

**Union County's Largest Independent  
Natural Food Market**



**fresh &  
wholesome  
MARKET**

**OPEN  
7 DAYS**  
Monday-Saturday  
9am-8pm  
Sunday  
10am-6pm

**FRESH SALADS**

*Available with your choice of dressing*

- LIFE SALAD** . . . . . 6.99  
Lettuce, gorgonzola cheese, craisins, candied walnuts,  
roasted pears, balsamic vinaigrette
- GREEK SALAD** . . . . . 6.99  
Romaine lettuce, mixed baby greens, feta cheese, roasted peppers,  
tomatoes, red onion, olives, in-house croutons, oregano
- MEDITERRANEAN SALAD** . . . . . 6.99  
Lettuce, grilled chicken, feta cheese, salsa, olives, tomato

**THAT'S A WRAP!**

- TUNA UP!** . . . . . 7.99  
Tongol tuna salad, red onion, tomato, leaf lettuce, tortilla wrap
- HOME ON THE ROAST** . . . . . 7.99  
Roast beef, swiss cheese, lettuce, tomato, caramelized onion,  
horseradish sauce, tortilla wrap
- SOUTHWEST CHICKEN** . . . . . 7.99  
Grilled chicken breast, cheddar cheese, bacon, lettuce, tomato, ranch  
dressing, tortilla wrap
- ASIAN TUNA** . . . . . 7.99  
Asian tuna salad, mixed greens, tomato, carrots, tortilla wrap
- THE HUMMUS AMONG US** . . . . . 6.99  
Mixed vegetables (zucchini, yellow squash, eggplant, peppers, grilled  
onion, spices), hummus, mixed greens, tortilla wrap
- PROVENCALE** . . . . . 6.99  
Mixed vegetables (zucchini, yellow squash, eggplant,  
peppers, grilled onion), mixed greens, brie, tomato, tortilla wrap
- WILD BUFFALO BILL** . . . . . 7.99  
Roasted buffalo chicken, swiss cheese, lettuce, tomato,  
onion, ranch dressing, hot sauce, tortilla wrap
- OLD STAND BY** . . . . . 7.99  
Herb roasted turkey, swiss cheese, mixed greens, tomato, house honey  
mustard, tortilla wrap
- BOW THAI** . . . . . 7.99  
Breaded chicken tenders, carrots, red onion, baby greens,  
tomato, roasted red peppers, ginger orange sauce, tortilla wrap
- HAIL CAESAR** . . . . . 7.99  
Grilled chicken breast, leaf lettuce, tomato, caesar dressing,  
tortilla wrap

**LUNCH/DINNER ~ EAT-IN or TAKE-AWAY**

Juice Bar, Hot Buffet, Salad Buffet,  
Homemade Daily Delicious Soups, Salad Bar,  
Beverage, Bakery & Cheese Departments,  
Fruit Baskets Made To Order,  
Fresh Rotisserie Chicken

**ORGANIC PRODUCE  
FRESH & LOCALLY GROWN**

**PANINI EXPRESS**

- THE GOBBLER** . . . . . 7.99  
Roasted turkey, swiss cheese, red onion, artichoke &  
spinach spread, tomato, ciabatta roll
- THE TUSCAN** . . . . . 6.99  
Grilled chicken breast, fresh mozzarella cheese, tomato,  
balsamic dressing, roasted peppers, ciabatta roll
- THE GOODFELLA** . . . . . 7.99  
Prosciutto, provolone cheese, fresh mozzarella, salami, tomatoes,  
red onions, sundried tomato pesto, ciabatta roll
- THE GREEN GROCER** . . . . . 6.99  
Mixed vegetables (zucchini, yellow squash, eggplant, peppers,  
grilled onions, spices) brie, tomato, mixed greens, ciabatta roll
- THE HAMLET** . . . . . 6.99  
Black forest ham, brie, tomatoes, honey mustard, ciabatta roll
- WILD BUFFALO BILL** . . . . . 7.99  
Buffalo chicken, swiss cheese, lettuce, tomato, red onion,  
ranch dressing, hot sauce, ciabatta roll
- FUN GUY** . . . . . 7.99  
Portabella mushrooms, fresh mozzarella cheese, roasted peppers,  
red onion, tomato, balsamic dressing, ciabatta roll
- CUBAN BANDITO** . . . . . 7.99  
Roasted pork loin, black forest ham, swiss cheese, pickles,  
dijon mustard, ciabatta roll
- SAY CHEESE** . . . . . 5.99  
Provolone, monterey jack, swiss, bacon, tomato, ciabatta roll

**FOCCACIAS**

- ITALIAN MUFFALETTA FOCCACIA** . . . . . 7.99  
Prosciutto, salami, provolone, tomato, lettuce, vegetable  
tapenade on a foccacia bread
- GRILLED VEGETABLE &  
BRIE FOCCACIA** . . . . . 6.99  
Mixed vegetables, brie, tomatoes on foccacia
- CHICKEN FOCCACIA** . . . . . 6.99  
Grilled chicken, mozzarella, roasted peppers, tomato,  
sun-dried tomato pesto on foccacia

**Extraordinary Customer Service**

[www.freshandwholesomemarket.com](http://www.freshandwholesomemarket.com)

**BERKELEY HEIGHTS**

501 Springfield Avenue

Corner of Plainfield Ave.

908-464-3370

