

# Delicious Heights

**Restaurant • Lounge • Takeout • Caterers**

428 Springfield Avenue • Berkeley Heights, NJ • 908.464.3287 • [deliciousheights.com](http://deliciousheights.com)

# Appetizers

## APPETIZERS

<b>Barbeque Danish Baby Back Ribs Appetizer</b> - half rack, slow cooked, finished on the grill with our barbeque sauce; served on a bed of sweet potato French fries .....	<b>\$ 10</b>
<b>Panko Crusted Onion Rings</b> - served with homemade ketchup, honey mustard & buffalo ranch sauce .....	<b>\$ 7</b>
<b>Bourbon Glazed Short Rib</b> - braised short ribs tossed in our house bourbon glaze sauce; served over our house chips.....	<b>\$ 9</b>
<b>Chicago Style Spinach Dip</b> - rich blend of spinach, artichokes & Reggiano Parmesan cheese in our house cream sauce; served with carrots, celery sticks, salsa, sour cream & baked pita chips .....	<b>\$ 9</b>
<b>Crispy Calamari</b> - tossed with cherry peppers; served with marinara, garlic aioli & lemon wedges .....	<b>\$ 9</b>
<b>Dim Sum</b> - vegetable curry samosa, shrimp spring rolls & pork dumplings; served with chili peanut & soy dipping sauces .....	<b>\$ 8</b>
<b>Grilled Vegetable Napoleon</b> - eggplant, zucchini, roasted tomato, yellow squash, roasted red peppers, portobellos & sweet potatoes, topped with fresh mozzarella cheese and dressed in balsamic vinaigrette .....	<b>\$ 8</b>
<b>Home-Battered Chicken Tenders</b> - your choice, tossed with buffalo sauce, served with celery & Danish blue cheese dressing, tossed with honey barbeque sauce, or plain served with honey mustard dipping sauce .....	<b>\$ 9</b>
<b>Jumbo Lump Crab Cakes</b> - served over a pommerey mustard sauce .....	<b>\$ 11</b>
<b>Mini Angus Burgers</b> - 4 mini Angus burgers, grilled to your liking, topped with Jack cheese on a potato roll; served with onion straws .....	<b>\$ 10</b>
<b>Mozzarella Sticks</b> - deep fried mozzarella, breaded with Italian seasonings; served with homemade marinara sauce .....	<b>\$ 7</b>
<b>Panko Crusted Shrimp</b> - served with chili peanut sauce .....	<b>\$ 9</b>
<b>Pierogies</b> - stuffed with potatoes and topped with an onion butter sauce; served with sour cream .....	<b>\$ 7</b>
<b>Potato Skins (loaded)</b> - deep fried potato skins topped with Monterey Jack cheese, crumbled bacon & scallions; served with sour cream .....	<b>\$ 9</b>
<b>Stuffed Portobello</b> - jumbo lump crab stuffed in a portobello with garlic aioli .....	<b>\$ 11</b>

# Salads

## SALADS

**Antipasto Salad** - ham, Genoa salami, fresh mozzarella & Provolone cheeses over romaine lettuce, ..... **small** ..... \$ 9  
with tomatoes, roasted red peppers, pepperoncini, mixed olives & sliced red onions; tossed in our ..... **large** ..... \$11  
balsamic vinaigrette

**Balsamic Chicken Salad** - sautéed balsamic chicken over mescaline greens with walnuts, tomatoes, roasted ..... \$11  
red peppers, sun-dried cranberries & fresh mozzarella cheese; served with a balsamic reduction

**Chef Salad** - Boar's Head roast beef, turkey & Muenster cheese over romaine lettuce with tomatoes, sliced ..... \$11  
red peppers, red onions, carrots, cherry peppers & toasted croutons; served with your choice of dressing

**Country Salad** - our home battered chicken tenders, Danish blue cheese crumbles, walnuts, chopped bacon, ..... \$11  
tomatoes, avocado wedges & toasted croutons; served with your choice of dressing

**Caesar Salad** - crisp romaine, Reggiano Parmesan cheese & toasted croutons; served in a cold Caesar dressing ..... \$ 8

**Greek Salad** - romaine lettuce, crumbled feta cheese, cucumbers, tomatoes, mixed olives, radishes & ..... \$ 9  
sliced red onions; served with lemon vinaigrette dressing

**House Salad** - crisp mescaline greens, shredded carrots, tomatoes, sliced red peppers, cucumbers, ..... \$ 7  
sliced red onions & toasted croutons; served with your choice of dressing

**Mescaline Salad** - tossed baby spinach, frisée, mustard greens, red oak, lolarosa, sun-dried cranberries, ..... \$ 8  
walnuts & shaved Reggiano Parmesan cheese; served with raspberry vinaigrette dressing

**Ranch Salad** - our home battered chicken tenders tossed with bacon, tomatoes, sun-dried cranberries & ..... \$11  
toasted croutons on romaine lettuce; served with ranch dressing

**Sesame Crusted Ahi Tuna Salad** - Ahi tuna pan seared to your liking, julienne carrots, cucumbers, red peppers, ..... \$13  
tortilla strips, mangos, scallions & tomatoes on romaine lettuce; served with poppy seed dressing

**Strip Steak Salad** - grilled to your liking, Pepper Jack cheese, portobello mushrooms, tomatoes, caramelized ..... \$14  
onions & cherry peppers on romaine lettuce; served with your choice of dressing

### Dressings

*Vinaigrettes:* balsamic, lemon, raspberry or shallot *Creamy:* Danish blue cheese, honey mustard, ranch, poppy seed, or Russian

Add to any salad

**blackened or grilled chicken.....\$ 3    steak.....\$ 6    shrimp.....\$ 6**

## SPECIALTY SANDWICHES

(All sandwiches served with your choice of daily soup, house or Caesar salad, or French fries.)

