

Tastier By A Mile...



THE ISLANDS  
BEST SALAD BAR  
29th St. & Dune Drive  
AVALON  
(next to avalon supermarket)  
(609) 967-DELI  
(3354)  
29THSTREETDELI.COM

VOTED BEST HOAGIE on the Island by  
"THE REAL ESTATE EXCHANGE" Magazine  
ASK ABOUT OUR AWARD WINNING WINGS!

### HOAGIES

Made on a Fresh Italian Roll or White or Wheat Wrap  
Italian Our Way - capicola, dilusso genoa, pepperoni,  
provolone, lettuce, tomato, onion, oil & seasoning..... 7.75

★ Old Style Italian - prosciutto, dilusso genoa, capicola,  
imported provolone, lettuce, tomato, red onion, locatelli with olive  
oil & red wine vinegar..... 8.95

The Godfather - soppressata, prosciutto, fresh mozzarella,  
roasted red peppers, red onions & EVOO ..... 8.95

Turkey - oven roasted turkey breast, lettuce, tomato, onion ..... 7.95

Roast Beef - Boars Head top round, lettuce, tomato, onion. 7.95

Ham - shaved gourmet ham, lettuce, tomato, onion ..... 7.75

Homemade Tuna Salad - with white abacore tuna..... 7.95

★ Homemade Chicken Salad - white chicken salad ..... 8.95

★ Three Cheese - munster, swiss and provolone..... 7.95

★ Veg Vegetable Hoagie - broccoli, carrots, cucumbers, spinach,  
fresh basil, tomatoes, red onion, marinated in Italian dressing 8.95

### WRAPS- WHITE OR WHIAT

★ Chicken Caesar - grilled white chicken breast, romaine  
lettuce, topped w/caesar dressing..... 7.75

★ Cracked Pepper Turkey - cracked pepper turkey,  
roasted red peppers, fresh mozzarella, & fresh spinach  
drizzled with seasoned olive oil ..... 7.75

★ Feta Veggie Wrap - carrots, broccoli, cucumbers, spinach,  
fresh basil, red onion, marinated in Italian dressing w/avocado,  
feta cheese & spicy hummus ..... 8.50

### - HOT OFF THE GRILL -

★ Crispy Chicken Wrap - breaded chicken tenders w/ lettuce,  
shredded cheddar, choice of hot sauce, ranch or bleu cheese dressing  
cheese, taco sauce & seasoning..... 7.75

★ Chicken Taco - grilled chicken, lettuce, tomato, cheddar  
cheese, taco sauce & seasoning..... 7.75

★ Veg Grilled Vegetable Wrap - our tasty grilled vegetables  
topped w/ melted provolone cheese ..... 8.75

### SANDWICHES

White, Wheat, Rye, Kaiser or Wraps

Turkey - oven roasted turkey ..... 7.25

Cracked Pepper Turkey - Boar's Head..... 7.25

Ham - shaved gourmet ham ..... 6.95

Roast Beef - Boar's Head top round ..... 7.50

★ Homemade Chicken Salad - white chicken salad ..... 6.50

★ Homemade Tuna Salad - with white abacore tuna..... 7.50

★ Homemade Egg Salad - daily ..... 6.25

BLT - jersey tomatoes when in season & mayo ..... 6.95

Turkey BLT ..... 7.75

### NEW YORK STYLE

Corned Beef Special - piled high corned beef, cole slaw,  
1000 island dressing & swiss cheese ..... 7.75

★ Roast Beef or Turkey Special - top round, cole slaw,  
swiss cheese & 1000 island dressing ..... 7.75

ADD CHOICE OF TOPPING: American, Swiss or Provolone Cheese \$.75 \*Hummus \$.75  
\* Sundried Tomatoes \$.75 \*Chipotle \$.75 \* Roasted Peppers \$1.25  
\* Fresh Mozzarella \$1.25 \*Gourmet Cheese \$1.25 \* Bacon \$1.50 \* Avocado \$1.50

### KIDS BUCKET LUNCH

Served in a Sand Bucket

★ Peanut Butter & Jelly served in a bucket with chips ..... 4.95  
★ Hot Dog served in a bucket with fries or chips ..... 5.75  
★ Grilled Cheese served in a bucket with fries or chips ..... 5.75  
★ Ham or Turkey & Cheese served in a bucket w/ fries or chips 6.50  
★ 2 Chicken Fingers served in a bucket with fries or chips ..... 6.95  
★ 2 Mini Burgers served in a bucket with fries or chips ..... 6.95  
★ Add cheese ..... .75

