

Tacos & Empanadas

Fish Tacos (3) - \$12

Catch of the day, avocado crema, red cabbage, pickled jalapeño slaw, radish, lime, corn tortillas

Steak Tacos (3) - \$12

Tender flat iron steak, avocado crema, red cabbage, pickled jalapeño slaw, radish, lime, corn tortillas

Chorizo Tacos (3) - \$12

Spicy Mexican chorizo, corn tortilla, queso blanco, crema, avocado, radish, cilantro. Served with lime, salsa verde, and salsa roja

Empanada Trio - \$10

Choose from Beef, Pork, or Vegan Sweet Potato & Lentil. Served with sour cream, salsa verde, and salsa roja

Bowls & Salads

Spring Grain Bowl - \$14

Organic grilled chicken, farro, red quinoa, Tuscan kale, asparagus, avocado, red cabbage, radish, peas, creamy roasted garlic herb dressing

Salmon Mango Bowl - \$18

Wester Ross Salmon, brown rice, mango, scallion, avocado, red peppers, sesame seeds, chipotle aioli

Grilled Chicken Bowl - \$12

Grilled lemon herb chicken, cilantro lime rice, tomato salsa, avocado and shredded cheddar cheese

BLT Salad - \$14

Little gem lettuce, bacon, grape tomato, red onion, avocado, spring onion, crouton, herb buttermilk dressing

Spicy Chicken Salad - \$13

11 spice pan roasted chicken breast, roasted corn, Poblano peppers, crispy tortilla strips, romaine, cornbread croutons, creamy Southwest dressing

Build Your Own Sandwich

Whether you want a classic or a sammie with the works, we can make it!

Meats

Ham, Turkey, Roast Beef, Sliced Chicken, Corned Beef, Capicola, Bologna, Salami, Liverwurst, Pastrami

Cheeses

3 Pepper Colby Jack, American, Sharp Cheddar, Vermont Cheddar, Chipotle Gouda, Smoked Gouda, Havarti, Muenster, Pepper Jack, Provolone, Gold Swiss, Lacey Swiss

Condiments

Classic Mayo, Dijon Mustard, Spicy Brown Mustard, Salsa Mayo, Black Olive Mayo, Caesar Dressing, Creamy Horseradish

Toppings

Lettuce, Tomato, Onion, Cherry Peppers, Roasted Red Peppers, Pickles

Bread

Italian, Ciabatta, Sub Roll, Rye, White, Wheat, Tortilla Wraps

Sides

Morning Potatoes - \$4

Side Bacon - \$3.50

Griddled Muffin - \$3

• Blueberry or Corn

Coleslaw, Potato or Macaroni Salad (8 oz.) - \$3

Deviled Eggs with Sriracha - \$7

Kale Power Salad (16 oz.) - \$5

Hot Soup (12 oz.) - \$5

• Chicken Noodle Soup, Beef Chili

Housemade Potato Chips - \$3

Onion Rings - \$6

Sweet Potato Fries - \$5

Chips & Guacamole - \$7

Iced Fudge Brownie - \$3 BIG Chocolate Chip Cookie - \$3.50

Drinks

Fiji Water or Boylan Soda - \$2

Natalie's Orange Juice (8 oz.) - \$2

Watermelon Mint Juice - \$7

Spring Green Juice - \$8

Strawberry Tangerine Juice - \$8



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Bites by Sickles in Red Bank
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Breakfast Sandwiches

Sickles Slammer - \$8.50

Fried egg, pork roll, Morning Potatoes, Vermont white cheddar, brioche roll

Croissant Eggwich - \$7.50

Scrambled eggs, young Gouda, sweet basil, caramelized onions, toasted croissant

Breakfast Burrito - \$8

Black beans, peppers, onions, cilantro, scrambled eggs, pepper jack cheese, flour tortilla & tomato salsa

Good Morning Grilled Cheese - \$6

Fried egg, Vermont white cheddar, house-smoked bacon, grilled marble rye

Egg White Sandwich - \$7

Egg whites, Muenster cheese, baby spinach, grainy mustard, multigrain bread

Egg & Cheese Sandwich - \$6

Your choice of cheese & bread

Breakfast Plates

Heirloom Tomato Toast - \$10

Sourdough, ricotta, basil, balsamic glaze, extra virgin olive oil, Fleur de Sel

Avocado Toast - \$9

Avocado, arugula, radish, over-medium eggs, lemon juice, extra virgin olive oil, multigrain bread

