>house made, lettuce, tomato, brioche bun... side tarter, side of slaw</i> | |
| Balsamic Grilled Chicken | \$9.75 |
| <i>melted mozzarella, roasted red peppers, honey mustard spread & spring mix on a whole wheat roll</i> | |
| Waldorf Chicken Salad | \$10 |
| <i>house made all white meat chicken salad mixed with cranberries & walnuts with spring mix on 7 grain bread</i> | |
| Signature Grilled Cheese | \$7 |
| <i>aged cheddar, swiss & american on grilled rye Tomato .50 Bacon 1.00</i> | |
| Grilled Ham & Gruyere | \$9.50 |
| <i>grilled ham with melted gruyere, thin sliced pear & a tangy dijon</i> | |
| The Barney | \$9.50 |
| <i>Oven gold turkey with cranberry chutney, toasted pecans & melted brie on grilled rye</i> | |
| Avocado BLT | \$9 |
| <i>lettuce, tomato, crisp Boars Head bacon, sliced avocado with mayo served on 12 grain toast</i> | |
| Turkey & Avocado | \$9.50 |
| <i>thin sliced turkey, bacon, tomato, homemade avocado spread & lettuce on multi grain roll</i> | |
| Pesto Turkey Melt | \$9.50 |
| <i>Oven-gold turkey, melted aged cheddar & crisp bacon on pesto coated grilled rye</i> | |
| Beachy Brie | \$9.50 |
| <i>balsamic grilled chicken breast, melted brie, cranberries, spring mix and honey dijon on a multi grain roll</i> | |
| Original Chicken Salad | \$9.50 |
| <i>House made ...all white meat, spring mix on thick cut 7-grain</i> | |
| Tuna Salad | \$9.00 |
| <i>lettuce, tomato, onion on white, wheat, rye or 7grain</i> | |
| Club Sandwiches | \$9.75 |
| <i>choose turkey, ham, chicken salad or tuna salad on toasted white, wheat or rye</i> | |
| BLT | \$9.00 |
| <i>CLASSIC....loaded with crisp bacon, crisp lettuce, tomato & mayo on white, wheat, rye or 7grain</i> | |

Hoagies

Round Roll / 10 Inch Sub

served with chips

Oil & Vin / Mayo

| | |
|---------------------------|-----------|
| Turkey | \$8/12 |
| Ham | \$8/12 |
| Italian | \$8.50/13 |
| Mixed Cheese | \$7/11 |

Download the App!

order online @jerseygirlbi.com



From the Grill

fried onions added upon request

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|--|---------|
| Cheese Steak | \$12 |
| Chicken Cheese steak | \$12 |
| Buffalo Chicken Cheese steak | \$12.50 |
| Certified Angus Burger | \$10.25 |
| <i>on a brioche bun..... add cheese \$.50 add bacon \$1.50</i> | |
| Cowboy Burger | \$11 |
| <i>topped with melted american, onion & BBQ sauce</i> | |
| Cheese Quesadilla | \$9.25 |
| Chicken Quesadilla | \$11 |
| <i>w/ caramelized onions & roasted red peppers</i> | |
| Chicken Fingers w/ Fries | \$9.75 |
| <i>choice of sauce</i> | |
| Buffalo Chicken Finger Basket w/ Fries | \$10 |
| <i>smothered in our house hot sauce</i> | |

Snacks & Sides

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|---|--------|
| Fresh Cut Fries | \$5 |
| Fresh Cut Cheese Fries | \$6 |
| Crab Fries | \$5.25 |
| Tater Tots | \$6.50 |
| Loaded Tater Tots | \$8 |
| <i>bacon, melted cheese,</i> | |
| Battered Mozzarella Sticks | \$8 |

Tacos

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|---|---------|
| Fish Tacos | \$13 |
| <i>Beer Battered Haddock with shredded cabbage, pico, fresh baha cream sauce and our house made avocado spread on soft tacos</i> | |
| Grilled Fish Taco | \$12.75 |
| <i>grilled mahi mahi, cilantro cabbage slaw, sliced avocado, chopped tomato, with a garlic lime crema</i> | |
| Pulled Pork Tacos | \$12.50 |
| <i>with shredded cabbage, cotija cheese, red onion, jalapeños, cilantro & a tangy barbeque aioli</i> | |
| Grilled Chicken Tacos | \$11 |
| <i>grilled chicken, shredded 3 cheese blend, shredded lettuce, fresh baha cream sauce, pico & chopped avocado on soft tacos</i> | |
| BANG BANG Coconut Shrimp Tacos | \$13 |
| <i>coconut shrimp, shredded lettuce, diced avocado & pico, topped with our sweet Thai Chilli Aioli on soft tacos</i> | |
| The 3 Amigos | \$13 |
| <i>1 fish, 1 grilled chicken, 1 BANG</i> | |
| Tuna Taco | \$15 |
| <i>blackened sashimi grade tuna, cooked rare w/ asian slaw, mango & drizzled with wasabi aioli</i> | |
| Smashed Burger Tacos (2) | \$12 |
| <i>smashed burger, american cheese, shredded lettuce, tomato, pickles, secret sauce</i> | |

Kids Menu (under 10)

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|--|-----|
| Chicken Fingers (2) w/Fries | \$6 |
| Ham or Turkey on White or wheat w/Chips | \$6 |
| Grilled Cheese w/fries | \$6 |