

- Instagram @vicariosmarketgourmet
- High Protein Muffins
- Specializing in
- Custom Meal Prep
- All Your Athletic Needs!!

# Vicario's

## market gourmet



Come Visit us at:  
 246 MARKET STREET  
 ELMWOOD PARK, NJ 07407  
 Phone: (201) 797-3222

### ATHLETES : CUSTOM MADE MEAL PLANS FOR YOUR DIET !

Most foods are cooked with Whey Crisps for added protein.  
 Meals can be tailored by weight to suit your nutritional needs.  
 Call for Hot Specials.

#### Breakfast

- \$ 17.00 • Power Breakfast Whole Wheat Pancake, 3 eggs 3 turkey bacons
- \$ 13.00 • Egg White Omelet with Turkey and Spinach
- \$ 13.00 • Egg Whites & Turkey on Low Carb Whole Wheat Roll
- \$ 6.50 • Oatmeal with Almonds & Cranberries

#### High Protein Muffins

- \$ 4.00 • Blueberry • Chocolate Chip • Cinnamon • Pumpkin

#### High Protein Pudding

- \$ 4.00 • Chocolate • Pistachio • Peanut Butter

#### Soups (Winter & Fall)

- \$ 7.50 • Small & \$ 13.50 • Large • Call for Soup of Day

#### Salads

- \$ 13.50 • **The Weightlifter:** Spinach, Cucumbers, Goat Cheese, Dried Cranberries, Walnuts, Almonds, & Grilled Chicken w/ Light Raspberry Vinaigrette Dressing
- \$ 10.00 • **Spicy or Regular Grilled Chicken Caesar Salad** w/ Low Fat Caesar Dressing

### IF YOU NEED A DIET, WE CAN PROVIDE ONE WITH MEALS !

#### Salad Bar

Create Your own Salad! Made to Order (served with free bread)

##### STEP 1 : Choose Your Own Base

- \$ 3.50 • Crisp Romaine • Mixed Greens • Fresh Spinach

##### STEP 2 : Choose From Over 30 Freshly Prepared Items

- \$ 5.00 • Grilled Chicken • Chicken Cutlet • Turkey Breast  
• Roasted Portobello Mushrooms • Fresh Mozzarella
- \$ 2.00 • Bacon • Sun Dried Tomatoes • Crumbled Blue Cheese  
• Marinated Artichoke Hearts • Parmesan Cheese  
• Goat Cheese
- \$ 1.75 • Roasted Peppers • Kalamata Olives • Walnuts • Raisins  
• Cranberries • Carrots • Candied Pecans • Almonds
- \$ 1.00 • Plum Tomatoes • Chick Peas • Kidney Beans • Fresh Corn  
• Hard Boiled Eggs • Green Peas • Carrots • Onions  
• Cucumbers

##### STEP 3 : Pick Your Dressing

- Honey Mustard • Creamy Italian • Creamy Ranch • Balsamic Vinaigrette
- Olive Oil & Red Wine Vinegar • Lite Raspberry Vinaigrette
- Fat-Free Caesar • Fat-Free Ranch

Extra Dressing \$.50

## Sandwiches

Choose from our premium selection of meats, cheeses, & breads

- SPECIALITY BREADS: • 8" Semolina • 8" Whole Wheat  
• Kaiser Roll • Ciabatta Roll
- MEAT: • Ovengold Turkey • Grilled Chicken • Chicken Cutlet  
• Blacken Chicken
- CHEESE: • Fresh Mozzarella  
• Sharp Provolone • Swiss

## Market Gourmet Sandwiches

Choose from any of our specialty breads

- \$13.00 1 Grilled Chicken, Roasted Portobello, Sun-Dried Tomato,  
Fresh Mozzarella, Balsamic Vinaigrette
- 2 Chicken cutlet, mozzarella, lettuce, tomato, onion, Mayonnaise
- 3 Chicken Cutlet, Roasted Garlic, Broccoli Rabe,  
Black Olive Spread
- \$16.00 4 Steak, Melted Provolone, Caramelized Onions,  
Garlic Mayonnaise
- 5 Smoked Turkey, Swiss Cheese, Fresh Spinach,  
Spicy Chipotle Mayonnaise
- 6 Italian Chicken Cutlet, Sliced Tomato, Fresh Mozzarella & Basil
- 7 Italian Sausage, Roasted Garlic Broccoli Rabe, Portobello  
Mushroom, Drizzled in Extra Virgin Olive Oil
- 8 Roasted Portobello, Artichokes, Fresh Spinach, Roasted  
Pepper, Balsamic Vinaigrette
- 9 Blackened Chicken, Melted Provolone, Marinated Artichoke
- \$16.00 10 Italian Cheese Steak, Sautéed Peppers, Onions, Potatoes
- 11 The Lone Wolf: Chicken cutlet, Provolone, Spinach, BBQ & Hot Sauce
- 12 Vicario's Special, Chicken Cutlet, Roasted Peppers, Fresh  
Mozzarella on Garlic Bread

## Super Burgers

- \$ 14.00 1 HEALTHY : • 2 Turkey Patties • Artichokes • Provolone  
• Lettuce • Tomato • Chipotle On Low Carb Roll
- \$ 16.00 NON HEALTHY: • 2 Angus Patties • Roasted Peppers • Mozzarella  
• Lettuce • Tomato on Garlic Semolina Bread.

## Meals

- \$ 14.00 LB • Grilled Chicken with Brown Rice & Broccoli Rabe  
• High Protein Chicken Meatballs  
• High Protein Turkey Meatballs
- \$ 37.00 LB • Steak: Flat Iron

## Pasta

All Pasta made fresh to order

- \$13.00 • Orecchiette, Crumbled Sausage, Cannelini Beans, Broccoli  
Rabe, Garlic & Oil, finished with Pecorino Romano Cheese
- \$ 12.00 • Penne, Sun-Dried Tomato, Peas, Pink Vodka Sauce
- \$ 12.00 • Tortellini, Cheese Tortellini Tossed with Fresh Spinach,  
Wild Mushroom Cream Sauce
- \$ 12.00 • Linguini, Vicario's Fresh Tomato & Basil Sauce
- \$ 12.00 • Carbonara, Spaghetti, Pancetta, Caramelized Onion, Pecorino  
Romano Cheese, Touch of Cream
- \$ 12.00 Cavatelli, Roasted Peppers, Broccoli with Pesto Sauce
- \$ 13.00 • Farfalle, Grilled Chicken, Sun-Dried Tomato,  
Roasted • Garlic Cream Sauce
- \$ 16.00 • Ravioli, Stuffed with Lobster & Cheese, Tomato Cream Sauce,  
Fresh Basil

## Sides

*\*\*Please Call or Ask what sides are being served today\*\**

- HOT SIDES • Roasted Garlic Broccoli Rabe  
• Cajun Fries \$6.00  
• Steamed Broccoli • Steamed Mixed Vegetables

## Dessert & Homemade Treats

- \$ 4.00 • High Protein Muffins  
\$ 4.00 • High Protein Pudding

PRICES SUBJECT TO CHANGE WITHOUT NOTICE