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SAL'S GOURMET

Pizza & Pasta

ORDER
ONLINE!

WE DELIVER! 

732-972-1477

356 Route 9 North - Manalapan



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Our Lunch Specials

Cook Less and Enjoy More...
Let Sal's Gourmet Pizza & Pasta Cater Your Next Celebration!

Friday's Blackboard Lunch Specials

Specials Served from 11am-3pm

- 1. Gio Salad** ~ A crisp bed of lettuce topped with grilled chicken, bacon, fresh mozzarella, roasted red peppers, tomatoes, black olives & hard-boiled egg served with balsamic vinaigrette \$10.99
- 2. Cobb Salad** ~ Thinly sliced turkey breast, cheddar cheese, crisp bacon, shredded carrots & ripe tomato served over a bed of greens with your choice of dressing \$10.99
- 3. Low Carb Grilled Chicken Parm** ~ Grilled chicken breast topped with fresh marinara sauce & melted mozzarella cheese \$9.50
- 4. Lunch Sized Chicken alla Gregg** ~ Sauteed chicken breast topped with sauteed spinach, eggplant & fresh mozzarella served in a light Marsala tomato sauce over pasta \$10.99
- 5. Avocado Bacon Burger** ~ Our all-beef burger topped with American cheese, bacon, avocado, lettuce, tomato & onion served with fries \$10.50
- 6. Boardwalk Style Sausage Sub** ~ Grilled Italian sausage topped with grilled peppers, onions & our homemade sauce served with fries \$10.99
- 7. Russian Chicken Wrap** ~ Yummy breaded chicken breast sliced & wrapped in a fresh flour tortilla with lettuce, tomato & Russian dressing served with golden fries \$9.99
- 8. Italian Cheesesteak** ~ Tasty grilled steak with fresh mozzarella cheese & roasted peppers served on a sub roll with golden fries \$10.99
- 9. Mini Italian Roll** ~ Our fresh dough stuffed with ham, salami, pepperoni & mozzarella served with a side of sauce \$8.99

Featuring
CLUCK-U CHICKEN
Wings - Tenders -
Nuggets

Family Owned
Established 2002
We also provide catering for all
occasions on or off premises.
Dine-In Delivery Take-Out

Sal's Soups
Chicken Noodle Italian
Minestrone
Pasta e Fagioli
Spinach Lentil
Split Pea
Italian Wedding

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