



TAKEOUT MENU

3591 Highway 35 Normandy Beach, NJ 08735
732.830.1660
LasolasMarketNJ.com



BREAKFAST (Served All Day)

Sandwiches

All made with 2 eggs, served on a Kaiser Roll
(Substitute Whites +1.00)
(White, Wheat, Rye, Wrap and Sub Available. Bagel +.50)

Eggs.....	3.69
w/ Cheese.....	4.49
w/ Meat.....	4.99
w/ Meat and Cheese.....	5.99
Choose from bacon, sausage, pork roll, ham, or turkey bacon	
Peppers & Eggs.....	4.99
Steak, Egg & Cheese.....	7.99
Lite Breakfast.....	6.99
Egg whites, turkey bacon, low sodium cheese	
Belly Buster.....	8.99
Sub with 3 eggs, bacon, sausage, pork roll & cheese	

Omelettes

Made with 3 eggs, side of potatoes & toast..... 9.99

Make Your Own

Choose Two: Cheese, ham, bacon, sausage, pork roll, onions, tomatoes, spinach, broccoli, mushrooms

The Lasolas

Pork roll, bacon, sausage, american cheese

Spinach & Feta

Fresh spinach, feta cheese

Western

Ham, peppers, onions, cheddar cheese

Egg White & Veggie

Spinach, broccoli, tomatoes, onions, mushrooms

French Toast Sticks.....	5.99
Home Fries, Hash Browns, Roasted Potatoes.....	3.99
Buttered Roll.....	1.69
Buttered Bagel.....	1.99
Bagel With Cream Cheese.....	2.69

Add Ons

Egg.....	.50
Ham, Bacon, Pork roll, Sausage, Turkey Bacon, Turkey.....	2.00 each
Onions, Peppers, Mushrooms, Spinach, Tomatoes, Broccoli.....	.75 each
Hash Brown on Sandwich.....	1.25

COLD SUBS

Includes: Lettuce, Tomatoes, Onion, Spices and Condiments,
All Others Subject To Extra Charge

	Sub, Roll Or Wrap	Rye, White Whole Wheat
House Ham.....	7.99	6.49
House Turkey.....	7.99	6.49
Specialty Ham.....	8.49	7.99
Specialty Turkey.....	8.49	7.99
Fresh Market Turkey.....	10.49	9.99
Roast Beef.....	9.49	8.99
Store Made Roast Pork.....	8.99	8.49
Chicken Breast.....	7.99	7.49
Bologna or Liverwurst.....	5.99	5.49
Corned Beef or Pastrami.....	8.99	8.49
Salami, Pepperoni or Mortadella.....	7.99	7.49
Cheese/Veggie.....	6.99	6.49
Egg Salad.....	6.99	6.49
Tuna Salad.....	7.49	6.99
Chicken Salad.....	7.99	7.49
Shrimp Salad.....	9.99	9.49

Extras On Sandwiches

Cheese, Sun Dried Tomatoes, Hot or Roasted Red Peppers.....1.00
Extra Meat, Fresh Mozzarella, Bacon, Cole Slaw or Avocado...2.00
Broccoli Rabe or Prosciutto.....4.00

SPECIALTY WRAPS White Or Wheat

Chicken Salad Blt.....	8.99
Grilled Chicken & Portobella.....	8.99
With sauteed onions & Swiss cheese	
Grilled Chicken Caesar Wrap.....	8.99
Honey Maple Turkey.....	8.99
Cole slaw and Russian dressing	
Buffalo Chicken.....	8.99
Grilled or breaded chicken cutlet, wing sauce, lettuce, Tomatoes & blue cheese dressing	
Marinated Grilled Veggie.....	8.99
Eggplant, Squash & Zucchini, roasted red peppers, balsamic	

DELI CLASSICS

Grilled Corned Beef Reuben.....	10.99
Swiss, sauerkraut, Russian dressing on rye	
Tuna Melt On Rye w/ Swiss.....	8.49
BLT on your choice of white, wheat or rye, mayo.....	7.49
Sloppy Joe Triple Decker On Rye.....	12.99
Corned beef, roast beef, turkey, cole slaw and Russian dressing on rye	
Turkey Club Triple Decker On Toast.....	8.99
Turkey, bacon, lettuce, tomato, mayo	

