

Signature Breakfast Sandwiches	
Breakfast Sandwich	\$8.25
<i>Pick: bacon, sausage, pork roll Pick: scrambled, fried egg</i>	
<i>Pick: american, cheddar, swiss, pepper jack, provolone, feta, colby jack</i>	
Amazing Avocado Toast	\$11
<i>toasted 7 grain bread topped with our famous avocado spread, feta, egg whites or over easy, sliced tomato, red onion, arugula & sprouts, balsamic drizzle</i>	
Killer Tomato Sandwich	\$7
<i>cream cheese, tomato, red onion, salt & pepper</i>	
The Taylor	\$7
<i>pork roll & maple butter on a french toast bagel.... add egg \$2</i>	
The Jared	\$9
<i>egg, oven gold turkey, american cheese, & our signature hot sauce on a whole wheat bagel</i>	
The Cali	\$9
<i>egg white, sliced avocado, tomato & provolone on multi grain toast</i>	
The Peppered Egg	\$9
<i>egg, ham, caramelized onion, pepper jack cheese on a sesame bagel for a extra kick of flavor add for spicy mustard * try adding Spicy Mustard for ROBUST Flavor!</i>	
The Beast	\$10.50
<i>bacon egg & cheese between 2 slices of french toast</i>	
The Super Scrambler	\$12
<i>scrambled egg, pork roll & cheese on a hoagie roll</i>	
The Breakfast Taco (2)	\$9
<i>scrambled eggs, melted cheddar, fresh pico, sliced avocado, bacon, home fries & signature hot sauce</i>	
Yes It's Low Fat	\$9.50
<i>egg whites, provolone, turkey bacon & tomato on a whole wheat bagel</i>	
Philly Special	\$9
<i>steak, egg & cheese</i>	
Breakfast Burrito	\$10
<i>scrambled egg, bacon, shredded cheese, caramelized onion & avocado spread, pressed to perfection</i>	
It's a Wrap	\$8.00
<i>scrambled egg, american cheese, tomato on a grilled whole wheat wrap</i>	
Chicken & Waffles	\$9
<i>topped with honey butter</i>	
Kids Breakfast	
Scrambled Eggs	\$6.00
<i>with home fries</i>	
Pancake 3 silver dollar	\$6.00
French Toast (2)	\$6.00

Breakfast Platters	
sub egg whites ...add \$2	
all egg platters come w/ toast & home fries	
2 Eggs any Style	\$9
<i>add bacon, pork roll or sausage \$3</i>	
Cheese Omelette	\$11
<i>choice: american, cheddar, swiss, pepper jack, provolone, mozz, fontina, monterey jack blend</i>	
Veggie Omelette	\$12
<i>tomatoes, onions, mushrooms, spinach, monterey jack blend</i>	
Bacon & Cheese Omelette	\$13
Western Omelette	\$13
<i>ham, onions, peppers & cheddar</i>	
Spinach, Feta & Tomato Egg White Omelet	\$13.50
Ham & Cheese Omelette	\$13
Shawn's Breakfast	\$14
<i>spinach & american cheese omelet, (2) french toast, home fries, scoop of avocado spread</i>	
Pancakes & French Toast	
Pancakes (3)	\$9
Pancakes, Nutella, Strawberries & Bananas	\$13
Blueberry Pancakes (3)	\$10
Choc Chip Pancakes (3)	\$10
Thick Cut French Toast (3)	\$10
Toasts	
available in GF	
Monkeyin' Around	\$7
<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>	
Smashed Avocado	
<i>fresh forked smashed avocado with "everything but the bagel seasoning".(EBTB) add sliced hard boiled egg..... 8.25 add egg white... 9.00</i>	
Flat Breads	
10 Inch	
available in GF	
Provolone	\$14
<i>provolone, scrambled egg, tomato, avocado drizzled with our signature hot sauce</i>	
Fontina	\$14
<i>fontina cheese, scrambled egg, baby spinach, roasted peppers, caramelized onion</i>	
Blended Cheese	\$15
<i>shredded 3 cheese blend, scrambled egg, turkey bacon, onion & tomato</i>	



111th st & The Blvd
The Haven Beach, LBI
609-492-1313

Dine on our Patio/BYOB
Take Out
Breakfast
Lunch
Dinner
Easy Ordering in the App



jerseygirlbi.com
Spring 2025

Salads

Seasonal	\$16
<i>spring mix, fresh jersey strawberries, candied pecans, red onion, cucumber, croutons, feta & grilled chicken with a tangy vinaigrette</i>	
Mango Chicken	\$15
<i>grilled chicken, chopped avocado, red onion, mango, asian noodles with a sesame ginger dressing</i>	
Elite Chopped (GF)	\$15
<i>ice burg, romaine, chickpeas, salami, mozzarella cheese all chopped, mixed with a dijon red wine vinegar</i>	
Avocado BLT	\$14
<i>chopped romaine, crispy bacon, tomato, onions, parmesan,egg, sliced avocado & croutons with creamy parmesan dressing</i>	
Avocado & Grilled Chicken	\$15
<i>grilled chicken, sliced avocado, roasted peppers, red onion, croutons with a balsamic vinaigrette</i>	
Grilled Chicken Caesar	\$15
<i>shaved parmesan, croutons, with a creamy caesar dressing</i>	
Spinach & Pear	\$14
<i>baby spinach, crisp pear, fontina & candied pecans with a honey balsamic dressing</i>	
<i>add grilled chicken \$3.00</i>	
Citrus Grilled Shrimp	\$18
<i>romaine lettuce with roasted corn, grilled bell pepper, diced cucumber, avocado, grape tomatoes & croutons topped with a lemon vinaigrette</i>	
Crispy Buffalo Chicken	\$14
<i>crispy chicken dipped in our signature hot sauce, crispy romaine, shredded 3 cheese blend, crispy texas onions, tomato, croutons with a ranch dressing</i>	

