

Salads:

- Caesar Salad8.99
homemade dressing & croutons
- Tuna Caesar 11.99
- Chicken Caesar 11.99
- The Big Salad8.99
mixed greens, carrots, red onion, peppers,
tomatoes, mushrooms, cucumbers &
croutons with choice of dressing.
With grilled chicken..... 11.99
- Brynne's Summer Salad8.99
mixed greens with crumbled blue cheese,
sunflower seeds, tomatoes, red onion &
croutons with balsamic vinaigrette.
With grilled chicken 11.99
- Nona's Antipasto 11.99
mixed greens, roasted peppers, genoa
salami, imported provolone cheese, tuna,
hard-boiled egg, olives & red onion with
choice of dressing.
- Cobh Salad 11.99
mixed greens, julienne turkey, ham & cheese,
crumbled bacon, hard-boiled egg, tomatoes &
red onion with choice of dressing.
- P.C. Salad 11.99
mixed greens, cucumbers, tomatoes, red
onion, & carrots topped with tangy
popcorn chicken & ranch dressing.
- The Gracie Salad9.50
mixed greens with candied walnuts, feta
cheese, craisins, tomatoes & red onion
with choice of dressing.
With chicken..... 11.99
- The Islander Salad8.50
Mixed greens with sliced apples, grapes &
cheddar cheese.
With chicken salad11.99
With tuna salad11.99

Salad Dressings:

(extra dressing add 1.00)
Caesar (homemade), Ranch, Russian, Honey
Mustard, Balsamic Vinaigrette, Italian,
Fat-Free Raspberry Vinaigrette or Blue
Cheese

Bagels:

- Bagel w/butter 3.99
- Bagel w/cream cheese..... 4.50
- Bagel w/flavored cream cheese 4.99
- Bagel w/cream cheese & tomato 4.99
- Bagel w/cream cheese, tomato
& cucumber..... 5.50
- Bagel w/cream cheese & bacon 5.99
- Bagel w/American cheese & tomato 4.50
- Bagel w/peanut butter & jelly 4.99
- Bagel w/veggie cream cheese, tomato,
cucumber, red onions & bacon 7.25
- Bagel w/peanut butter & banana 4.99

Extras:

- Extra Cheese 50¢ Mushrooms ..75¢
- Roasted Peppers 1.00 Pepperoni75¢
- Bacon 1.50 Spinach..... 75¢
- Green Peppers ... 50¢ Olives75¢
- Hardboiled Egg ... 1.00 Feta Cheese.1.00
- Extra Chicken 2.50 Walnuts 1.00
- Extra Dressing ... 1.00 Onions.....50¢
- Sour Cream50¢ Blue Cheese .1.00
- Avocado 1.50

To Our Customers:
Due to an unexpected increase in our costs,
prices have increased on many of our menu items.
Thank you for your understanding
and continued patronage.



(609) 263-5500

BREAKFAST ALL DAY!

Breakfast Sandwiches:

- Egg & Cheese 4.25
- Pepper, Egg & Cheese 4.99
- 1 Meat, Egg & Cheese 5.50
(bacon, porkroll, sausage, ham, or scrapple)
- Turkey Sausage, Egg & Cheese 5.99
- Steak, Egg & Cheese on Long Roll 8.99
- French Toast Sticks 4.99
-extra meat add 1.25 -turkey sausage 1.75
-on a bagel add 1.00
-on a large English muffin add 50¢
-with egg whites add 75¢
-side of bacon, sausage, etc. 3.99
- Homefries..... 3.99
- Big Doc 8.99
eggs, steak, cheese, peppers, fried
onions & mushrooms on a long roll.
- Big Country 8.99
eggs, homefries, fried onions, green peppers,
ham & cheese on a long roll.
- Joe's Junkyard Dog..... 8.99
scrapple, porkroll, bacon, eggs &
cheese on a long roll.
- Tina's Wrap 8.99
turkey, egg whites, spinach, mushrooms
& cheddar cheese on a wrap
- The Ocean Drive 8.50
Turkey, egg whites & cream cheese
on a bagel
- The Springfield 9.99
steak, egg, cheese, fried o's, hot sauce &
home fries on a long roll
- The Hangover Burger 9.50
cheeseburger w/fried egg & bacon, hot sauce
- The 39th Street Wrap 8.50
bacon, lettuce, tomato with fried eggs &
chipotle mayo on a wrap

TAC Printing & Marketing 609-390-2411



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39th & Landis Avenue
Sea Isle City, NJ

Breakfast All Day
Party Platters
Deli Meats
Fresh Fruit • Produce
Bagels • Salads
Hoagies
Hot Sandwiches
Wraps

McGowanMarket.com

Prices Subject to Change

Summer 2023

Hoagies:

Ham	9.50
Italian	9.99
Turkey	9.99
Mixed Cheese.....	9.50
Roast Beef.....	10.99
Tuna Salad	10.99
Santa Fe Turkey.....	10.99
Chicken Salad.....	10.99
Turkey Club Hoagie	10.99
Uncle Vito ..9.50 w/parma proscuitto..	10.99
roasted peppers, Caesar dressing, romaine lettuce & imported provolone cheese.	