HOUSE SPECIALTY COMBOS

Served on 8" Sub Bread

1 Italian Sub.....	8.99
Ham, salami and provolone	
2 Fried or Grilled Eggplant.....	9.99
Fresh mozzarella, tomatoes, roasted peppers, balsamic	
3 Prosciutto.....	10.99
Fresh mozzarella, tomatoes, roasted peppers, balsamic	
4 Grilled or Breaded Chicken.....	10.99
Fresh mozzarella, tomatoes, roasted peppers, balsamic	
5 Top Round Roast Beef.....	9.99
Fresh mozzarella, tomatoes, roasted peppers, balsamic	
6 Broccoli Rabe.....	9.99
Fresh mozzarella, tomatoes, roasted peppers, balsamic	
7 Fresh Mozzarella.....	8.99
Fresh mozzarella, tomatoes, roasted peppers, balsamic	
8 Grilled Portobella Mushroom.....	9.99
Fresh mozzarella, tomatoes, roasted peppers, balsamic	
9 Smoked Turkey Breast.....	10.99
Cheddar cheese, bacon, pickles, Russian dressing	
10 American Sub.....	10.99
Ham, roast beef, turkey, American cheese	
11 Roast Pork, Broccoli Rabe.....	13.99
Provolone, hot peppers, (served hot)	
12 Grilled Chicken Bacon Ranch.....	9.99
Lettuce, tomato	
13 Grilled Chicken, Broccoli Rabe.....	13.99
Fresh mozzarella	

LASOLAS BLUE BAG SPECIAL!

Five of our most popular sandwiches,
ready to go, in a reusable
Lasolas beach bag!

\$49.99

Each bag includes:

(1) Italian Sub

Ham, salami & provolone w/ lettuce, tomato, onions, OV + spices

(1) Breaded Chicken Cutlet

Fresh mozzarella, roasted red peppers, tomatoes, balsamic

(1) Smoked Turkey Breast

Cheddar, bacon, pickles, Russian dressing

(1) Chicken LT

Breaded cutlet, American cheese, lettuce, tomato, mayo

(1) Tuna Salad

Lettuce, tomato & onions

No substitutions or modifications please

APPETIZERS/SIDES

Mozzarella Sticks (8) w/ marinara sauce	6.99
Fried Ravioli (12) w/ marinara sauce	6.99
Fried Calamari w/ marinara sauce	8.99
Buffalo Calamari w/ blue cheese	8.99
Fried Clams w/ tartar sauce	8.99
Black Mussels (marinara or garlic & wine sauce)	8.99
French Fries	3.49
Seasoned Waffle Fries	3.99
Cheese Fries	3.99
Sweet Potato Fries	3.99
Onion Rings	3.99

SALAD PLATTERS

Garden5.49 • Mesclun6.49 • Caesar	6.49
Chef	8.99
Garden salad with ham, turkey, swiss cheese & hard boiled egg	
Buffalo Chicken Salad	8.99
Fried buffalo chicken, tomatoes, croutons & blue cheese dressing	
Greek	8.49
Chopped lettuce, tomatoes, cucumber, kalamata olives, Feta cheese with mediterranean dressing	
Harvest Salad	8.49
Mesclun salad with dried cranberries, sliced almonds & crumbled blue cheese	

Dressings:

Ranch, Blue Cheese, Italian, Lite Italian, Balsamic, Thousand Island

Extras On Salads

Grilled Chicken	4.00	Shrimp Salad	5.00
Grilled Shrimp	6.00	Egg Salad	4.00
Tuna Salad	4.00	Chicken Salad	4.00

PANINI

The Metropolitan	10.99
Grilled eggplant, provolone, roasted red peppers, Pesto dressing & baby greens	
The Champagnolo	10.99
Grilled chicken, mozzarella, roasted red peppers, Pesto dressing & baby greens	
The Tuscany	10.99
Prosciutto, fresh mozzarella, olive oil & baby greens	
The Americano	10.99
Turkey, cheddar, tomatoes, mayo & baby greens	
The Cuban	10.99
Roast pork and ham, swiss, with sliced pickles, Mayo & yellow mustard	

