

Location: 46 East Main Street, Somerville, NJ 08876  
 Order Online: [www.TurfSurfandEarth.com](http://www.TurfSurfandEarth.com)  
 Phone number: (908) 393-9272



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

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

<b>TURF</b>	<b>SURF</b>	<b>EARTH</b> <i>*All selections are 100% plant based*</i>
Angus Burger _____ \$5.49	Salmon _____ \$9.99	Chipotle Black Bean Burger _____ \$6.29
Grass Fed Burger _____ \$8.99	served grilled or blackened	medium spiced & seasoned black bean patty (cn)
organic beef patty	Tilapia _____ \$7.49	Lentil-Mushroom Burger _____ \$6.29
Chicken _____ \$5.99	served fried, grilled, or blackened	seasoned lentil, mushroom, & oat savory patty
served fried, grilled, or blackened	Shrimp _____	Impossible Burger _____ \$9.99
Turkey Burger _____ \$6.49	served grilled, sautéed, fried, or blackened	meaty, delicious burger made from plants
	5 pieces _____ \$10.99	Chick'n _____ \$5.99
	7 pieces _____ \$13.99	soy & wheat protein patty served grilled, fried, or blackened (cg)
		Falafel _____ \$5.49
		golden-brown split pea & chickpea croquettes
		Tofu _____ \$5.49
		scrambled soy protein served sautéed or blackened

# TURF SURF & EARTH

**STEP 2: Choose a Serving Style** *\*All selections are 100% plant based\**

<b>OVER RICE + \$1.49</b>	<b>OVER GREENS + \$1.49</b>	<b>OVER GREENS &amp; RICE + \$1.49</b>	<b>No TURF SURF or EARTH selection</b>
White, Brown, Spanish	Spring Mix, Kale, Spinach	choice of greens & rice	<b>SIMPLY GREENS &amp; RICE</b>
<b>ON A BUN + \$.29</b>	<b>ON A TACO + \$.99</b>	<b>ON A PITA + \$.99</b>	
bakery fresh roll (cg)	3 soft corn tortillas	2 pita pockets (cg)	full order \$4.99
			half order \$2.99

**STEP 3: Choose a Flavor Style or Build Your Own**

**FLAVOR STYLES**

**Classic:** iceberg lettuce, tomatoes, onions, pickles, mayo & American cheese + \$1.99

**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 (cg), bacon, cheddar, BBQ sauce, & BBQ Ranch + \$3.49

**Mediterranean:** lettuce, pico, cucumbers, hummus, & tahini (cn) + \$2.49

**Mexican:** black beans, pico, avocado, sour cream (cn), & salsa verde + \$4.99

**Baja:** guacamole, pico, red cabbage, & baja sauce + \$2.99

**Caesar:** parmesan, croutons (cg), & Caesar dressing + \$1.49

**Sweet:** strawberries, pecans, dried cranberries, raisins, & raspberry vinaigrette + \$2.99 (cn)

**Southwest:** cheddar, blue cheese, tortilla strips, bacon, & buffalo chipotle sauce + \$3.49

*Substitute dairy-free cheese with any style*

## BUILD YOUR OWN

### CHEESES: + \$.99

- American
- Blue
- Cheddar
- Parmesan
- Pepper Jack
- Swiss
- Dairy-free (pb)
- Cashew Cheese Sauce (cn) (pb)

### 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 (cg)
- Red Cabbage
- Jalapeños

### GOURMET TOPPINGS: + \$.99

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

## BUILD YOUR OWN

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

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

## LITTLE TURF SURF & EARTH

Served with fries

Substitute alternative side + \$.49

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

served on our fresh bakery roll (cg). add cheese + \$.99.

Little Veggie Burger (pb) \_\_\_\_\_ \$5.99

served on our fresh bakery roll (cg). add cheese + \$.99.

Little Chick'n Tenders (pb) (cg) \_\_\_\_\_ \$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 \_\_\_\_\_ \$2.99

served plain or blackened (cg)

Sweet Potato Fries \_\_\_\_\_ \$3.49

served plain or blackened

Onion Rings \_\_\_\_\_ \$3.99

served plain or blackened (cg)

Tortilla Chips \_\_\_\_\_ \$3.99

served with side of pico & guacamole

Sautéed Spinach \_\_\_\_\_ \$2.99

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

(cg) = contains gluten

(cn) = contains nuts

(pb) = plant-based

We are not a 100% gluten free or nut free restaurant. We offer a variety of gluten free and/or nut free options and take steps to minimize cross-contamination. If you are highly sensitive to gluten and/or nuts, please advise us when ordering. We will do our best to ensure that your meal is prepared without gluten and/or nuts, but cannot guarantee your food will not touch gluten or nuts at some point in the process.

\*All sautéed items are cooked in non-dairy oils.

\*\*All breaded, fried items contain gluten and are cooked in canola oil

# TURF SURF & EARTH