



5 Delaware St,
Woodbury,
New Jersey
wholeandgroundedcafe.com

Drinks

Coffees

	12 oz	16 oz
<i>Drip Coffee</i>	\$2.00	\$2.50
<i>Latte</i>	\$3.25	\$4.25
<i>Red Eye</i>	\$3.00	\$3.50
<i>Cappuccino</i>	\$3.50	
<i>Cafe Au Lait</i>	\$2.75	\$3.25
<i>Americano</i>	\$2.00	\$3.00
<i>Cold Brew</i>	\$2.75	\$3.25
<i>Double Espresso</i>	\$2.00	
<i>Hot Chocolate</i>	\$2.50	\$3.25

Extra Espresso Shot.....add for \$1.00

Milks

Whole 2% 1% Non-Fat Half & Half Heavy Cream

Non-Dairy.....Add for .50

Almond Soy Coconut Oat

Flavors.....Add for .50 Ask about our Special Latte of the Month!

Vanilla, Caramel, Toffee Nut, Cinnamon Bun, Hazelnut, White Mocha, Mocha, Toasted Marshmallow, Pumpkin Pie, Caramel Drizzle, Raspberry, Strawberry, Blue Raspberry, Blackberry, Blueberry, Mango, Cucumber, Watermelon, Pomegranate, Coconut, Lavender Sugar Free Vanilla, Sugar Free Caramel

Order On Toast TakeOut or Give Us A Call 856.537.7313



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Drinks

	12oz	16oz
Teas		
<i>Hot</i>	\$2.50	\$2.75
<i>Iced</i>	\$3.00	\$3.50

Black

English Breakfast Assam

Earl Grey

Green

China Green Jade

Jasmine Pearls

Herbal

Ginger Lemon

Lemon Chamomile

Blood Orange Hibiscus

Tea Lattes

Hot \$2.99 \$3.99

Iced +.50

Matcha Latte

Chai Latte

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Lemonades	20oz
<i>Classic</i>	<i>\$4.00</i>
<i>Flavored</i>	<i>\$4.75</i>

Flavors

*Blackberry, Blue Raspberry, Blueberry, Cucumber, Ginger, Guava, Lavender,
Mango, Peach, Pomegranate, Raspberry, Rose, Strawberry, Watermelon*

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Breakfast

Redhouse Bagels

\$1.50 each

\$8.00 Half Dozen

\$16 Bakers Dozen

Bagel with

Butter \$2.00

Cream Cheese \$3.00

Flavored Cream Cheese \$3.50

Jelly \$2.00

Strawberry or Grape

Lox Spread \$5.50

Hummus \$4.00

Nutella \$3.50

Peanut Butter \$3.00

Cinnamon Butter \$3.00

Bagel Flavors

*Tie Dye, Plain, Sesame, Poppy, Everything, Garlic, Onion, Multigrain, Rye, Cheddar
Jalapeño, Egg, Spinach, Blueberry, Cinnamon Raisin, Chocolate Chip*

Cream Cheeses

Strawberry, Apple Cinnamon, Vegetable, Garlic & Herb, Jalapeño

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Breakfast

Sandwiches.....add hash brown on the side or on the sandwich for \$1.00

Bacon Egg & Cheese \$5.45

Sausage Egg & Cheese \$5.45

Pork Roll Egg & Cheese \$5.45

Egg & Cheese \$5.45

Steak Egg & Cheese \$6.00

Skinny Sandwich \$3.00

Egg & Spinach on an English Muffin

The BIG ED \$8.50

Double the Meat, Double the Cheese

All sandwiches come on your choice of Bagel, Croissant, Brioche Roll, or English Muffin

Avocado Toast \$6.00

White, Wheat, Rye, Gluten Free Bread, or your choice of Bagel

Yogurt Parfait \$4.50

Fruit Cup \$3.99

Hummus Snacker. \$3.99

Add Ons

Egg \$1.00, Spinach \$.50, Hash Brown \$1.00, Cheese \$.50, Avocado \$2.00

Bacon, Sausage, Turkey Sausage, Pork Roll \$2.00

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Lunch

Wraps.....comes with chips

<i>Chicken Caesar</i>	<i>\$8.00</i>
<i>Romaine, Grilled Chicken, Creamy Caesar, & Parm</i>	
<i>Buffalo Chicken</i>	<i>\$8.00</i>
<i>Romaine, Grilled Chicken, Buffalo Sauce, & Bleu Cheese</i>	
<i>Cheese Steak</i>	<i>\$8.00</i>
<i>Thinly sliced Ribeye Steak, American Cheese, Sautéed Peppers & Onions</i>	
<i>Cordon Blu</i>	<i>\$8.00</i>
<i>Grilled Chicken, Fresh Sliced Ham, & Swiss Cheese</i>	
<i>Veggie</i>	<i>\$8.00</i>
<i>Spinach, Tomato, Cucumber, Red Onion, Roasted Red Pepper, Mozzarella Cheese, & Balsamic Glaze</i>	
<i>Avocado Chicken</i>	<i>\$8.50</i>
<i>Grilled Chicken, Bacon, Mixed Greens, Tomato, Avocado, & Lime Mayo</i>	

All Wraps come on your choice of White, Wheat, or Spinach

Quesadillas.....comes with chips

<i>Cheese</i>	<i>\$6.00</i>
<i>Chicken</i>	<i>\$7.50</i>
<i>Buffalo Chicken</i>	<i>\$7.50</i>
<i>Steak</i>	<i>\$8.50</i>

Add Sautéed Peppers & Onions for .50

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Lunch

Paninis.....comes with chips **\$8.50**

Ham & Swiss

Fresh Sliced Ham, Swiss Cheese, Mixed Greens, & Stone Ground Mustard

Grilled Chicken

Grilled Chicken Breast, Spinach, Roasted Red Peppers, Mozzarella Cheese, & Balsamic Glaze