Prices subject to change. Not responsible for typographical errors. V3_2/25/21

HOT SANDWICHES

Meatball Parmigiana	8.49
Chicken Parmigiana	9.99
Veal Cutlet Parmigiana	10.99
Eggplant Parmigiana	8.49
"Boardwalk Style" Sausage And Peppers	8.99
Chicken LT	8.99
Grilled or breaded chicken cutlet with american cheese, lettuce, tomatoes, mayo	
Veal LT	9.99
Breaded Veal Cutlet Lettuce, Tomatoes, Mayo	
Ribeye Cheese Steak	8.99
w/ peppers & onions (mushrooms + 1.00)	
Chicken Cheese Steak	8.99
w/ peppers & onions (mushrooms + 1.00)	
Italian Hot Dog	8.99
Peppers, onions & potatoes with mustard	
Jumbo Fish Fillet	9.99
Lettuce, tomato & tartar sauce	
Shrimp Po' Boy	9.99
Lettuce, tomatoes & tartar sauce	
Crab Cake Po' Boy	10.99
Lettuce, tomatoes & tartar sauce	

FLAME GRILLED BURGERS

Fresh from Our Custom Butcher Department. Served with lettuce, tomatoes, onions, condiments, on a Kaiser Roll

Classic	5.99
1/3 lb all beef	
Turkey	6.99
All white meat	
3 Grain Veggie	6.99
Brown Rice, Quinoa & Bulgar w/ roasted corn, black beans and red peppers	
Jersey Burger	8.99
Beef patty, pork roll, American cheese	
Bacon Cheeseburger	8.99
Extras On Burgers	
Cheese	1.00
Grilled Onions or Grilled Mushrooms	1.00
Bacon	2.00
Make Any Burger a Double	3.00

PLATTERS

Grilled Cheese & Fries	6.99
Chicken Tenders & Fries	8.99
Hot Dog & French Fries	6.49
Fish & Chips	10.99
Burger & Fries	8.99

ENTREES/PASTA

All served with bread and side salad with choice of dressing on the side
Choose One: Linguine, Penne, Rice, Potatoes, French Fries
(Non-Pasta Entrees Only)

Eggplant Parmigiana	12.99
Eggplant Rollatini	13.99
Chicken Parmigiana	16.99
Chicken Francaise	17.99
White wine, lemon & butter	
Chicken Marsala	17.99
Mushrooms, marsala wine, demi-glance	
Open Face Chicken Cordon Bleu	18.99
Honey ham, swiss cheese, pecorino sauce	
Chicken Saltimbocca	20.99
Spinach, prosciutto, mozzarella, demi-glance	
Veal Milanese	17.99
Veal Parmigiana	20.99
Beef Lasolas	17.99
Mozzarella, mushrooms, demi-glance	
Shrimp Scampi	20.99
Garlic butter, white wine, parsley	
Shrimp And Scallop Supreme	20.99
Shrimp and scallop in blush sauce	
Maryland Crab Cake (3)	19.99
Fish Of The Day	Market Price
Fried Shrimp	17.99
w/ french fries, cole slaw & tartar sauce	
Coconut Shrimp	17.99
w/ french fries, cole slaw & duck sauce	

Penne A La Vodka	13.99
Tortellini Alfredo	14.99
Linguine Clam Sauce (White or Red)	16.99
Penne Bolognese	14.99
Pasta (Marinara or Garlic & Oil)	11.99
Pasta w/Meatballs (Marinara or Garlic & Oil)	14.99
Baked Ziti	11.99
Stuffed Shells Marinara	13.99
Lasagna (with Meat & Cheese)	13.99
Cavatelli and Broccoli	13.99
Cheese Ravioli Marinara	13.99
Kids Pasta W/Meatballs (Marinara or Butter)	6.99
*Does not include side salad or bread	

Extras on Pasta

Shrimp	6.00
Meatballs, Grilled Chicken or Sausage	4.00
Broccoli Rabe	5.00