Wraps sub gluten free wrap add \$3.00 served with chips

Nashville Hot Caesar	\$11
<i>crispy hot chicken mixed in our traditional caesar wrap</i>	
Veggie Hummus	\$10
<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	\$11
<i>home-made basil chicken salad with cashews, sliced avocado, crisp romaine & tomato</i>	
California Turkey	\$11
<i>turkey, cheddar, crisp bacon, sliced avocado, jersey tomato, cranberry chutney</i>	
Grilled Chicken Caesar	\$10
<i>romaine, parmesan cheese, croutons, with a tangy caesar dressing</i>	
Bacon Ranch	\$11
<i>grilled chicken, chopped romaine, crispy bacon, shredded 3 cheese blend, tomato, ranch dressing</i>	

Hot Pressed Wraps served with chips

Hot Honey	\$11
<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	\$12
<i>tuna, pepper jack, bacon, sautéed onion, avocado, BBQ Sauce, with a side of ranch</i>	
Chicken Chipotle	\$11
<i>sliced grilled chicken, bacon, cheddar & jack cheese, spinach, tomato & onion, chipotle ranch dressing</i>	

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Signature Sandwiches

LBI Reuben	\$11.50
<i>turkey, melted swiss, creamy cole slaw, russian dressing, on grilled rye</i>	
Mozzarella Press	\$9
<i>roasted red peppers, melted mozzarella & basil, drizzled with 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	\$12
<i>melted mozzarella, roasted red peppers, honey mustard spread & spring mix on a multi grain roll</i>	
Waldorf Chicken Salad	\$11
<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 \$1 Bacon \$2</i>	
The Barney	\$11
<i>oven gold turkey with cranberry chutney, toasted pecans & melted brie on grilled rye</i>	
Avocado BLT	\$10
<i>lettuce, tomato, crisp bacon, sliced avocado with mayo served on 7 grain toast</i>	
Turkey & Avocado	\$10
<i>thin sliced turkey, bacon, tomato, homemade avocado spread & lettuce on multi grain roll</i>	
Pesto Turkey Melt	\$10
<i>oven gold turkey, melted aged cheddar & crisp bacon on pesto coated grilled rye</i>	
Beachy Brie	\$12
<i>balsamic grilled chicken breast, melted brie, cranberries, spring mix and honey dijon on a multi grain roll</i>	
Original Chicken Salad	\$10
<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 7 grain</i>	

Hoagies

Oil & Vin / Mayo

Round Roll / 10 Inch Sub served with chips

Turkey	\$8.50/13
Ham	\$8.50/13
Italian	\$9/15
Mixed Cheese	\$7/11

Soup

New England Clam Chowder	\$10/\$16
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From the Grill

fried onions added upon request

Cheese steak	\$13
Chicken Cheese steak	\$13
Buffalo Chicken Cheese steak	\$14
Certified Angus Burger w/chips	\$12
<i>on a brioche bun..... add cheese \$.50 add bacon \$1.50</i>	
Veggie Burger	\$15
<i>w/ american Cheese, pickles, onion, lettuce, tomato & special sauce</i>	
Cheese Quesadilla	\$10
Chicken Quesadilla	\$14
<i>w/ caramelized onions & roasted red peppers</i>	
Chicken Fingers w/ Fries	\$12
<i>choice of sauce</i>	
Buffalo Chicken Fingers with Fries	\$12
<i>smothered in our signature hot sauce</i>	

Snacks & Sides

Fries	\$6
Cheese Fries	\$7
Crab Fries	\$6.25
Battered Mozzarella Sticks	\$8
Tater Tots	\$7
Loaded Tater Tots	\$9
<i>bacon, melted cheese</i>	

Tacos (3)

Fried Fish	\$15
<i>beer battered haddock with shredded cabbage, pico, fresh baha cream sauce and sliced avocado on soft tacos</i>	
Grilled Fish	\$15
<i>grilled mahi mahi, cilantro cabbage slaw, sliced avocado, chopped tomato, with a garlic lime crema</i>	
Pulled Pork	\$16
<i>with shredded cabbage, cotija cheese, red onion, jalapeños, cilantro & a tangy barbeque aioli</i>	
Grilled Chicken	\$15
<i>grilled chicken, shredded 3 cheese blend, shredded lettuce, fresh baha cream sauce, pico & chopped avocado on soft tacos</i>	
BANG BANG Coconut Shrimp	\$16
<i>coconut shrimp, shredded lettuce, diced avocado & pico, topped with our sweet Thai chili Aioli on soft tacos</i>	
The 3 Amigos	\$16
<i>1 fish, 1 grilled chicken, 1 BANG BANG</i>	
Tuna	\$20
<i>blackened sashimi grade tuna, cooked rare with asian slaw, mango & drizzled with wasabi aioli</i>	
Our VIRAL Smashed Burger (2)	\$15
<i>smashed burger, american cheese, shredded lettuce, tomato, pickles, secret sauce</i>	

Kids Menu

Chicken Fingers (2) w/ Fries	\$8
Ham or Turkey on White or wheat w/Chips	\$6
Grilled Cheese with Fries	\$8

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