Cheese Steak

Thinly Shaved Ribeye, American Cheese, Sautéed Peppers & Onions

Buffalo Chicken

Grilled Chicken Breast, Mozzarella Cheese, Housemade Buffalo Sauce, Sautéed Peppers & Onions

Chicken Parm

Grilled Chicken Breast, Marinara Sauce, & Mozzarella Cheese

Salads \$6.50

Caesar

Romaine, Shaved Parm, Seasoned Croutons, with Caesar Dressing

Grounded

Mixed Greens, Tomatoes, Cucumbers, Carrots, Mozzarella, Hard Boiled Egg, with White Balsamic Dressing

Spinach \$7.00

Spinach, Red Onion, Bacon Bits, Hard Boiled Egg, with White Balsamic Dressing

Sweet & Salty

Mixed Greens, Dried Cranberries, Banana Chips, Pecans, Walnuts, Shaved Parm, with White Balsamic Dressing

Add Grilled Chicken to any salad for \$3.00

Additional Dressings - Ranch, Low Fat Italian, Blue Cheese, Honey Mustard

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Lunch

Sandwiches.....comes with chips

- Turkey Club* \$7.50
Fresh Sliced Turkey, Romaine Lettuce, Tomato, American Cheese, & Mayonnaise on a toasted Brioche Bun
- Chicken Salad* \$6.50
Made with Cranberries, Red Onion, Celery, & Mayonnaise on a toasted Brioche Bun with Romaine Lettuce & Tomato
- Grilled Cheese* \$5.50
Served on your bread of choice & American Cheese
- Tuna Melt* \$7.50
Housemade Tuna Salad on your choice of bread, served with Swiss Cheese, Mixed Greens, & Tomato
- BLT Club* \$7.00
Served on your choice of bread with Mayonnaise
- Ham & Swiss* \$6.50
Fresh Sliced Ham & Swiss Cheese on a toasted Brioche Bun with Mixed Greens, Tomato, & Stone Ground Mustard
- Pizza Bagel* \$6.50
Served on bagel on your choice with Marinara Sauce, Mozzarella, & Oregano
- Tuna Salad* \$6.50
Made with Red Onion, Celery, Lemon Juice, & Mayonnaise on a toasted Brioche Bun with Romaine Lettuce and Tomato

Cheeses

American, Provolone, Swiss

Breads

White, Wheat, Multigrain, Gluten Free

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Catering

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Drinks.....Serves 10-12

<i>Coffee Box</i>	<i>\$26</i>
<i>Cups, Lids, Sugars, Half & Half, & Stir Sticks included</i>	
<i>Fresh Squeezed Lemonade Box</i>	<i>\$45</i>
<i>Cups & Lids included</i>	
<i>Iced Blood Orange Hibiscus Tea Box</i>	<i>\$45</i>
<i>Cups & Lids included</i>	
<i>Iced Tea Box</i>	<i>\$45</i>
<i>Cups & Lids included</i>	

Breakfast.....

<i>Bagel Tray</i>	<i>\$25</i>
<i>1 Dozen Assorted Bagels Sliced with 8oz Butter & Plain Cream Cheese</i>	
<i>Add flavored Cream Cheese</i>	<i>\$4.25</i>
<i>Fruit Salad Bowl</i>	<i>\$30</i>
<i>Serves 12-15. Fresh cut Seasonal Fruit</i>	
<i>Add Fruit Dip</i>	<i>\$4.25</i>
<i>Fruit Parfait Bowl</i>	<i>\$45</i>
<i>Serves 12-15. Fresh cut Strawberries & Blueberries with Vanilla Greek Yogurt, Granola on side</i>	

Breakfast.....

<i>Breakfast Sandwich Tray</i>	<i>\$65</i>
<i>Serves 10-15. 10 Assorted sandwiches cut & wrapped in halves (20 pcs)</i>	
<i>Bacon Egg & Cheese, Sausage Egg & Cheese, Pork Roll Egg & Cheese, Egg & Cheese</i>	

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Lunch.....

- | | |
|--|-------------|
| <i>Wrap Tray</i> | <i>\$80</i> |
| <i>Serves 15-20. (20 pcs) Assorted half wraps include
Chicken Avocado, Veggie, Tuna Salad, Southwest Turkey</i> | |
| <i>Sandwich Tray</i> | <i>\$75</i> |
| <i>Serves 15-20. (20 pcs) Assorted half sandwiches include
Chicken Salad, Ham & Swiss, Turkey Club, Tuna Salad</i> | |
| <i>Caesar Salad</i> | <i>\$35</i> |
| <i>Serves 10-15. (1/2 Pan)</i> | |
| <i>Romaine, Parmesan Cheese, Croutons, tossed in Caesar Dressing</i> | |
| <i>Add Grilled Chicken</i> | <i>\$15</i> |
| <i>Grounded Salad</i> | <i>\$40</i> |
| <i>Serves 10-15. (1/2 Pan)</i> | |
| <i>Mixed Greens, Tomatoes, Cucumbers, Hard Boiled Egg, Mozzarella Cheese,
& Carrots, 8oz Dressing on side</i> | |
| <i>Add Grilled Chicken</i> | <i>\$15</i> |
| <i>Spinach Salad</i> | <i>\$45</i> |
| <i>Serves 10-15. (1/2 Pan)</i> | |
| <i>Spinach, Hard Boiled Egg, Bacon Bits, Red Onion. 8oz Dressing on side</i> | |
| <i>Add Grilled Chicken</i> | <i>\$15</i> |

Thank you for considering Whole & Grounded Cafe for your event

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