

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



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

STEP 1: Choose a TURF SURF or EARTH item

TURF

- Angus Burger _____ \$5.99
- Grass Fed Burger _____ \$8.99
- organic beef patty
- Chicken _____ \$6.49
- served fried, grilled, or blackened
- Turkey Burger (cg) _____ \$6.49

SURF

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

EARTH

All selections are 100% plant based

- Chipotle Black Bean Burger _____ \$6.29
- medium spiced & seasoned black bean patty (cn)
- Lentil-Mushroom Burger _____ \$6.29
- seasoned lentil, mushroom, & oat savory patty
- Impossible or Beyond Burger _____ \$9.99
- meaty, delicious burger made from plants
- Chick'n _____ \$5.99
- soy & wheat protein patty served grilled, fried, or blackened (cg)
- Falafel _____ \$5.99
- 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**

OVER RICE + \$1.49	OVER GREENS + \$1.49	OVER GREENS & RICE + \$1.49	No TURF SURF or EARTH selection
White, Brown, Spanish	Spring Mix, Kale, Spinach	choice of greens & rice	SIMPLY GREENS & RICE
ON A BUN + \$2.29	ON A TACO + \$0.99	ON A PITA + \$0.99	full order \$4.99
bakery fresh roll (cg)	3 soft corn tortillas	2 pita pockets (cg)	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 + \$1.97

Mushroom Swiss: sautéed mushrooms & swiss cheese + \$1.98

Buffalo Chipotle: lettuce, tomatoes, spicy pico, blue cheese, chipotle mayo, & buffalo chipotle sauce + \$2.96

BBQ Ranch: crispy onions (cg), bacon, cheddar, BBQ sauce, & BBQ Ranch + \$4.45

Mediterranean: lettuce, pico, cucumbers, hummus, & tahini + \$2.47

Mexican: black beans, pico, avocado, sour cream (cn), & salsa verde + \$4.95

Baja: guacamole, pico, red cabbage, & baja sauce + \$2.97

Caesar: parmesan, croutons (cg), & Caesar dressing + \$1.48

Sweet: strawberries, pecans, dried cranberries, raisins, & raspberry vinaigrette + \$2.97 (cn)

Southwest: cheddar, blue cheese, tortilla strips, bacon, & buffalo chipotle sauce + \$3.96

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
- 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) _____ \$4.99

served with choice of sauce

Little Chicken Fingers (cg) _____ \$4.99

served with choice of sauce

Little Grilled Cheese (cg) _____ \$5.99

served with choice of cheese

SIDES

French Fries _____ \$2.99

served plain or blackened (cg) (pb)

Sweet Potato Fries _____ \$3.49

served plain or blackened (pb)

Onion Rings _____ \$3.99

served plain or blackened (cg) (pb)

Tortilla Chips _____ \$3.99

served with side of pico & guacamole (pb)

Sautéed Spinach (pb) _____ \$3.99

Steamed Broccoli (pb) _____ \$3.99

(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