



Arugula

MODERN CUISINE

Executive Chef George Edward

LUNCH MENU

Appetizers

\$14.95

Drunken Clams

Eggplant Tower

Escargot

Broccoli Rabe

\$18.95

Ahi Tuna Tartar

Shrimp Cocktail

Burrata Black Truffles

Polynesian Seafood Salad

Seafood, tomato, cilantro, fruit, and salsa

Salads

\$13.00

WALDORF SALAD

Grilled chicken, shredded coconut, granola, celery, tomato, apples, walnuts, & raisins topped with honey lemon dressing.

HEALTHY SPINACH SALAD

Served with a scoop of both chicken & tuna salad, fresh fruit with vinaigrette topped with flax seeds.

Chef Favorite

GRILLED CHICKEN CAESAR

Grilled chicken over romaine lettuce with croutons & homemade house Caesar dressing.

ITALIAN CHEF SALAD

Assorted cold cuts, tomato, peppers, onions and hard-boiled egg with Italian vinaigrette.

GREEK SALAD

Fresh romaine lettuce, onions, black olives, peppers and tomatoes with lemon wine vinaigrette and feta cheese topped with chia seeds.

ARUGULA SALAD

Arugula mixed greens, chicken, strawberries, grapes and onions topped with almonds, goat cheese and citrus vinaigrette

Platters

\$17.00

MEAT BOLOGNESE

Black Angus ground beef with a plum tomato sauce and Italian spices over pasta.

Chef Favorite

ITALIAN VODKA

Plum tomato, pancetta, pecorino cheese, shallots, vodka cream sauce tossed with pasta.

TWO PEAS IN A POD

Sautéed onions with peas, diced tomato tossed with pasta and extra virgin olive oil.

CHICKEN PARM

Breaded chicken breast with tomato sauce and melted cheese served over pasta.

MAMA MARIA

Sliced grilled chicken breast, imported prosciutto, spinach, garlic, roasted peppers, Vidalia onions and cheese, sautéed and tossed with pasta.

Chef Favorite

DRUNKEN CLAMS

Tender young clams in a garlic wine sauce with spicy fresh herbs and lager beer over pasta

WE DO PARTIES!

CALL 732.295.2800 OR DIAL EXT 1737 TO ORDER

Deli Wraps

\$13.00 Served with Potato Chips

BEEF, ONION & CHEESE

Beef, onion and cheddar cheese with Worcestershire sauce.

Chef Favorite

NUTTY CHICKEN

Chicken salad with blueberries, nuts, lettuce & tomatoes with honey lemon sauce.

CHICKEN CAESAR

Grilled chicken with homemade Caesar dressing, lettuce & shredded parmesan.

CHICKEN SALAD

White meat chicken salad with lettuce & tomatoes.

TUNA SALAD

Tuna Salad with lettuce & tomatoes.

TWO PIRATES HOT DOGS

2 Jumbo Hot Dogs, one topped with Pico de Gallo and one with Bacon Mac n' Cheese

Burgers

\$13.00 Served with Potato Chips

All burgers cooked medium

JERSEY BURGER

Burger topped with pork roll & American Cheese.

CAPTAIN'S BURGER

Grilled ground beef, sautéed onions, bacon, BBQ sauce & pepper - jack.

STEAK & ONION CHEESE BURGER

MAC ATTACK BURGER

Bacon, Mac n' Cheese.

PULLED PORK SANDWICH

Homemade

INCREDIBLE BURGER - VEGAN

Lettuce, tomatoes & guacamole



Sandwiches and Heros

\$13.00 Served with Potato Chips

HOT PASTRAMI & SWISS

Hot pastrami piled high with melted Swiss cheese on rye.

CORNED BEEF RUEBEN

Hot open faced corned beef, sauerkraut, Russian dressing baked with Swiss on rye.

TURKEY DELI

Sliced turkey breast with Swiss coleslaw & Russian dressing.

BEEF DIP

Sliced beef with onions & melted cheese.

FISH PO-BOY

breaded fish filet with lettuce, tomato, tartar sauce & melted cheese.

ITALIAN SUB

Shredded cold cuts with cheese, lettuce, tomato, oil, spices & vinegar.

MEATBALL PARMIGIANA

Homemade meatball parmigiana with a fresh plum tomato sauce & melted cheese.

CHICKEN PANINI

Sliced grilled chicken with onions, fresh basil, garlic, roasted peppers & mozzarella cheese.

Chef Favorite

MAMA MARIA

Sliced grilled chicken breast, imported prosciutto, spinach, garlic, roasted peppers, vidalia onions and cheese, sautéed with extra virgin olive oil and tossed with pasta.

CUBAN PANINI

Roasted pork, Virginia ham, relish, Russian dressing, swiss & mustard.

Chef Favorite

BROCCOLI RABE

Chicken, broccoli rabe, garlic in oil, roasted peppers melted cheese and balsamic

NJ THANKSGIVING

Turkey, pork roll and cheese with cranberry, apple chutney and walnut mayonaise

Drinks

\$2.50

COKE | DIET COKE | SPRITE | LEMONADE | ICED TEA | ICED COFFEE

CREDIT CARD SERVICE CHARGE WILL BE ADDED

ARUGULA | 1106 OCEAN AVENUE | POINT PLEASANT BEACH, NJ 08742