



Take Out Delivery Menu

Catering menu available
Call for our daily soup & lunch specials
It's Fresh Food; Not Fast Food.
Online Ordering
salsgoodeats.com to sign up today!

201.375.4949

Free Delivery
\$10.00 Minimum Order

Good Breakfast • Good Soup 'N Salad • Good Sandwich

Our story . . .

80 Green Street
Teterboro, NJ 07608

HUMC Fitness and Wellness Center
Powered by the Giants
87 Rt 17 N
Maywood, NJ 07607

201.375.4949
201.288.2499 Fax
orders@salsgoodeats.com
salsgoodeats.com

These are simple times. The world has changed before our eyes over the past few years. Excess is no longer considered the norm. Quality, value and service have become the cornerstones of the rebuilding of the next new economy. Everything that is old is new again.

Understand your customer and your customer will understand you...

Sal's Good Eats is a place where everyone and anyone should feel that they are welcome; a place where a cup of freshly brewed coffee and your next meal are waiting for you. We look forward to seeing you soon.

Purchase cold cuts and cheeses by the pound.
For more information call Sal's to find out our different varieties.

Gift Cards Available!

Purchase our rechargeable Sal's Good Eats gift card today that can be preloaded to any amount to purchase Sal's breakfast, lunch, dessert and beverage selections!



Due to the delivery of the finest and freshest products, prices may be subject to change.

Proud Supporter of



Therapeutic Riding and
Equine Assisted Activities
www.ponypowernj.org

Follow us to find up-to-date information, specials, discount coupons and more at
<http://twitter.com/salsgoodeats> or become a fan on Facebook at
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Version 18

Breakfast

Eggs & Stuff

Cheese, Steak & Egg Sandwich	\$6.25
served on a roll, wrap <i>or</i> bagel with rib steak, scrambled eggs, provolone cheese	
Peppers & Eggs Panini	\$5.10
scrambled eggs, provolone cheese, fried peppers, onions	
Santa Fe Breakfast Burrito	\$5.10
scrambled eggs, spicy pork sausage, Monterey Jack cheese, scallions, tomato	
Vegetarian Breakfast Burrito	\$5.10
scrambled egg whites, spinach, roasted peppers, provolone cheese	
Naked Egg Sandwich	\$2.50
served on a roll, wrap, bagel, biscuit, English muffin <i>or</i> toast	
w/ Cheese \$3.15 • w/ Meat & Cheese \$4.20	
Brunch Panini	\$5.10
scrambled eggs, bacon, potatoes, mozzarella, parmesan cheese	
Light Brunch Panini	\$5.95
scrambled egg whites, low-fat cheese, turkey bacon	
Breakfast Pizza	\$8.50
scrambled eggs, tomato, bacon, scallions, mozzarella, parmesan cheese	

Add: 1 Egg **\$0.90** • Cheese **\$0.55** • Gourmet Cheese **\$1.05**
• Bacon, Pork Sausage, Ham *or* Chorizo **\$1.15** • Turkey Sausage or Turkey Bacon **\$1.55** • Substitute Egg Whites **\$1.70**

Combo Platters

Breakfast Special	\$6.80
choose French toast or pancakes with a side of breakfast meat	
Egg Platter Breakfast	\$7.50
two eggs any style, choice of breakfast meat, toast and breakfast potatoes	

Corned Beef Hash Breakfast	\$8.65
two eggs any style, side of home fries and toast	
Sweet Potato Pancakes Breakfast	\$8.85
fruit salad, butter and syrup	

Omelettes

served w/ home fries & warm biscuit

Cheddar Cheese	\$6.25
Virginia Ham & Cheddar	\$6.80
Farmers Market Vegetable	\$6.80

Classics

Hand Rolled Bagel	\$1.15
w/ Butter \$2.15 • w/ Cream Cheese \$2.40 • w/ Peanut Butter \$2.85	
Yogurt Granola Parfait	\$3.95
Fresh Fruit Salad 12oz	\$3.95
Old Fashioned Oatmeal	\$4.25

Fast & Easy

Toast w/ Butter, Jelly	\$1.70
Buttered Roll	\$1.40
Assorted Regular & Low Fat Yogurt	\$1.70
Greek Yogurt	\$2.85
Greek Yogurt with Granola	\$3.25
Homemade Yogurt Muffin	\$2.25
Assorted flavors available	

Cunch

Specialty Sandwiches

Caprese Baguette	\$7.10
fresh mozzarella, tomato, basil, balsamic glaze	
Classic Italian	\$7.65
Genoa salami, capicola, mortadella, provolone, lettuce, tomato, onion, oil, vinegar on a hero roll	
California Vegetable	\$7.35
avocado, tomato, cucumber, red onion, grilled portobello mushrooms on whole grain bread w/ honey mustard	
Chicken Cutlet Special	\$7.95
fresh mozzarella, tomato, arugula, balsamic glaze on a hero roll	
Cheesesteak	\$7.65
American cheese, peppers, sautéed onions on a hero roll	

Classic Deli Sandwiches

served on your choice of: kaiser roll, hero roll, white, wheat, rye or multi-grain bread, wrap or bagel; with pickle chips

Roasted Turkey Breast	\$5.95
Roast Beef Top Round	\$6.55
Boiled Ham	\$6.55
Hot Pastrami	\$6.25
Salami	\$7.10
Capicola	\$7.10
Mortadella	\$7.10
PB&J	\$4.05
Chicken Salad	\$5.95
Virginia Ham w/ Cheese	\$6.55
Corned Beef Brisket	\$6.25
Bologna	\$5.10
Grilled Chicken Breast	\$7.35
Tuna Salad	\$5.95
Smoked Turkey	\$6.25
BLT	\$5.10
Egg Salad	\$5.95
Grilled Cheese	\$4.10

(Deli meat sandwich selections are made with premium Thumann's brand products.)