### SAILBOAT SANDWICHES

Pint Size for the Kids on White, Wheat or Rye Bread

Ham & Cheese ..... 5.50  
Turkey & Cheese ..... 5.50  
PB & J ..... 3.95

### HOT DOGS

Regular Dog diet & watson all beef ..... 2.00  
Cheese Dog diet & watson all beef ..... 2.25  
Kraut Dog diet & watson all beef ..... 2.25

### BUFFALO WINGS

Buffalo, Hanks, Ranch or BBQ - Served with Bleu Cheese & Celery

10 ..... 8.75 30 ..... 25.95  
20 ..... 16.75

### SIDES

Bay Fries ..... Reg. 3.95 Lg. 4.95  
French Fries ..... Reg. 3.75 Lg. 4.75  
Cheese Fries ..... Reg. 3.95 Lg. 4.95  
Sweet Potato Fries ..... 4.75  
Mozzarella Sticks (5) ..... 5.95  
Jumbo Pub Onion Rings ..... 4.50  
Chicken Tenders (4) ..... 5.95  
Buffalo Chicken Tenders (4) ..... 6.25

Check the Board For Our New Dipping Sauces!

Try Our Soups...  
& Our Salad Bar!

Fresh Jersey Produce & All Your Favorite Toppings!



### CLASSIC PHILLY CHEESESTEAKS

Plain Steak (Box)..... 6.50  
★ Cheesesteak - provolone, american or whiz ..... 7.65  
★ Cheesesteak Hoagie - lettuce, tomato, onion ..... 7.85  
★ Jalapeno Cheesesteak - hot peppers, salsa & whiz ..... 7.85  
★ 29th Street Special Cheesesteak - hank's hot cilantro sauce ..... 7.85  
★ Pizza Steak - melted provolone & sauce ..... 7.95  
★ pepperoni added..... 8.50  
★ Bacon Ranch Cheesesteak ..... 7.85

### CHICKEN CHEESESTEAKS

Our Chicken is Freshly Cooked Daily & Seasoned to Perfection

★ Chicken Steak ..... 6.75  
★ Chicken Cheesesteak - provolone, american or cheese whiz 7.95  
★ Chicken Cheesesteak Hoagie - lettuce, tomato, onion .... 7.95  
★ Chicken Pizza Steak - melted provolone & sauce ..... 7.95  
★ Buffalo Chicken Cheesesteak - buffalo & blue ..... 7.95  
★ Cilantro Buffalo Chicken Cheesesteak ..... 7.95

hank's hot cilantro sauce

★ BBQ Chicken Cheesesteak ..... 7.95

★ Crispy Chicken Cheesesteak ..... 8.50

★ Popeye Chicken Cheesesteak - chicken, grilled spinach,  
red peppers, fried onions & melted provolone..... 9.25

★ Pineapple Chicken Cheesesteak - grilled chicken &  
pineapple with teriyaki sauce ..... 8.75

ADD YOUR CHOICE OF TOPPING TO BEEF OR CHICKEN STEAKS:  
\*Green Peppers 50¢ \*Extra Cheese 75¢ \*Mushrooms 75¢  
\*Bacon \$1.50 \*Avocado \$1.50

### AVALON MARKET SHORE BURGERS

From Our Butcher Shop

★ Hamburger ..... 5.95  
★ Cheeseburger ..... 6.50  
★ Veg Garden Burger ..... 6.25

ADD YOUR CHOICE OF TOPPING: Lettuce 25¢ \*Tomatoes 25¢ \*Pickles 25¢  
Cheese 75¢ \*Mushrooms 75¢ \*Roasted Peppers \$1.00 \*Gourmet Cheese \$1.00  
Crumbled Bleu \$1.00 \*Bacon \$1.50 \*Avocado \$1.50

### SPECIALTY BURGERS

Dune Burger ..... 8.75  
sautéed mushrooms, melted swiss cheese, fried onions

Bay Blue Burger ..... 8.75  
crumbled bleu cheese, bacon, fried onions

Island Burger ..... 8.75  
feta cheese, red onions, lettuce, tomato, sundried tomatoes, mayo

### BEACH SLIDERS

3 Sliders Per Order

### BREAKFAST SANDWICHES

On a Kaiser, English Muffin or Bagel

Egg ..... 2.75  
Egg & Cheese ..... 3.75  
Egg White & Cheese ..... 4.95  
The Long Board - 3 eggs, cheese on a long roll..... 5.75  
The Long Board with 5 egg whites & cheese ..... 7.50  
Add Choice of One of the Following:  
bacon, sausage, porkroll, or ham +1.25  
or turkey bacon or turkey sausage +1.50

