

Location: 46 East Main Street, Somerville, NJ 08876  
 Order Online: [www.TurfSurfandEarth.com](http://www.TurfSurfandEarth.com)  
 Phone number: 732-123-4567



Hours: Monday – Saturday: 11 am – 9 pm  
 Sunday: Closed

**STEP 1: Choose a TURF SURF or EARTH item**

**TURF**

- Grass Fed Burger \_\_\_\_\_ \$8.99  
organic beef patty
- Angus Burger \_\_\_\_\_ \$5.49
- Chicken \_\_\_\_\_ \$5.99  
served fried, grilled, or blackened
- Turkey Burger \_\_\_\_\_ \$6.49

**SURF**

- Salmon \_\_\_\_\_ \$9.99  
served grilled or blackened
- Tilapia \_\_\_\_\_ \$7.49  
served fried, grilled, or blackened
- Shrimp \_\_\_\_\_  
jumbo shrimp served grilled,  
sautéed, fried, or blackened
- 5 pieces \_\_\_\_\_ \$10.99
- 7 pieces \_\_\_\_\_ \$13.99

**EARTH**

*All EARTH items are 100% plant-based*

- Falafel \_\_\_\_\_ \$5.49  
golden-brown split pea & chickpea croquettes
- Impossible Burger \_\_\_\_\_ \$10.99  
meaty, delicious burger made from plants
- Chick'n \_\_\_\_\_ \$5.99  
soy & wheat protein patty served grilled, lightly fried,  
or blackened
- Tofu \_\_\_\_\_ \$5.49  
scrambled soy protein served sautéed or blackened
- Lentil-Mushroom Burger \_\_\_\_\_ \$6.29  
seasoned lentil, mushroom, & oat savory patty
- Chipotle Black Bean Burger \_\_\_\_\_ \$6.29  
medium spiced & seasoned black bean patty

**TURF  
SURF & EARTH**

**STEP 2: Choose a serving style**

<b>OVER RICE + \$1.49</b> White, Brown, & Spanish	<b>OVER GREENS + \$1.49</b> Spring Mix, Kale, & Spinach	<b>OVER GREENS &amp; RICE + \$1.49</b> choice of greens & rice	<b>SIMPLY GREENS &amp; RICE</b> full order \$4.99 half order \$2.99
<b>ON A BUN + \$.79</b> bakery fresh roll	<b>ON A TACO + \$.99</b> 3 soft corn tortillas	<b>ON A PITA + \$.99</b> 2 large pita pockets	

**STEP 3: Choose a flavor style or Build Your Own**

- Classic:** iceberg lettuce, tomatoes, onions, pickles, mayo & American cheese + \$1.99 (*tartar sauce substituted for mayo with SURF*)
- Mushroom Swiss:** sautéed mushrooms & swiss cheese + \$1.99
- Buffalo Chipotle:** lettuce, tomatoes, spicy pico, blue cheese, chipotle mayo, & buffalo chipotle sauce + \$2.99
- BBQ Ranch:** crispy onions, bacon, cheddar, BBQ sauce, & BBQ Ranch + \$3.49
- Mexican:** black beans, pico, avocado, sour cream, & salsa verde + \$4.99

- Baja:** guacamole, pico, red cabbage, & baja sauce + \$2.99
- Mediterranean:** lettuce, pico, cucumbers, hummus, & tahini sauce + \$2.49
- Caesar:** parmesan, croutons, & Caesar dressing + \$1.49
- Sweet:** strawberries, pecans, dried cranberries, raisins, & raspberry vinaigrette + \$2.99
- Southwest:** cheddar, blue cheese, tortilla strips, bacon, & buffalo chipotle sauce + \$3.49

*Substitute dairy-free cheese with any style*

**'Build Your Own'**  
Continued on back

## BUILD YOUR OWN

### CHEESES: + \$.99

- American
- Blue
- Cheddar
- Parmesan
- Pepper Jack
- Swiss
- Dairy-free
- Dairy-free Cashew Cheese Sauce

### TOPPINGS: 3 Free + \$.49 additional

- Iceberg lettuce
- Raw Spinach
- Raw Kale
- Tomatoes
- White Onion
- Diced Red Onion
- Cucumbers
- Dill Pickles
- Dried Cranberries
- Raisins
- Tortilla Strips
- Croutons
- Red Cabbage
- Jalapeños

### GOURMET TOPPINGS: + \$.99

- Raw Broccoli
- Alfalfa Sprouts
- Crispy Onions
- Bacon
- Pico de Gallo
- Spicy Pico
- Hummus
- Pita Bread
- Corn Tortillas
- Sautéed Mushrooms
- Sautéed Spinach
- Caramelized Onions
- Fried Egg
- Pecans
- Strawberries + \$1.49
- Black Beans + \$1.49
- Avocado + \$1.49
- Guacamole + \$1.49

## BUILD YOUR OWN

### SAUCES & DRESSINGS: + \$.49 *All 100% plant-based*

- Baja
- Balsamic Vinaigrette
- BBQ
- BBQ Ranch
- Buffalo Chipotle
- Caesar
- Chipotle Mayo
- 'Honey' Mustard
- Hot Sauce
- Italian
- Mayonnaise
- Ranch
- Raspberry Vinaigrette
- Salsa Verde
- Sour Cream
- Tahini
- Tartar Sauce
- Teriyaki

## LITTLE TURF SURF & EARTH

*Served with fries & fountain drink.*

*Substitute alternative side for additional \$.50*

Little Hamburger \_\_\_\_\_ \$5.99

add cheese \$.99

Little Veggie Burger \_\_\_\_\_ \$5.99

add cheese \$.99

Little Chick'n Tenders \_\_\_\_\_ \$6.99

served with choice of sauce

Little Chicken Fingers \_\_\_\_\_ \$6.99

served with choice of sauce

Little Grilled Cheese \_\_\_\_\_ \$5.99

served with choice of cheese

## SIDES

French Fries \_\_\_\_\_ \$2.25

served plain or blackened

Sweet Potato Fries \_\_\_\_\_ \$2.99

served plain or blackened

Onion Rings \_\_\_\_\_ \$2.99

served plain or blackened

Tortilla Chips \_\_\_\_\_ \$2.99

served with side of pico & guacamole

Sautéed Spinach \_\_\_\_\_ \$2.99

Steamed Broccoli \_\_\_\_\_ \$2.99

## BEVERAGES

Fountain Drink \_\_\_\_\_ \$1.99

Bottled Water \_\_\_\_\_ \$1.99

# TURF SURF & EARTH