

PIZZA ALL PIES ARE 16"

CHEESE PIZZA.....	13.99
CHICKEN PARMIGIANA PIZZA.....	18.99
BUFFALO CHICKEN PIZZA.....	18.99
<small>BUFFALO SAUCE, BLUE CHEESE</small>	
MARGHERITA PIZZA.....	18.99
<small>FRESH MOZZARELLA, TOMATO & BASIL</small>	
VEGETARIAN PIE.....	18.99
<small>MUSHROOMS, PEPPERS, ONIONS & OLIVES</small>	
CHEESESTEAK PIZZA.....	18.99
<small>PEPPERS, ONIONS & AMERICAN CHEESE</small>	
LASOLAS PIE.....	18.99
<small>FRIED EGGPLANT, SPINACH & ROASTED RED PEPPERS</small>	
SICILIAN PIE.....	18.99
WHITE PIZZA.....	16.99
<small>WITH RICOTTA & MOZZARELLA</small>	
FAMILY CALZONE.....	17.99
<small>WITH RICOTTA & MOZZARELLA</small>	
TOPPINGS:.....	HALF 1.50/WHOLE 2.50 EACH
<small>MEATBALLS, SAUSAGE, PEPPERONI, MUSHROOMS, ONIONS, PEPPERS, CHEESE, OLIVES, ANCHOVIES, HAM, BROCCOLI, FRESH TOMATOES, BACON, FRESH GARLIC, PINEAPPLE</small>	
10" GLUTEN FREE CHEESE PIZZA ALSO AVAILABLE	

PASTA BAR

SERVED WITH SIDE SALAD AND BREAD

CHOOSE A PASTA:

PENNE, LINGUINE, CAPELLINI OR WHOLE WHEAT PASTA OF THE DAY.....	8.99
CHEESE TORTELLINI, CHEESE STUFFED RIGATONI, CAVATELLI OR CHEESE RAVIOLI.....	10.99

CHOOSE A SAUCE:

MARINARA, BLUSH, GARIC AND OIL, PESTO OR LEMON, GARLIC & BUTTER.....	3.00
ALFREDO, VODKA OR FILLETO DI POMODORO.....	4.00
BOLOGNESE, MEAT SAUCE, WHITE OR RED CLAM OR BROCCOLI RABE, SAUSAGE, SUN DRIED TOMATOES.....	5.00

ADD:

SHRIMP.....	6.00
MEATBALLS.....	4.00
GRILLED CHICKEN.....	4.00

BAKED ZITI.....	11.99
MANICOTTI.....	11.99
STUFFED SHELLS.....	11.99
LASAGNA.....	12.99
CAVATELLI AND BROCCOLI.....	13.99
LOBSTER RAVIOLI.....	15.99
<small>IN BLUSH SAUCE</small>	

APPETIZERS

CHEESE RICE BALL.....	2.99
SPINACH RICE BALL.....	3.99
CHICKEN OR SHRIMP POT STICKERS (8).....	6.99
<small>WITH TERIYAKI GLAZE</small>	
MOZZARELLA STICKS (8).....	6.49
<small>WITH MARINARA SAUCE</small>	
JALAPEÑO POPPERS (8).....	6.99
<small>WITH PETAL SAUCE</small>	
FRIED RAVIOLI (12).....	6.49
<small>WITH MARINARA SAUCE</small>	
WINGS (7).....	6.49
<small>BUFFALO (+.50), BBQ (+.50), TERIYAKI (+.50)</small>	
CHICKEN FINGERS (5).....	6.99
<small>WITH HONEY MUSTARD</small>	
BUFFALO CHICKEN FINGERS (5).....	7.49
<small>WITH BLUE CHEESE</small>	
FRIED CALAMARI.....	8.99
<small>WITH MARINARA SAUCE</small>	
FRIED CLAMS.....	8.99
<small>WITH TARTAR SAUCE</small>	
FRIED SHRIMP (8).....	7.99
<small>WITH TARTAR SAUCE</small>	
COCONUT SHRIMP (8).....	8.99
<small>WITH DUCK SAUCE</small>	
NEW ZEALAND MUSSELS.....	8.99
<small>CHOICE OF MARINARA OR GARLIC & WINE SAUCE</small>	
SOUP OF THE DAY (PINT).....	2.99
CONEY ISLAND POTATO KNISH.....	1.99
CAPRESE SALAD (FOR 2-3 PEOPLE).....	15.99
<small>FRESH MOZZARELLA, TOMATOES & ROASTED RED PEPPERS</small>	
DELUXE ANTIPASTO PLATTER (FOR 2-3 PEOPLE).....	18.99
<small>FRESH MOZZARELLA, ROASTED PEPPERS, AURICCHIO PROVOLONE, SOPRESSATA, OLIVES, ARTICHOKE, MARINATED MUSHROOMS</small>	

