

FMBA Favorites - With Chips or Coleslaw

\$11.50

The Ultimate Grilled Cheese Sandwich

Sliced hard boiled egg, bacon, avocado and cheddar cheese

Three Cheese Grilled Cheese Sandwich

Cheddar, mozzarella and muenster cheese served on buttery garlic toast

Hot open Turkey Sandwich

Mashed potatoes & gravy

Hot open Roast Beef Sandwich

Mashed potatoes & gravy

Pulled BBQ Pork

Served on a roll with coleslaw

Hot Pastrami

Served on rye or roll w/ Swiss cheese & sauerkraut

Tender delicious Corned Beef

Served on rye or roll w/ coleslaw & our sweet homemade mustard dressing

Tuna Melt served on a Roll

Fresh homemade tuna salad w/ American cheese topped with lettuce & sliced tomatoes

Turkey, Beef, or Vegetable Chili Bowl

Served over brown rice topped with shredded Monterey Jack cheese w/ avocado salsa and sour cream

Classic Cold Sandwiches

\$9.50

All sandwiches come with chips or coleslaw and are served with choice of: Italian Bread, Rye, Roll, or Wheat Toast with lettuce & sliced tomatoes

Ham & Cheese / Salami & Cheese / Turkey & Cheese
Roast Beef & Cheese / Homemade Tuna Salad
Homemade Chicken Salad

Add \$2.00 for Specialty Breads:

Cranberry Walnut / Asiago Cheese / 7 Grain / GF Bread

Classic Hot Italian Sandwiches

\$10.95

Served on delicious crusty Italian bread.

Chicken Parmigiana / Eggplant Parmigiana
Meatball Parmigiana / Sausage Parmigiana

Specialty Sandwiches - With Chips or Coleslaw

\$11.95

Croque Monsieur

Ham w/ melted gruyere cheese baked on sliced bread with bechamel sauce

Turkey Harvest

Turkey breast served on cranberry walnut bread or panini, gruyere cheese, sliced apples, mixed greens w/ homemade sweet mustard dressing

Roast Beef

Delicious oven baked roast beef served on Italian bread or panini w/ gruyere cheese & homemade coleslaw

Chicken Cranberry Pecan Salad

Served on toasted semolina bread w/ mixed greens

Spicy Grilled Chicken Club

Served on Italian bread or panini w/ pepper jack cheese, hickory smoked bacon, lettuce & tomato and avocado salsa

Le Brie Cheese

Served on cranberry walnut bread or panini w/ Fig Jam, sliced apples & mixed greens

The Vegetarian

Breaded eggplant served on semolina bread or panini w/ fresh mozzarella, sliced tomatoes & mix greens

The Extras Still Hungry for something on the side!

- French Fries \$5.00
- Sweet Potato Fries \$5.00
- Onion Rings \$5.00

Sides & More - Sold by Weight Small 8oz / Medium 16oz

Buttery Mashed Potatoes / Sweet Potato Mash
Rice & Beans / Mac & Cheese / Grilled Veggies / Coleslaw
Macaroni Salad / Potato Salad / Italian Pasta Salad / Tuna Salad
Chicken Salad / Homemade Rice Pudding / Mixed Seasonal Fruit

ATTENTION CUSTOMERS WITH FOOD ALLERGIES

We are not a Gluten-Free Store. Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, soybeans, peanuts, tree nuts, wheat, fish, shellfish. The FDA has advised that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

**PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE
PLEASE REFER TO OUR ONLINE MENU FOR
OUR LATEST OFFERINGS AND PRICES**

GRAB & GO MENU



GRAB & GO PREPARED FOODS & SPECIALTY MENU

WHEN YOU ORDER FROM FRESH MEALS BY AURORA
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VISIT OUR WEBSITE FOR OUR CATERING MENU AND
SPECIAL PROMOTIONS

HOURS

Monday - Friday 7 AM to 7 PM

Saturday 7 AM to 5 PM

Closed on Sunday

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Email: info@fmbanj.com

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Breakfast / Lunch / Dinner

Served All Day!

