



WRAPS

- Marinated Portobello Wrap
Portobello, Grilled Zucchini, Spinach, Roasted Tomatoes on Spinach Wrap.....7.50
- Buffalo Chicken Wrap
Tomato, Blue Cheese, Fried Chicken Strips in Buffalo Sauce Wrapped in a Tortilla with Lettuce.....8.25
- Mexican Chicken Wrap
Chicken, Salsa, Cheddar Cheese, Lettuce and Tomato.....7.25
- Chicken Wrap
Chicken, Spicy Mustard, Lettuce and Tomato in a Whole Wheat Wrap.....6.50
- Greek Turkey Wrap
Roasted Turkey, Marinated Peppers, Tomatoes, Olives and Oregano.....8.50

SANDWICHES & CLUBS

- Club Sandwiches
Ham and Cheese, Roast Beef, Roast Turkey, Tuna or Chicken Salad.....7.95
- BLT Club
Double Layer of Bacon, Lettuce and Tomato.....7.75
- Chicken Salad or Tuna Salad
Choice of Bread, Lettuce & Tomato.....6.75
- Homemade Corned Beef Special
Corned Beef, Cole Slaw, Russian Dressing on Rye.....7.50
- Roast Turkey Special
Roast Turkey, Cole Slaw, Russian Dressing on Rye.....7.50

HOT SANDWICHES

Choice of Regular Fries or Waffle Fries

- Cheese Burger
Fresh Ground "Pat LaFrieda" Burger Topped with Cheese, Lettuce and Tomatoes.....7.50
- Cheese Steak
American, Swiss or Provolone Cheese.....7.50
- Chicken Cheese Steak
Peppers, Mushrooms and Onions with Cheese.....7.99
- Grilled Cheese
American, Swiss or Provolone Cheese5.50
Bacon, Tomato or Ham.....5.95
- Grilled Reuben
Homemade Corned Beef, Choice of Cole Slaw or Sauerkraut8.25
Roast Turkey, Choice of Cole Slaw or Sauerkraut.....7.95
- Grilled Swiss
Peppers, Tomatoes and Onions on Grilled Rye.....7.25
- Grilled Chicken Breast on Toasted Sour Dough
Spinach, Roasted Peppers and Provolone Cheese.....8.25



“SIGNATURE” SANDWICHES

TURKEY WALDORF

Turkey, Fresh Spinach, Apples, Walnut Mayo on Toasted Raisin Bread....8.25

ROAST BEEF BISTRO

Roast Beef, Swiss Cheese, Red Wine Onions & “Bistro Mayo” on Herb de Provence Roll....8.75

“blueplate” STEAK

Andouille Sausage, Steak, Sweet Peppers and Provolone Cheese....8.50

ROASTED PORTOBELLO REUBEN

Portobello, Swiss Cheese, Russian Dressing and Cole Slaw on Grilled Rye Bread....8.50

TUNA NICOISE

Tuna, Potatoes, Olives, Tomatoes and Dill Sauce....8.50

CHICKEN “ROMA”

Capicola, Provolone, Roasted Pepper-Olive Spread on Grilled Focaccia Bread....7.95

SOUPS & SIDES

French Fries.....	3.50
Seasoned Waffle Fries	3.75
Chicken Tenders	
Honey Mustard or BBQ	7.25
Buffalo Chicken Tenders	
Blue Cheese	7.99
House Salad	
Choice of Dressing, Cucumbers, Red Cabbage, Tomatoes and Croutons.....	3.75
Vegetable Beef or Soup Du Jour	
Cup.....	2.50
Bowl	3.25
Add roll and butter.....	.75
Crock of French Onion.....	5.25

BEVERAGES

Espresso.....	2.50
Cappuccino.....	3.25
Coffee or Tea.....	1.75
Hot Chocolate.....	1.75
Milk.....	2.00
Chocolate Milk.....	2.25
Iced Tea, Lemonade and Soda.....	2.00

SALADS

Crispy Chicken Salad

Crispy Chicken, Green Salad with Tomatoes, Cucumbers, Egg and Cheese Served in a Tortilla Bowl.....8.99

Oriental Salmon Salad

Cucumbers, Tomatoes, Wonton Noodles, Cabbage and Soy Ginger Dressing.....9.75

Chef's Salad

Ham and Cheese, Tuna or Chicken Salad.....8.25

Buffalo Chicken Cobb

Spicy Chicken, Cucumbers, Tomatoes, Blue Cheese, Egg and Bacon.....8.99

Caesar Salad

Crisp Romaine Hearts, Tomatoes, Home-style Croutons and Creamy Caesar Dressing.....6.99
with Grilled Chicken.....2.75
with Grilled Salmon.....3.99

Fresh Spinach Salad

Bacon, Egg, Mushrooms and Tomatoes with Toasted Pita and House Dressing.....6.99
with Grilled Chicken.....2.75



Good Afternoon

Lunch Hours:

Monday through Friday 11:30am-3:00pm

Saturday and Sunday 11:30am-4:00pm

For upcoming events please visit www.blueplatenj.com

also on  @blueplatenj and  @blueplatenj