SIDES

FRENCH FRIES.....	2.99
SEASONED WAFFLE FRIES.....	3.49
CHEESE FRIES.....	3.59
SWEET POTATO FRIES.....	3.49
ONION RINGS.....	3.99
<small>WITH PETAL SAUCE</small>	

CHILDREN'S MENU

GRILLED CHEESE AND FRENCH FRIES.....	6.99
CHICKEN FINGERS AND FRENCH FRIES.....	8.99
HOT DOG AND FRENCH FRIES.....	5.99
PEANUT BUTTER AND JELLY ON WHITE.....	4.99
PASTA MARINARA AND MEATBALLS (2).....	6.99
12 CHEESE AND MACARONI.....	6.99

ENTREES

ALL SERVED WITH SIDE SALAD AND BREAD
YOUR CHOICE OF LINGUINE OR PENNE, OVEN ROASTED POTATOES OR RICE

EGGPLANT PARMIGIANA.....	13.99
EGGPLANT ROLLATINI.....	14.99
CHICKEN PARMIGIANA.....	15.99
CHICKEN FRANCAISE.....	16.99
<small>LIGHTLY EGG BATTERED IN WHITE WINE LEMON & BUTTER SAUCE</small>	
CHICKEN MARSALA.....	16.99
<small>SAUTEED WITH FRESH MUSHROOMS IN A MARSALA DEMI-GLACE SAUCE</small>	
CHICKEN ROSSINI.....	17.99
<small>LIGHTLY EGG BATTERED AND TOPPED WITH TOMATOES & MOZZARELLA IN A TANGY DEMI-GLACE SAUCE</small>	
OPEN FACE CHICKEN CORDON BLEU.....	17.99
<small>BONELESS CHICKEN TOPPED WITH HAM, MOZZARELLA & PROVOLONE IN WHITE SAUCE</small>	
CHICKEN SALTIMBOCCA.....	18.99
<small>LIGHTLY EGG BATTERED AND TOPPED WITH SAUTEED SPINACH, PROSCIUTTO AND MELTED MOZZARELLA IN A DEMI-GLACE SAUCE</small>	
VEAL MILANESE.....	17.99
VEAL PARMIGIANA.....	18.99
VEAL FRANCAISE.....	18.99
<small>LIGHTLY EGG BATTERED IN WHITE WINE LEMON & BUTTER SAUCE</small>	
VEAL MARSALA.....	18.99
<small>SAUTEED WITH FRESH MUSHROOMS IN A MARSALA DEMI-GLACE SAUCE</small>	
VEAL SALTIMBOCCA.....	21.99
<small>LIGHTLY EGG BATTERED AND TOPPED WITH SAUTEED SPINACH, PROSCIUTTO & MELTED MOZZARELLA IN BROWN SAUCE</small>	
GRILLED NY STRIP STEAK.....	MARKET PRICE
GRILLED BONE IN PORK CHOP.....	MARKET PRICE
BEEF LASOLAS.....	16.99
<small>THIN SLICED TOP ROUND BEEF ROLLED WITH MOZZARELLA CHEESE AND TOPPED WITH SAUTEED MUSHROOMS IN A BROWN SAUCE</small>	
SHRIMP SCAMPI.....	18.99
<small>TENDER SHRIMP SAUTEED IN GARLIC BUTTER AND WHITE WINE</small>	
ZUPPA DI PESCE.....	25.99
<small>FISH, SHRIMP, SCALLOPS, MUSSELS IN A ZESTY MARINARA SAUCE</small>	
SHRIMP AND SCALLOP SUPREME.....	19.99
<small>SHRIMP AND SCALLOP IN BLUSH SAUCE</small>	
STUFFED FLOUNDER WITH CRABMEAT.....	22.99
<small>IN SCAMPI SAUCE</small>	
FLOUNDER PICCATO.....	19.99
<small>SAUTEED FILLET IN LEMON AND CAPER SAUCE</small>	
MARYLAND CRAB CAKE (3).....	19.99
GRILLED FISH OF THE DAY.....	MARKET PRICE
FRIED SHRIMP.....	16.99
<small>WITH FRENCH FRIES, COLE SLAW & TARTAR SAUCE</small>	
COCONUT SHRIMP.....	16.99
<small>WITH FRENCH FRIES, COLE SLAW & DUCK SAUCE</small>	

