



bar **p&b**

SMALL BITES

From The Oven

PANINIS' HOUSE PIZZA 8

Classic pomodoro margherita style with melted mozzarella & fontina

GARDEN OF EDEN 10

Varietal of peppers & onions, sliced olives, spinach & 3-cheese blend

GREEK PIZZA 10

Kalamata olives, spinach, feta & ricotta cheese

BIG BUFFALO 12

Fried chicken tossed in our signature buffalo sauce, with fontina & mozzarella cheese, drizzled with ranch dressing

From The Garden

VEGETARIAN LIFE SAVER 10

Portobello mushroom caps, with/ a spinach & mushroom oreganata, topped with cheese & peppers

SUNDOWN 10

A tower of sliced fresh mozzarella, red ripe tomatoes & basil – drizzled with a balsamic glaze

THE LINE-UP 14

*Marinated & grilled zucchini, squash, portobello mushrooms, eggplant & roasted red peppers
– finished with a balsamic & pesto drizzle*

From The Sea

CRABBY CAKE 14

Our signature jumbo lump crab cake, side of wasabi remoulade

JONES BEACH TUNA TOWER 14

Sashimi grade raw tuna, diced with avocado

From The Press

THE SARONG 10

*Fried eggplant, mozzarella cheese, fresh sliced tomatoes,
roasted peppers, black olives, and a balsamic glaze*

THE BUFFALO PANINI 11

*Fried chicken smothered in hot sauce and topped with gorgonzola
and bacon, side of bleu cheese dipping sauce*

STRING BIKINI PANINI 11

*Oven roasted turkey, cranberry chutney (contains nuts),
brie cheese and red onion*

THE SPRING SUIT 12

*Grilled chicken, pepper jack cheese, bacon, guacamole, and tomatoes
with a side of ranch dressing*

NEW YORK AVE PANINI 12

Grilled chicken, mozzarella cheese, roasted red peppers and our famous homemade pesto sauce

THE WET SUIT PANINI 13

*Sliced prime rib, smothered with swiss and provolone, topped
with caramelized onions and our house steak sauce*

BIG BITES

From The Sky

IT'S A BIRD 15

Pan seared french cut free-range breast of chicken served with a citrus Israeli salad and spanikopita

CHICKEN MILANESE 14

Golden plate sized chicken, fresh tomatoes and basil brochette, balsamic drizzle on top

From Italy

BAKED ZITI CLASSIC 14

Organic whole-wheat penne pasta, plum pomodoro sauce mixed with ricotta, topped with basil, fontina and provolone cheese

THE WEST END FUSILLI 12

Spiral rotelli, grilled chicken, sun dried tomatoes, sausage, spinach and onions, light roasted garlic white wine pomodoro sauce

RIDICULOUS RIGATONI 13

*Rigatoni drenched in our ridiculously great sundried tomato & roasted garlic cream sauce
If you want to get even more ridiculous, add JUMBO GRILLED SHRIMP 23*

From The Land

P&B BURGER 12

10oz juicy sirloin burger, topped with shredded lettuce, tomato, sweet pickles & our secret jerky sauce

SPRING SUIT BURGER 14

10oz juicy sirloin burger, topped with pepper jack cheese, bacon, guacamole & tomatoes

HANGOVER BURGER 12

10oz juicy sirloin burger, topped with black forest ham, fried egg & american cheese

BEECH STREET 21

Grilled skirt steak served with roasted garlic mashed potatoes & served with thin crispy onion rings

**All our signature burgers served with a side of hand cut french fries. Any additional toppings \$.75 each*

From The Deep Sea

BLACKHEATH SCHOOL SEARED TUNA 22

*Sashimi grade sesame tuna, mesclun greens, infused with a sesame ginger dressing
(chef recommends pan seared)*

CRAB STUFFED SHRIMP 24

Four jumbo shrimp stuffed with lump crab meat & topped with a beurre blanc sauce, choice potato and vegetable

PAN SEARED SALMON 14

Pan seared crispy salmon, grilled asparagus, orange sake ginger glaze

PESCADO FRITO 15

Golden crispy panco fillet of sole, over lemony zesty pomfrits

CRISPY SALADS

SALADS ARE AVAILABLE IN TWO SIZES:

The Short Board is a half size.