Huevos Rancheros - \$8

Corn tortillas, refried beans, egg, tomato salsa, avocado, Cotija cheese

Omelet - \$11

Three egg omelet with your choice of two veggies (peppers, onions, spinach, tomato, mushrooms) and cheese. Served with Morning Potatoes

Oatmeal Porridge - \$9

Steel cut and rolled oats, cinnamon and maple syrup cooked in almond milk, with dried fruit, bananas and berries

Classic Belgian Waffle - \$8

Served with maple syrup and butter

Served with sliced banana, strawberries and Nutella - \$3

Add Bacon to any Breakfast Sandwich or Plate - \$3

All Breakfast Sandwiches & Plates are served with a fruit salad.

Seasonal Specials

Jersey Corn Fritters - \$10

Sickles' Own Chipotle Lime Aioli

Jersey Tomato Sandwich - \$12

Sourdough, Jersey Tomato, Boston Bibb, Mayonnaise

Tuna & Tomato Confit Toast - \$14

Sourdough, Tomato Confit, Pickled Shallot, Crema, Basil

Green Papaya & Crab Salad - \$18

Green Papaya, Crab, Mint, Basil, Carrot, Scallion, Grape Tomato, Peanut, Baby Lettuce, Chili Tamarind Vinaigrette

Calamari Panzanella - \$18

Parmesan Fried Calamari, Tomato, Cucumber, Red Onion, Mozzarella, Basil, Arugula, Grated Romano

Watermelon Mint Juice - \$7

Watermelon & Mint

Sickles' Own Classics

The Italian Sub - \$10

Genoa salami, cappy ham, picante provolone, red onions, romaine lettuce, tomato and Italian dressing on a sub roll

The Fair Haven - \$12

Warm honey maple turkey, bacon, Swiss cheese, coleslaw and Russian dressing on a ciabatta roll

The Parker House - \$13

Grass-fed roast beef, provolone, romaine, tomato, horseradish sauce, Kaiser roll

The Sweet Adelaide - \$12

Oven Gold turkey, bacon, avocado, spinach & honey mustard on a wrap

Turkey Club - \$13

Turkey, romaine, bacon, tomato and Hellmann's mayonnaise, white toast

Green Goddess Crunch - \$10

Avocado, cucumber, snow peas, Bibb lettuce, Sickles' Own Mozzarella & green goddess dressing on wheat bread

Hot Sandwiches & Such

Hot Chicken Sandwich - \$14

Fried chicken, Cayenne pepper sauce, hot honey, bread and butter pickles, brioche

Tuna Avocado Melt - \$11

Marble rye, sharp cheddar, green apple, beefsteak tomato

Pimento Chicken Panini - \$14

Lemon Herb Chicken, goat cheese, roasted red onion & red peppers, focaccia

The Vermont - \$13

Sickles' Own Turkey, Vermont cheddar, maple mayo, sliced apples and lettuce on sourdough bread

Chicken Parma - \$14

Vodka sauce, Sickles' Own Mozzarella, shaved parmesan, basil pesto, semolina roll

Sickles Smash Burger - \$12

House blend of chuck and brisket patties griddled over onions, served with black pepper mayo, pickles, lettuce & tomato on a brioche bun

Add cheese - \$1

Add Tomato Bacon Jam - \$2

Spring Falafel Burger - \$13

Naan, roasted garlic hummus, cilantro sauce, tomato, red onion, romaine

Ribeye Cheesesteak - \$15

Ribeye, peppers, onions and provolone cheese on an Italian roll

Pulled Pork & Apple Slaw - \$10

Pulled pork topped with a tangy fresh cabbage and apple slaw on a Kaiser roll

Buttermilk Chicken Bites - \$12

Sickles' Own Ranch Dressing

Hot Honey Chicken Bites - \$12

Sickles' Own Ranch Dressing

Cold Sandwiches

Turkey Avo - \$12

Roasted turkey breast, avocado, black pepper aioli, green leaf lettuce, sliced pumpernickel

Grilled Chicken Breast - \$10.50

Grilled zucchini, sundried tomato spread, provolone, arugula, ciabatta

Green Goddess Shrimp Wrap - \$15

Herb grilled shrimp, baby lettuces, shaved carrot, cucumber, red onion, grape tomatoes, chickpeas, radish, feta

BLT - \$9

Classic Bacon, Lettuce & Tomato Sandwich with your choice of bread