Breakfast sandwich served with Fries and your choice of bread:
Roll / Wheat Toast / Brioche Bread

\$2.00 Extras: Egg Whites / Avocado / Bacon / Sausage Patty
Pork Roll / Croissant / 7 Grain / Gluten Free

The Classic: \$8.50

Eggs & cheese w/ sliced tomatoes

The Best: \$9.50

Eggs, bacon & muenster cheese w/ avocado & tomato

The Popeye Special: \$9.50

Eggs, spinach, grilled onions & gruyere cheese

The Egg Extraordinary: \$9.50

Eggs, bacon, hash brown potatoes & American cheese

The Western: \$9.50

Eggs & diced potatoes with grilled peppers and onions

Smoked Salmon: \$10.50

Nova Lox, scallions, cream cheese & sliced red onions

Croque Madame Toast: \$10.50

Two fried eggs, ham, gruyere cheese and
bechamel sauce on baked sliced bread

Delicious Homemade Pancakes

\$9.50

Served with fresh seasonal fruit
maple syrup & powdered sugar

\$2.00 Extras: Bacon / Sausage Patty
Pork Roll / Gluten Free

Choice of French Toast

\$10.50

Served with fresh seasonal fruit
maple syrup & powdered sugar

Classic French Toast / Cinnamon Raisin French Toast
Stuffed French Toast w/ PB & J
Stuffed French Toast w/ Nutella & fresh bananas
French Toast w/ fresh sliced bananas & pecans
Power Grain French Toast

\$2.00 Extras: Bacon / Sausage Patty
Pork Roll / Gluten Free



We can use Gluten-Free Ingredients in any
Meal for an additional \$2.00 per Meal.

Breakfast Bowls

\$11.50

Served with White or Wheat Toast

\$2.00 Extras: Egg Whites / Gluten Free

Savory Breakfast Bowl

2 eggs of your choice, hash brown potatoes, diced tomatoes,
avocado, crumbled bacon, shredded Monterey Jack cheese

Spinach Mushroom Bowl

2 eggs of your choice, mushrooms, spinach, hash brown potatoes
and shredded Manchego cheese

Protein Bowl

2 eggs of your choice, roasted sweet potatoes, avocado, spinach,
black beans, crumbled bacon

Fresh Seasonal Fruit Bowl

Seasonal fruits, vanilla Greek yogurt & granola

Superfood Peanut Butter Oatmeal Bowl

Topped w/ sliced bananas, blueberries, hemp seeds

Warm Oatmeal Bowl

Topped w/ grilled bananas, brown sugar, cinnamon

Our Salads

\$10.95

Tossed Mixed Green Salad

Mixed greens, cucumbers, shaved carrots, red cabbage,
tomatoes, served with croutons and our homemade Balsamic
Honey dressing

Ranch Cobb Salad

Hardboiled egg, crumbled bacon, shredded cheese, tomatoes,
cucumbers, romaine lettuce w/ Ranch dressing

Caesar Salad

Romaine Lettuce, shaved parmesan cheese, croutons
w/Caesar dressing

Chopped Greek Salad

Mixed greens, tomatoes, kalamata olives, cucumbers, red onions,
feta cheese with our homemade Greek dressing

Crunchy Broccoli Kale Salad

Chopped fresh broccoli, kale, red onions, cranberries, sliced
almonds, served with our homemade Honey Apple Cider
Vinegar dressing

Add-ons: Grilled Chicken \$3.00
Grilled Shrimp \$4.00 / Avocado \$3.00

Grilled 7 oz. Burgers Made Your Way

\$9.50

All Burgers are served with Lettuce, Tomatoes & Sliced Red Onions.

Choice of: Sirloin Beef / Turkey / Veggie

Choice of Cheese Add \$ 1.00

American / Swiss / Pepper Jack / Provolone
Mozzarella / Muenster

Choice of Bun: Sesame Seed / Brioche
Add \$2.00 for: Gluten Free / 7 Grain

Make it a Deluxe:

Add \$3.00 for:

French Fries or Sweet Potato Fries and
your choice of can of soda or bottled water

Additional Toppings

Bacon \$3.00 / Avocado \$3.00

Fried Egg \$1.50 / Grilled Peppers & Onions \$1.50

Fried Onions \$1.50 / Sautéed Mushrooms \$1.50

Try Our Famous Stuffed Breads and Pizza

Assorted Ultimate Stuffed Breads Made Fresh Daily \$9.95 each

The BEST Old Fashioned Homemade Pizza

Personal 9" Mini Round Pie \$9.95 / Add \$2.50 per topping

Specialty Grilled Sandwiches

\$10.95

All sandwiches come with chips or coleslaw

Choice of Bread:

Italian Bread / Roll

Add \$2.00 for: Gluten Free / 7 Grain

The Italian Grilled Chicken

w/ Grilled peppers & onions & provolone cheese

BBQ Grilled Chicken

w/ Sautéed onions & muenster cheese

Grilled Chicken

w/ Sundried tomato spread, fresh mozzarella, tomatoes &
mixed greens

Grilled Chicken Ranch

w/ Crispy bacon, Monterey Jack cheese, lettuce &
tomatoes with Ranch dressing

Grilled Sausage (choice of hot or sweet sausage)

w/ Grilled peppers, red onions & mozzarella cheese

Grilled Veggies

w/ Grilled peppers, basil pesto spread, fresh mozzarella,
zucchini, eggplant, sliced red onions & mixed greens