Cunch

Signature Salads

Greek	\$8.55
feta cheese, kalamata olives, cucumbers, peppers, tomato	
Buffalo Chicken	\$9.30
spicy tender chicken, blue cheese, celery	
Napa Vineyard	\$9.95
grilled chicken, candied walnuts, dried cranberries, crumbled blue cheese	
Kale Salad	\$9.00
beets, chick peas, mixed peppers, shaved parmesan	
Spinach Salad	\$9.00
mushrooms, hard boiled eggs, mandarin oranges, bacon	
Grilled Chicken Caesar	\$9.30
Grilled Chicken Breast Over Mixed Greens	\$9.30
Chef Salad	\$9.30
Cobb Salad	\$9.55
Naked Caesar	\$6.15
Sal's Garden	\$5.65

Build Your Own Salad

Small \$6.15 • Large \$7.30

Choice of (4) Toppings:

avocado, chick peas, kidney beans, chopped egg, red onion, beets, pecans, goat cheese, broccoli, mandarin oranges, pepperoncini, croutons, roasted red peppers, green peppers, pickled jalapeños, cucumbers, portobello mushrooms, corn niblets, sunflower seeds, cherry tomatoes, shredded cheddar cheese, julienne carrots, crumbled blue cheese, feta cheese, edamame beans, black olives, dried cranberries and olive medley

Add: Breaded Chicken, Grilled Chicken, Tuna Salad, or Chicken Salad **\$3.40** Each Additional Topping **\$0.55**
Extra Dressing **\$0.75**

Build Your Own Salad

Dressing Selections: Blue Cheese • French • Ginger Sesame
Thousand Island • Creamy Caesar • Fat Free Italian • Ranch
Italian • Fat Free Ranch • Organic Balsamic Vinaigrette • Organic Caesar
Raspberry Vinaigrette • Champagne Vinaigrette • Balsamic Vinaigrette

All salads can be chopped - just ask!

Grill Selections

Hamburger	\$4.55
Cheeseburger	\$5.10
Bacon Cheeseburger	\$6.25
Veggie Burger	\$5.05
Chicken Burger	\$4.55

Hot Heroes

served on white *or* wheat 6" Italian hero roll

Chicken Parmesan	\$8.25
Meatball	\$7.35
Meatball Parmesan	\$7.90
Eggplant Parmesan	\$7.35
Breaded Chicken Cutlet	\$7.65

Paninis

Turkey Cuban	\$7.10
roasted turkey, smoked turkey, Swiss cheese, mustard, pickles	
Chicken Sorrento	\$7.35
grilled chicken, fresh mozzarella, roasted red peppers, pesto	
Tuna Melt	\$6.80
cheddar cheese, tomato	
Italian Grilled Cheese	\$6.25
provolone, Swiss, cheddar, mozzarella, tomato	
Sal's Special Reuben	\$7.95
pastrami, corned beef, sauerkraut, Swiss cheese, Russian dressing	
Heartland Roast Beef	\$7.65
shaved roast beef, horseradish dijon sauce, Havarti cheese, tomato	
Black Friday	\$7.35
turkey, stuffing, brown gravy, cranberry sauce	

Add: Avocado **\$0.90** • Bacon **\$1.15** • Cheese **\$0.55** • Gourmet Cheese **\$1.05**
• Roasted Red Pepper **\$0.90** • Turkey Bacon or Turkey Sausage **\$1.55**

Hot Plate Lunch Special

Entree of the day plus two sides of your choice • Please call for daily specials

Mix and Match Combo	\$8.15
Pick 2: A fresh tossed mixed green side salad, 1/2 of a Thumann's deli sandwich or a pint of homemade soup	

Gourmet Thin Crust Pizza

Margherita	\$7.95
Meat Lovers	\$8.50
Mediterranean	\$7.95
Hawaiian	\$8.50
Breaded Buffalo Chicken Cutlet	\$8.50
Broccoli Rabe, Sausage and Fresh Mozzarella	\$8.50

Soup

Pint **\$3.65** • Quart **\$7.30**
Chicken Noodle • Soup of the Day

Angus Steak Chili (Seasonal)

Pint **\$5.10**

Snacks

Potato Chips..... **Individual Size \$1.70**
Gluten Free Chips..... **Individual Size \$1.70**

Desserts

Chocolate Chip Cookies **\$2.35** **Homemade Brownie** **\$2.25**
Bite Sized Desserts (Brownie or Blondie) **\$1.40**

Hot Beverages

Sm 12oz \$1.15 • **Md 16oz \$1.70**
Coffee – Regular & Decaf • **Hot Tea** – Regular & Decaf
Herbal Teas – Assorted flavors available

Cold Beverages

Fountain Soda – 24oz	\$2.00
Bottled Soda – 20oz	\$2.25
Milk – Chocolate, Whole	\$2.50
Assorted Bottled Juices	\$2.50
Fresh Squeezed Orange Juice	\$3.40
Bottled Water	\$1.70
Energy Drink	\$2.85
Iced Tea	\$2.00