DESSERTS

ASSORTED INDIVIDUAL PASTRIES, CAKES, PIES, ICE CREAM,
BREAD PUDDING & RICE PUDDING
WE ALSO HAVE BUTTER COOKIES, BISCOTTI AND BROWNIES

PRICES SUBJECT TO CHANGE
NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS

V41414



3591 ROUTE 35 NORTH
NORMANDY BEACH, NJ
(732) 830-1660
(732) 793-7528

OPEN AT 7AM DAILY

WWW.LASOLASMARKETNJ.COM



CUSTOM BUTCHER
PIZZA
PREPARED FOODS
BAKERY
GROCERY
FRESH PRODUCE
CATERING
BOAR'S HEAD
&
THUMANN'S DELI



BREAKFAST SERVED ALL DAY

EGGS:

SERVED ON A ROLL, WHITE BREAD, WHEAT BREAD, RYE, WRAPS, 1/2 SUB OR BAGEL

- DOUBLE EGGS OR WHITES** 3.59
- WITH HAM, BACON, PORK ROLL, SAUSAGE OR PEPPERS AND ONION**..... 4.59
- WITH TURKEY BACON, TURKEY**..... 5.49
- ADD AMERICAN CHEESE/SPECIALTY CHEESE**60/.75

LITE..... 6.49
EGG WHITES, TURKEY BACON & LOW SALT CHEESE

BELLY BUSTER..... 6.99
1/2 SUB WITH EGGS, BACON, SAUSAGE, PORK ROLL & CHEESE

3 EGG OMELETTE..... 6.99
SERVED WITH TOAST

CHOICE OF 2 FILLINGS:

AMERICAN CHEESE, HAM, BACON, SAUSAGE, PORK ROLL, ONIONS, POTATOES, PEPPERS, MUSHROOMS, SPINACH, TOMATOES, OR BROCCOLI

LASOLAS OMELETTE..... 9.99
3 EGGS, PORK ROLL, BACON, SAUSAGE AND AMERICAN CHEESE WITH SIDE OF POTATOES

FRENCH TOAST..... 5.49

HOME FRIES, HASH BROWNS, ROASTED POTATOES 3.59

BAGELS/ROLLS:

- BUTTERED ROLL**..... 1.39
- BUTTERED BAGEL**..... 1.59
- ROLL WITH CREAM CHEESE** 1.99
- BAGEL WITH CREAM CHEESE** 2.29
- JELLY**..... .50

ADD ONS:

- ADDITIONAL EGG**50
- HAM, BACON, SAUSAGE, TURKEY BACON** 1.50
- STEAK, TURKEY**..... 2.00
- ONIONS, POTATOES, PEPPERS, MUSHROOMS, SPINACH, TOMATOES, OR BROCCOLI**..... .75 EACH