Deli Sandwiches:

Liverwurst & Onion	6.99
Corned Beef Special	9.99
Ham & Cheese	6.99
Turkey & Cheese	7.99
Sante Fe Turkey & Cheese	8.99
Roast Beef & Cheese	8.99
Egg Salad	7.99
Tuna Salad	8.99
Chicken Salad.....	9.99
BLT	7.50 w/Cheese 7.99
Jake's Roast Beef.....	8.99
roast beef & provolone cheese with horseradish - dijonaise sauce on rye bread.	
"Little Brother" J.P.	8.99
Santa Fe turkey & cheddar cheese with roasted red pepper mayo on wheat bread. Try it hot!	
Hope's Wrap	9.99
turkey, apple, lettuce, cheddar cheese & honey-mustard on a wrap.....mmm	
Romo's Wrap	10.99
smoked turkey with avocado, bacon & scallion cream cheese	
Lady Di Wrap	9.99
turkey, bacon, lettuce, tomato, cheddar cheese & chipotle ranch on a wrap	

Chicken Specialities:

"Broad Axe" Special.....	10.50
grilled chicken with fried onions, mushrooms, melted Monterrey-Jack cheese & horseradish-dijonaise sauce on a long roll.	
Greta's Caesar Chicken	10.50
grilled chicken marinated in Caesar dressing with roasted peppers & Cooper sharp cheese on a long roll.	
Rosie's Chicken	10.50
grilled chicken with spinach & provolone cheese on a long roll with Italian dressing.	
The Colonel	10.50
grilled chicken with peppers, onions, mushrooms, marinara sauce & mozzarella cheese on a long roll.	
Y2K Chicken.....	10.50
grilled chicken with bacon and cheddar on a long roll with Russian dressing, lettuce, tomato and raw onion.	
Chicken Finger Parm.....	10.50
chicken fingers with marinara sauce & mozzarella cheese on a long roll.	
Shenanigans	10.50
chicken finger parm w/mozzarella sticks! on a long roll.	
Courtney's Chicken	10.50
Grilled chicken with romaine lettuce, brushetta & provolone cheese with balsamic vinaigrette on a long roll.	
Chicken Caesar Wrap.....	10.50
LaCosta's Wrap	10.50
Chicken fingers with hot sauce, blue cheese, lettuce & tomato on a wrap.	
Ryan's Chicken Quesadilla	10.99
grilled chicken, peppers, onions, melted cheddar cheese, served with sour cream & salsa	

From the Grill:

Hamburger7.75 Cheeseburger.....	8.50
Bacon Cheeseburger	9.25
Fogelburger	8.99
hamburger w/roasted peppers & provolone	
Benburger	8.99
hamburger w/fried onions, mushrooms & swiss cheese.	
Angie Burger	9.50
Bacon cheeseburger w/ Russian dressing, tomato & cheddar cheese.	
Brendan's Turkey Burger	8.99
Turkey burger w/cooper sharp, bacon & chipotle ranch!	
Hot Dog	2.99
Cheese Dog.....	3.50
Grilled Cheese.....	4.50
w/ tomato	4.99
w/ ham, bacon or turkey	6.99
w/ bacon & tomato	6.99
Reuben	9.99
corned beef, sauerkraut, Russian dressing & swiss cheese on grilled rye.	
Jenny's Grilled Veggie.....	8.99
onions, peppers, mushrooms, zucchini, spinach, tomatoes & swiss with balsamic vinaigrette on a long roll.	
Billy Mac Burger	9.25
cheeseburger with lettuce, tomato, onion rings, BBQ sauce & pepper jack cheese	
Owen's Hot Roast Beef.....	9.99
Hot roast beef dipped in au jus topped with American cheese on a long roll or kaiser.	
The "Glenside Pub"	9.99
a house favorite! Fresh oven roasted turkey with homemade stuffing, gravy & cranberry on a long roll - served hot or cold! BEST OF THE SHORE - Phila Mag. 2007	

Steaks: (8oz thinly sliced 100% chip beefsteak)

Steak Sandwich	8.99
Cheese Steak.....	9.99
Cheese Steak Hoagie	10.99
Pizza Steak	10.50
Chicken Steak.....	8.99
Chicken Cheese Steak	9.50
Chicken Cheese Steak Hoagie	9.99
Chicken Pizza Steak	9.99
add onions50¢

Steak Specialities:

The "Halligan"	9.99
chicken steak w/ hot sauce & blue cheese	
Mac Special.....	10.99
cheesesteak with roasted peppers, fried onions, mushrooms & pepperoni...yum!	
The Lyon	10.99
chicken cheesesteak with fried onions, spinach & roasted peppers.	
The Marauder.....	10.99
1/2 cheesesteak, 1/2 chicken cheesesteak, bacon, ranch & hot sauce	
Steak Quesadilla.....	10.99
Steak with fried onions, melted cheddar & pepper jack cheese served with chipotle ranch	

TRY OUR "WING DINGS!" YUM!

6 / 8.50 • 12 / 15.99 • 24 / 29.99

Sides:

Sweet Potato Fries	5.25
French Fries	4.99 add Cheese 5.50
Curly Fries	5.25 add Cheese ..5.75
Gravy Fries	5.50
Old Bay Fries.....	5.50
Chicken Fingers.....	7.99
Mozzarella Sticks	6.75
Onion Rings	6.50
Popcorn Chicken	7.99
Buffalo Chicken Fingers	8.99

Call Ahead to Save Time!

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