Jersey Rolls - ..... 6.75  
5 slices of taylor's pork roll with cheese on a kaiser

Breakfast Burrito - ..... 6.95  
Egg, cheese, sausage & salsa

The Wakeboard - 2 eggs, sautéed spinach, fried onions,  
roasted red peppers, cheese and a dash of hank sauce on your  
choice of bread ..... 6.75

With no bread ..... 6.25

Substitute 3 egg whites ..... 7.50

Hangover Burger - ..... 7.95  
100% angus beef burger with bacon, fried egg & cheese.

### ON THE LIGHTER SIDE

Avocado Toast ..... 4.75  
Avocado, tomato, basil & balsamic glaze drizzled on a  
slice of multigrain bread

Banana Nut Toast ..... 4.75  
Organic peanut butter & sliced bananas on slice of multigrain  
bread drizzled with honey & a sprinkle of honey pollen

Add Coconut .25

Toasted Bagel w/ Cream Cheese & Tomato..... 1.95

### 29th Street Deli & Grill

A traditional Philadelphia style delicatessen with an added  
seashore flair. We have chosen our favorite sandwiches, salads,  
and side dishes for your enjoyment. We use our on the premise  
butcher shop to bring you only the finest quality meats and  
freshest ingredients. Please try something tasty from our menu  
to enjoy while you are fishing, sitting on the beach, boating, or  
just relaxing on your deck. Once you have tried our hoagies we  
are sure you'll agree they are truly ... tastier by a mile!

We are here to give you the same family friendly service and  
dedication Avalon Market has been extending to you since 1955.

We'll Deliver Anywhere on the Island  
Beginning July 1st!  
(Beach Deliveries Included)

Catering available to make summer  
entertainment easy!



### FLATTIE SANDWICHES

Grilled on a Flatbread

The Mediterranean ..... 6.95  
hummus, roasted red peppers, feta, avocado

The Caprese ..... 6.95  
tomatoes, fresh mozzarella, spinach, basil with balsamic and pesto

Add chicken to either of the above..... 1.50

### GRILLED CHICKEN SANDWICHES

All on Kaiser Roll

★ Grilled Chicken Breast - lettuce, tomato, onion ..... 6.95

★ Grilled Chicken Chipotle - chipotle sauce, avocado, bacon,  
lettuce, tomato, cheddar cheese ..... 7.75

★ Honey Mustard Chicken - lettuce, tomato, onion, honey  
mustard dressing, & melted swiss ..... 7.75

★ Grilled Chicken Club - lettuce, tomato, bacon, onion & mayo 7.75

★ Chicken Special - sautéed spinach, fresh mozzarella,  
roasted red peppers ..... 7.75

### HOT SANDWICHES

Meatball - made with our delicious italian meatballs & sauce ..... 7.25

w/melted provolone..... 7.50

★ Reuben - piled high grilled corned beef topped with melted  
swiss & sauerkraut on rye bread with 1000 island dressing... 7.75

★ Turkey Reuben - turkey breast piled high topped with melted  
swiss & sauerkraut on rye bread with 1000 island dressing... 7.75

★ Hot Ham & Cheese - grilled shaved gourmet ham &  
melted cheese on a grilled kaiser or long roll ..... 6.95 / 7.95

★ JO JO Melt - seasoned tomatoes topped with melted  
sharp cheddar & imported swiss on olive oil drizzled open  
faced kaiser or bagel ..... 4.95

★ Grilled Cheese - american cheese grilled on your  
choice of bread ..... 4.50

ADD CHOICE OF TOPPING: Tomato \$.50

Bacon or Avocado \$1.50

Ham or Turkey \$2.00

on Kaiser Roll .75 extra • on Long Roll \$1.00 extra

### BURRITO - MILD OR HOT

★ Steak - lean steak, melted cheese, black beans, salsa,  
spices & sour cream..... 7.85

★ Chicken - tender marinated chicken, melted cheese,  
black beans, salsa, spices & sour cream ..... 7.85

★ Taco Salad seasoned ground beef or chicken w/lettuce, tomato,  
tortilla chips served in a bowl with taco sauce and sour cream... 7.75

★ Customer Favorite! Check Out Our Chalkboard for Specialty Burgers!