SPECIALTY WRAPS

WHITE OR WHEAT

- CHICKEN SALAD BLT**..... 8.49
- GRILLED CHICKEN & PORTOBELLA**..... 8.99
WITH SAUTEED ONIONS & BABY SWISS
- GRILLED CHICKEN CAESAR WRAP**..... 8.49
LETTUCE, CHEESE & CROUTONS
- HONEY MAPLE TURKEY**..... 7.99
COLE SLAW AND RUSSIAN DRESSING
- GRILLED CHICKEN SALSA** 8.49
CHEDDAR, LETTUCE, SALSA, AND SOUR CREAM
- FRIED CALAMARI CAESAR WRAP** 8.99
LETTUCE, CHEESE & CROUTONS
- BUFFALO CHICKEN** 8.49
GRILLED OR BREADED CHICKEN CUTLET, WING SAUCE, LETTUCE, TOMATOES & BLUE CHEESE DRESSING
- GREEK GYRO** 7.99
BEEF AND LAMB, LETTUCE, TOMATOES, ONION & TZATZIKI SAUCE

SPECIALTY COMBOS

SERVED ON 1/2 ITALIAN BREAD UNLESS OTHERWISE NOTED

- 1 ITALIAN SUB** 8.49
HAM, HAM CAPICOLA, SALAMI AND PROVOLONE
- 2 FRIED OR GRILLED EGGPLANT** 8.49
WITH FRESH MOZZARELLA, TOMATOES, ROASTED RED PEPPERS AND BALSAMIC VINEGAR
- 3 SUPRIMO** 8.99
PROSCIUTTO OR SOPRESSATA, FRESH MOZZARELLA, TOMATOES, ROASTED RED PEPPERS AND BALSAMIC VINEGAR
- 4 GRILLED OR BREADED CHICKEN** 8.99
FRESH MOZZARELLA, TOMATOES, ROASTED RED PEPPERS AND BALSAMIC VINEGAR
- 5 LASOLAS SPECIAL** 8.99
CAJUN SEASONED ROAST BEEF, FRESH MOZZARELLA, TOMATOES, ROASTED RED PEPPERS AND BALSAMIC VINEGAR
- 6 BROCCOLI RABE** 8.49
FRESH MOZZARELLA, SUN DRIED TOMATOES, AND BALSAMIC VINEGAR
- 7 FRESH MOZZARELLA** 8.49
TOMATOES, ROASTED RED PEPPERS AND BALSAMIC VINEGAR
- 8 GRILLED PORTOBELLA MUSHROOM** 8.49
FRESH MOZZARELLA, TOMATOES, ROASTED RED PEPPERS AND BALSAMIC VINEGAR
- 9 SMOKED TURKEY**..... 8.49
CHEDDAR CHEESE, BACON, PICKLES AND RUSSIAN DRESSING
- 10 AMERICAN SUB** 8.99
HAM, ROAST BEEF, TURKEY, AMERICAN CHEESE
- 11 SLOPPY JOE** 8.99
CORNERED BEEF, ROAST BEEF & TURKEY TRIPLE DECKER WITH COLE SLAW AND RUSSIAN DRESSING ON RYE
- 12 TURKEY CLUB** 7.49
BACON, LETTUCE, TOMATO TRIPLE DECKER ON TOAST WITH MAYO

