

THE DIET GOURMET

167 Lincoln Ave., Elberon, NJ 07740

(732) 870 - EATS (3287)

All items available for take-out

Build Your Own Omelet \$7.00

*All omelets are made with 3 eggs, comes w/ toast and your choice of cheese (mozzarella, cheddar, feta, or american)
served until 1pm*

\$.50 each pepper... mushrooms... onions...
jalapenos...black olives
\$1.00 each broccoli & garlic....*spinach &
mush... ratatouille.... veggies

Egg whites available \$1.00

Salads

all salads are served w/ fresh chopped Romaine & Melba Toast

Tuna or Egg Salad Trio

served w/ macaroni salad, skinny slaw,
cucumbers, & tomatoes \$11.00

Tuna or Egg Salad Lettuce Wraps

served w/ Israeli Salad \$10.00

House Salad

tomato, cucumbers, & onions w/ choice of
dressing \$9.00

Cobb Salad

diced tomatoes, black olives, individual
tuna, cheddar cheese, & egg w/ choice of
dressing \$11.00

Caprese Salad

tomato, basil, fresh mozzarella, drizzled w/
EVOO \$10.00

Mexican Salad

meatless chili, diced tomatoes, jalapenos,
black olives, and cheddar cheese w/ choice
of dressing \$10.00

Greek Salad

calamata olives, feta cheese, diced tomatoes,
peppers, onions, and cucumbers w/ our
homemade Greek dressing \$11.00

Chopped Veggie Salad

fresh chopped broccoli, cauliflower, carrots,
red cabbage, mushrooms, tomatoes,
cucumbers, & peppers w/ choice of
dressing \$11.00

Caesar Salad

tossed with fresh baked croutons,
parmesan, and homemade dressing \$10.00

Add to any salad:

Avocado \$2.00

Hard Boiled Egg \$1.50

Tuna or Egg salad \$2.95

Individual Salmon \$3.95

Grape Leaves or Veggie Burger \$4.50

Stuffed Potatoes

topped w/ mozzarella cheese

Plain Potato \$5.95

*Spinach & Mushrooms \$8.25

*Veggie Florentine \$8.75

Ratatouille \$8.50

Steamed Veggies \$8.95

Broccoli & Garlic \$8.25

Meatless Chili \$8.50

Pizza \$7.95

Pita Pizzas

Plain \$7.50

Three Cheese \$8.25

Mexican \$8.25

Steamed Veggie \$8.95

Ratatouille \$8.50

Caprese \$8.95

*Spinach & Mushroom \$8.25

*Veggie Florentine \$8.50

White Broccoli, Garlic, & Tomato \$8.25

Build Your Own Pita Pizza \$7.50

\$.50 each pepper... mushrooms... onions...
jalapenos...garlic...black olives...tomatoes
\$1.00 each fresh basil ...calamata olives

Crepes

topped w/ mozzarella cheese & served with a house salad

*Spinach & Mushrooms \$8.95

Ratatouille \$8.95

Steamed Veggies \$8.95

Casseroles

*topped w/ mozzarella cheese & served with a house salad
add Brown Rice 1.00 extra*

*Spinach & Mushrooms \$9.25

Ratatouille \$9.50

*Veggie Florentine \$9.75

Steamed Veggies \$9.95

Pasta Primavera \$10.00

Chili over Macaroni \$10.00

*Macaroni Florentine \$10.00

Macaroni & Cheese \$9.75

Penne a la Vodka \$10.00

Broccoli & Garlic \$9.25

Meatless Chili over Brown Rice \$9.50

**Not Chalav Israel
Sharing Charge \$2
Gratuity IS included*

Sandwiches & Wraps

served on Pita, Whole Wheat, White, Rye Bread or have it in a Wrap
add skinny slaw for \$2, or French Fries, Macaroni Salad, or side salad \$3

Tuna Salad or Individual Tuna served w/ lettuce & tomato \$8.25

Egg Salad or Sliced Hard Boiled Egg served w/ lettuce & tomato \$8.25

Tuna & Egg Club freshly prepared tuna & egg salad w/ lettuce & tomato on three slices of rye \$9.25

Caprese fresh mozzarella, tomato, & basil \$ 9.25

Lettuce, Tomato, & Avocado \$7.50

Grilled Cheese \$6.50 add tomato \$.50

PB & J \$6.50

Tuna Melt tuna, tomato, melted American on rye \$ 8.50

Veggie Melt in a wrap \$ 8.25

***Spinach Melt** in a pita \$8.25

Broccoli, Garlic, & Tomato Melt in a wrap \$8.25

Veggie Burger served w/ lettuce & tomato on rye \$9.00

Sidelines

Skinny Slaw sm \$3.95 med \$7.50 lg \$12

Macaroni Salad sm \$3.95 med \$7.50 lg \$12

Macaroni & Cheese \$8.50

Plain Noodles \$4.95

French Fries \$4.50

Mozzarella Sticks \$6.95

Side Salad \$4.95

Stuffed Grape Leaves \$6.95

Pita w/ Hummus \$5.50

Scoop of Tuna or Egg Salad \$3.95

Steamed Veggies \$3.95 w/ cheese \$4.50

*Spinach & Mush \$3.95 w/ cheese \$4.50

Ratatouille \$3.95 w/ cheese \$4.50

Broccoli & Garlic \$3.95 w/ cheese \$4.50

Meatless Chili \$3.95 w/ cheese \$4.50

Kosher dill pickles \$1.25

Melba Toast \$.95

Toast \$1.95

Two scrambled eggs \$3.00

Two scrambled eggs w/ Fries \$5.50

Desserts

Baked Fresh Daily

Oatmeal Raisin Cookie \$3.25

w/ frozen yogurt \$5.50

*Toll House Pie \$3.25

w/ frozen yogurt \$5.50

*Brownie \$5.50

w/ frozen yogurt \$6.50

*Muffins baked fresh daily \$3.95

w/ frozen yogurt \$5.95

*Frozen Yogurt small \$4 large \$6

Each toppings \$.75 extra

Carob Chips Granola

Heath Bar Crunch Nuts & Raisins

Rainbow Sprinkles Chocolate Sprinkles

Hot Carob \$1.00 extra

Beverages

Coke, Diet Coke, Caffeine Free Diet Coke, Sprite, Sprite Zero, Root Beer, Fresca, Seltzer, & Pink Lemonade \$1.75

Bottled Water \$2.25

Arizona/Snapple Ice Teas \$3.35

Minute Maid Orange Juice \$3.35

Minute Maid Apple Juice \$3.35

Coffee (reg or decaf) \$2.25

Hot Tea \$2.25

Herbal Tea \$2.65

*Nestle Hot Chocolate \$3.25

Espresso \$3.50

*Cappuccino \$3.75

*French Vanilla Latte \$4.25

*Mocha Latte \$4.25

*Iced French Vanilla Latte \$4.50

*Iced Mocha Latte \$4.50

Iced Americano \$4.50

Whipped Ice Coffee \$4.50



**Not Chalav Israel*

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