The Long Board is full size

SHORT BOARD LONG BOARD

FLIP FLOP

7 / 11

Mixed greens, goat cheese, sundried cranberries, toasted walnuts, sliced pears, red onions and a side of raspberry vinaigrette.



BEACH BUM HOUSE

7 / 10

Mixed greens, mozzarella cheese, grape tomatoes, cucumbers, roasted red peppers, black olives, sundried tomatoes, pine nuts and balsamic vinaigrette



CLASSIC CAESAR

6 / 10

Romaine lettuce, shaved parmesan, and crispy croutons tossed in creamy caesar dressing



AVOCADO

9 / 15

A mix of romaine and mesclun lettuce, black beans, whole kernel corn, chopped tomatoes, red onion, bacon, hard boiled eggs, sliced avocado, balsamic vinaigrette



PALMS

8 / 14

Mesclun greens, cucumbers, chopped tomatoes, pecans, gorgonzola, roasted red peppers, chickpeas, hearts of palm, balsamic vinaigrette



EL GRANDE ENSALADA

15

Romaine lettuce, shredded cheddar, salsa, sliced olives, scallions served with a dollop of guacamole, sour cream topped with chili, served with chips and ranch dressing

**ALL SALADS CHOPPED OR TOSSED
ADD PROTEIN**

*Paninis Marinated Herb Grilled Chicken / 4
Fried Chicken / 4
Paninis Veggie Tuna Salad / 4
Cranberry Walnut Chicken Salad / 4*

*(4) Jumbo Herb Grilled Shrimp / 9
Grilled Steak / 9
Pan-Seared Sashimi Tuna / 12
Pan-Seared Salmon / 9*

COOL KIDS' MENU

MAC N CHEESE 6

Tortellini in a yummy creamy cheese sauce



CAPTAIN CRUNCH CHICKEN FINGERS 10

*Served with a side of crispy french fries
honey mustard sauce and bbq sauce*



KID BURGER * 5

*Grilled chicken, pepper jack cheese, bacon,
guacamole, and tomatoes,
side of ranch dressing*



CHEESEBURGER * 8

*Fried chicken smothered in hot sauce and topped
with gorgonzola and bacon
with a side of blue cheese dipping sauce*



PEANUT BUTTER & JELLY 6

Sliced apples



PASTA 7

With red tomato sauce, butter, or plain

SIDES

Steamed Brown Rice | 4

Vegetable Brown Rice | 5

Diced zucchini, squash, Portobello mushrooms, sautéed in a light vegetable stock

Sautéed Leaf Spinach | 6

Broccoli | 6

Sautéed, steamed, or burnt

Crispy Fries | 5

Hand-cut crispy fries, double dipped

Cajun Fries | 6

California Street Fries | 8

Crispy, hand-cut potatoes, fried and topped with sour cream, guacamole, and diced tomatoes

WINES

WHITES:

FLIPFLOP CHARDONNAY

FLIPFLOP PINOT GRIGIO

FLIPFLOP RIESLING

FLIPFLOP MOSCATO

REDS:

FLIPFLOP PINOT NOIR

FLIPFLOP CABARNET SAUVIGNON

FLIPFLOP MERLOT



ICED BEERS

COORS LIGHT

BLUE MOON

BLUE MOON PUMPKIN

SPATEN OCTOBERFEST

CAPTAIN LAWRENCE "FRESHCHESTER"

PALE ALE

GUINNESS

CORONA

CORONA LIGHT

HEINEKEN LIGHT



SANGRIAS

WHITE, RED, MANGO

PITCHER OR GLASS

* WE RECOMMEND WINES BY THE BOTTLE



WINES

WHITES:

flipflop Chardonnay

flipflop Pinot Grigio

flipflop Riesling

flipflop Moscato

REDS:

flipflop Pinot Noir

flipflop Cabernet Sauvignon

flipflop Merlot

ICED BEERS

Coors Light

Blue Moon

Blue Moon Pumpkin

Spaten Oktoberfest

Captain Lawrence "Freshchester"

Pale Ale

Guinness

Corona

Corona Light

Heineken Light

SANGRIAS

White, Red, Mango by the Pitcher or Glass

* We Recommend Wines By The Bottle