SALAD PLATTERS

- GARDEN** 4.49 • **MESCLUN** 5.49 • **CAESAR** 5.49
- CHEF** 7.49
GARDEN SALAD WITH HAM, TURKEY, SWISS CHEESE AND HARD BOILED EGG
- BUFFALO CHICKEN SALAD** 8.49
FRIED BUFFALO CHICKEN, TOMATOES, CROUTONS AND BLUE CHEESE DRESSING
- GREEK** 7.99
CHOPPED LETTUCE, TOMATOES, CUCUMBER, KALAMATA OLIVES, FETA CHEESE WITH MEDITERRANEAN DRESSING
- HARVEST SALAD** 7.99
MESCLUN SALAD WITH DRIED CRANBERRIES, SLICED ALMONDS & CRUMBLER BLUE CHEESE
- DRESSINGS:** RANCH, BLUE CHEESE, ITALIAN, LITE ITALIAN, CREAMY ITALIAN, BALSAMIC, THOUSAND ISLAND, FRENCH
- EXTRAS ON SALADS**
- GRILLED CHICKEN**..... 4.00 **SHRIMP SALAD** 5.00
- GRILLED SHRIMP** 6.00 **EGG SALAD** 3.00
- TUNA**..... 3.00 **CHICKEN SALAD** 4.00

COLD SANDWICHES

COLD SANDWICHES INCLUDE LETTUCE, TOMATOES, ONION, SPICES AND CONDIMENTS, ALL OTHERS SUBJECT TO EXTRA CHARGE

- | | | |
|--|--------------------------|---------------------------|
| | 1/2 SUB,
ROLL OR WRAP | RYE, WHITE
WHOLE WHEAT |
| HAM | 5.99 | 5.49 |
| SPECIALTY HAM | 6.99 | 6.49 |
| VIRGINIA, CAPPY, HONEY MAPLE OR LOW SALT | | |
| STORE BAKED TURKEY | 5.99 | 5.49 |
| SPECIALTY TURKEY | 6.99 | 6.49 |
| OVEN GOLD, PEPPER MILL, HONEY MAPLE, SMOKED | | |
| FRESH MARKET TURKEY | 7.99 | 7.49 |
| STORE MADE ROAST BEEF | 7.99 | 7.49 |
| STORE MADE ROAST PORK | 6.99 | 6.49 |
| CAJUN OR ITALIAN ROAST BEEF | 7.99 | 7.49 |
| CHICKEN BREAST | 6.99 | 6.49 |
| BOLOGNA | 4.99 | 4.49 |
| LIVERWURST | 5.49 | 4.99 |
| CORNERED BEEF OR PASTRAMI | 7.99 | 7.49 |
| SALAMI | 6.99 | 6.49 |
| GENOA, HARD, PEPPERONI OR MORTADELLA | | |
| LAND O' LAKES AMERICAN CHEESE | 4.99 | 4.49 |
| SPECIALTY CHEESE | 6.49 | 5.99 |
| EGG SALAD | 5.99 | 5.49 |
| TUNA SALAD | 6.49 | 5.99 |
| CHICKEN SALAD | 6.99 | 6.49 |
| SHRIMP SALAD | 8.99 | 8.49 |
| VEGGIE SUB | 4.99 | 4.49 |
| LETTUCE, TOMATO, ONION, PICKLES & OLIVES | | |
| ADD AMERICAN CHEESE, PROVOLONE OR SWISS | .60 | |
| SPECIALTY CHEESE | .75 | |

EXTRAS ON SANDWICHES

- EXTRA MEAT**..... 1.50
- FRESH MOZZARELLA**..... 2.00
- SUN DRIED TOMATOES**..... 2.00
- BACON**..... 1.50
- BROCCOLI RABE** 3.00
- SWEET, HOT OR ROASTED RED PEPPERS**..... 1.00
- CUCUMBERS/PICKLES/OLIVES**..... .50
- PANINI PRESS YOUR SANDWICH**..... 1.00

PANINI

GRILLED AND PRESSED ON 1/2 SUB BREAD

- THE METROPOLITAN** 8.49
GRILLED EGGPLANT, PROVOLONE, ROASTED RED PEPPERS, PESTO DRESSING & BABY GREENS
- THE CHAMPAGNOLE** 8.49
GRILLED CHICKEN, MOZZARELLA, ROASTED RED PEPPERS, PESTO DRESSING & BABY GREENS
- THE TUSCANY**..... 8.99
PROSCIUTTO, FRESH MOZZARELLA, OLIVE OIL & BABY GREENS
- THE ITALIANO** 8.49
GENOA SALAMI, PEPPERONI, PROVOLONE, ROASTED RED PEPPERS, BALSAMIC VINEGAR & BABY GREENS
- THE AMERICANO** 8.49
TURKEY, CHEDDAR, TOMATOES, GARLIC MAYO & BABY GREENS
- THE CUBAN** 8.49
ROAST PORK AND HAM, SWISS, WITH SLICED PICKLES, MAYO & YELLOW MUSTARD

