IURF SURF & E 46 E Main St | Somerville NJ | 908-393-9272 order online | www.turfsurfandearth.com ste pick your protein turf earth (all selections are 100% plant based) ♥ surf salmon ----- 13.49 angus burger chipotle black bean burger — 7.49 - 7.29 served grilled or medium spiced & seasoned black bean grass fed burger - 9.99 blackened patty 🦺 organic beef patty

lentil mushroom burger 7.49 seasoned lentil, mushroom & oat savory patty

> impossible or beyond burger - 9.99 meaty delicious burger made from plants

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chick'n			7 49
			//
soy a wh	eat pro	tein patty servea	
grilled, tri	ied, or l	tein patty served blackened 🗤	
			(
talatel		<i>y</i>	6.99
golden-b	rown s	olit pea & chickpea	
croquette	es		

- 6.49

full 6.29

half 4.29

no protein? no problem.

simplu

areens

+ rice

totu ----cubed soy protein served sautéed or blackened

choose a serving styl

OVER RICE + GREENS +1.99 choice of greens + rice

gyro style flatbread 🗤

choose your toppings

build your own

flavor styles or build your own (reverse side)

mexican: black beans, pico, avocado, cashew sour cream 2+ salsa verde +6.95

baja: guacamole, pico, red cabbage + baja sauce +4.47

caesar: parmesan, croutons 🗤, + caesar dressing +1.48

sweet: strawberries, pecans, dried cranberries, raisins + raspberry vinaigrette +2.97 🤳

southwest: cheddar, blue cheese, tortilla strips, bacon, ranch dressing + buffalo chipotle sauce +4.95

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 W, bacon, cheddar, BBQ sauce + BBQ ranch +4.95

mediterranean: lettuce, pico, cucumbers, hummus + tahini +2.47

serve it up step 2 (all selections are 100% plant based) 💙

over greens 1.99

spring mix, kale, spinach

ON a taco +1.29 3 soft corn tortillas

on flatbread +1.29

tilapia 8.99 served grilled, fried or blackened

shrimp served grilled, sautéed, fried, or blackened

small. - market pricing large.

chicken served fried, grilled or blackened	8.29 ,
turkey burger	8.29
CUR	arth
MAL	

OVER FICE +1.99

white, brown, spanish

on a bun +1.29 ₩

brioche, wheat,

wrap

pretzel, or lettuce

GUSTOMZE build your after choosing from step 1 and 2

toppings gourmet toppings +.99 3 free **cheese** +.99 +.49 additional american croutons ₩ raw spinach alfalfa sprouts +1.49 blue cucumbers tomatoes avocado +2.49 cheddar diced red onion tortilla strips bacon +1.99 parmesan dill pickles red cabbage black beans +1.49 pepper jack white onion dried cranberries caramelized onion swiss jalapeños (all selections are 💙 corn tortillas +1.29 dairy-free cheddar 💙 iceberg lettuce 100% plant based) crispy onions 🐝 cashew cheese sauce raisins fried egg raw kale guacamole +2.49 gyro style flatbread 🗤+1.29 Sauces + dressings +.49 (all selections are 100% plant based 100% plant based) 💙 hummus pecans baja mayonnaise pico de gallo balsamic vinaigrette ranch raw broccoli BBQ raspberry vinaigrette sautéed mushrooms BBQ ranch salsa verde sautéed spinach sour cream +.99 矣 buffalo chipotle spicy pico caesar tahini strawberries +1.49 chipotle mayo tangy earth vegan bacon₩ ♥+1.49

teriyaki tzatziki +.99**2 fried egg + bacon**, are 100% plant based) 父 SIDES & signatures

mac n "cheeze": pasta shells with dairyfree cashew cheese sauce 🧕 🗤 🛇 4.79

"turk'y" club: toasted multigrain bread, house made vegan turk'y, vegan bacon, avocado, lettucé, tomato, banana peppers, mayo and yellow mustard ₩ 🎔 12.99

BLT: toasted multigrain bread, vegan bacon, avocado, lettuce, tomato, alfalfa sprouts, mayo ₩♥ 10.99

'honey' mustard (agave)

italian

nachos: house made tortilla chips, dairy-tree cashew cheese sauce, beans, lettuce, pico de gallo, guacamole, jalapeños, cashew sour cream drizzle **2** ♥ 8.79

hummus platter: bed of lettuce, 3 scoops of hummus, pico de gallo, tahini drizzle, cucumbers, + warm pita for dipping \$\$\$7.29

hippie avo toast: toasted multigrain bread, dairy-tree cheese, caramelized onions, red cabbage, avocado, + chipotle mayo drizzle ₩♥ 8.29 french fries: plain or blackened 💘 ----- 4.49 sweet potato fries: plain or blackened

fresh tortilla chips: with pico + guacamole sautéed spinach 4.49 steamed broccoli 4.49

e turf surf + earth

served with fries substitute alternative side +.49

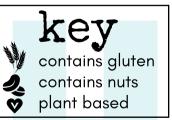
little hamburger served on our fresh bakery roll 7.29 add cheese +.99

little veggie burger served on our fresh bakery roll 7.29₩♥ add cheese +.99 💙

little earth chick'n tenders served with choice of sauce 6.29

little chicken fingers served with choice of sauce 7.29

little grilled cheese (♥ or classic) served with choice of cheese 7.29



4.49

.... 4.99

We are <u>not</u> 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 aluten and/or 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



🖣 100% plant based) 👽

(all selections, with the exception of the