HOT SANDWICHES

1/2 SUB BREAD UNLESS OTHERWISE NOTED

- MEATBALL PARMIGIANA**..... 6.99
- CHICKEN PARMIGIANA**..... 7.99
- VEAL CUTLET PARMIGIANA** 9.49
- EGGPLANT PARMIGIANA**..... 6.99
- "BOARDWALK STYLE" SAUSAGE AND PEPPERS**..... 6.99
- CHICKEN LT**..... 7.49
GRILLED OR BREADED CHICKEN CUTLET WITH AMERICAN CHEESE, LETTUCE, TOMATOES, MAYO
- VEAL LT**..... 9.49
BREADED VEAL CUTLET LETTUCE, TOMATOES, MAYO
- RIBEYE CHEESE STEAK**..... 8.49
WITH PEPPERS & ONIONS
- CHICKEN CHEESE STEAK**..... 7.99
WITH PEPPERS & ONIONS
- GRILLED SKIRT STEAK SANDWICH**..... 9.99
- ITALIAN HOT DOG**..... 6.99
PEPPERS, ONIONS & POTATOES WITH MUSTARD
- JUMBO FISH FILLET**..... 7.49
BEER BATTERED COD FILLET, LETTUCE, TOMATO & TARTAR SAUCE
- PO' BOYS - FRIED CLAMS, SHRIMP OR CRAB CAKE**..... 9.99
LETTUCE, TOMATOES & TARTAR SAUCE
- GRILLED REUBEN**..... 8.99
CORNERED BEEF, SWISS, SAUERKRAUT, RUSSIAN DRESSING ON RYE
- TUNA MELT ON RYE**..... 6.99
WITH SWISS
- BLT**..... 5.99
ON YOUR CHOICE OF WHITE, WHEAT OR RYE

BURGERS

FRESH FROM OUR CUSTOM BUTCHER DEPARTMENT
SERVED WITH LETTUCE, TOMATOES, ONIONS, CONDIMENTS ON A KAISER ROLL

- CLASSIC**..... 7.99
DOUBLE 1/3 LB ALL BEEF PATTIES
- TURKEY**..... 7.99
DOUBLE ALL WHITE MEAT PATTIES
- VEGGIE** 7.49
- CHICKEN**..... 6.99
SPINACH & ROASTED RED PEPPERS
- SALMON** 6.99

SPECIALTY BURGERS

(SUBJECT TO AVAILABILITY)

- LUGER BURGER** 8.49
DOUBLE 1/3 LB BEEF PATTY GROUND WITH PETER LUGER STEAK SAUCE AND SHARP CHEDDAR CHEESE
- JALAPENO BURGER**..... 8.49
DOUBLE 1/3 LB BEEF PATTY GROUND WITH FRESH JALAPENOS, SHARP CHEDDAR CHEESE AND BBQ SAUCE
- CHIPOTLE BURGER** 8.49
DOUBLE 1/3 LB BEEF PATTY GROUND WITH CHIPOTLES IN ADOBO & ASIAGO CHEESE
- BACON BURGER**..... 8.49
DOUBLE 1/3 LB BEEF PATTY GROUND WITH SMOKED BACON & BLACK PEPPERCORNS

EXTRAS ON BURGERS

- AMERICAN, PROVOLONE, SWISS**..... .60
- SPECIALTY CHEESE**75
- GRILLED ONIONS, GRILLED MUSHROOMS**75 EACH
- BACON**..... 1.50