- Buffalo Chicken Sandwich** - battered chicken breast on a Kaiser roll with lettuce, tomato, red onion, ..... \$ 9  
Pepper Jack cheese; served with Danish blue cheese dressing
- Prime Rib French Dip Au Jus** - prime rib, sliced to order, piled high on a toasted baguette topped with ..... \$11  
melted Muenster; accompanied with house au jus & creamy horseradish
- Chicken Cutlet in the Garden** - chicken cutlet, roasted red pepper, fresh mozzarella cheese, tomato, ..... \$ 9  
shredded lettuce & balsamic dressing; served on a fresh Italian baguette
- Club Sandwich** - choice of turkey or roast beef with lettuce, tomato, mayo, bacon & Cheddar cheese on toasted ..... \$ 9  
multi-grain bread
- Crab Cake Sandwich** - jumbo lump crab cake on a Kaiser roll with mescaline, tomato & red onion; ..... \$13  
served with garlic aioli
- Grilled Vegetable Sandwich** - portobello, zucchini, sweet potato, yellow squash, eggplant, roasted red ..... \$ 8  
peppers, roasted tomato, fresh mozzarella & hummus piled between toasted multi-grain bread
- Honey Barbeque Chicken Sandwich** - honey barbeque battered chicken breast on a Kaiser roll with lettuce, ..... \$ 9  
tomato & sliced red onion
- Marinated Herb Grilled Chicken Sandwich** - served with sun-dried tomato pesto, lettuce, onion & ..... \$ 9  
tomato on a Kaiser roll
- Our Grandma's Tuna Sandwich** - our Grandma's secret recipe of tuna fish on rye with shredded lettuce, ..... \$ 8  
tomato & sliced red onion
- Po' Boy Sandwich** - served on a baguette with popcorn shrimp, shredded lettuce, tomato, avocado, roasted ..... \$10  
red pepper, cucumber & Chipotle mayo
- Roast Beef and Cheddar Sandwich** - served on multigrain bread with tomato & horseradish mayo ..... \$ 9
- The Tuscan Sandwich** - baguette filled with prosciutto de Parma, our fresh mozzarella cheese, roasted ..... \$ 9  
red pepper & balsamic vinaigrette

## WRAPS

(All wraps served with your choice of daily soup, house or Caesar salad, or French fries.)

- Bacon Cheeseburger Wrap** - freshly ground sirloin, grilled to your liking, topped with American cheese, ..... \$ 9  
hand sliced bacon, lettuce, sliced tomato, sliced red onion & Russian dressing, stuffed into a whole wheat tortilla
- Black Forest Ham Wrap** - thinly sliced Black Forest ham, Swiss cheese, sliced tomato, fresh cut avocado & ..... \$ 8  
mayo, stuffed into a white flour tortilla
- Blackened Chicken Wrap** - bacon, avocado, sliced red onion, Muenster cheese, lettuce, sliced tomato & ..... \$ 9  
Chipotle mayo, stuffed into a whole wheat tortilla
- Buffalo Tender Wrap** - buffalo tenders, lettuce, sliced tomato, celery & Danish blue cheese dressing, stuffed ..... \$ 9  
into a white flour tortilla
- Chicken Caesar Wrap** - grilled chicken, romaine lettuce & Reggiano Parmesan cheese, tossed in a ..... \$ 8  
Caesar dressing, stuffed into a white flour tortilla
- Chicken Salad Wrap** - homemade chicken salad, shredded lettuce, sliced tomato & sliced red onion, stuffed into ..... \$ 7  
a spinach tortilla
- Chicken Tender Wrap** - chicken tenders, chopped romaine, Cheddar cheese, honey mustard dressing, ..... \$ 8  
lettuce, sliced tomato, sliced red onion, stuffed into a white flour tortilla wrap
- Hawaiian Rib-Eye Wrap** - Hawaiian rib-eye steak, grilled to your liking, with caramelized onion, roasted pepper, ..... \$11  
sliced tomato, shredded lettuce & sour cream, stuffed into a white flour tortilla
- Honey Roasted Turkey and Brie Wrap** - honey roasted turkey, Brie cheese, chopped romaine, sliced tomato & ..... \$ 8  
honey mustard dressing, stuffed into a sun-dried tomato wrap
- N.Y. Strip Wrap** - seasoned and grilled to your liking, with portobello, caramelized onion, Provolone cheese, ..... \$11  
shredded lettuce & sliced tomato, stuffed into a white flour tortilla; served with horseradish mayo on the side
- Southwestern Wrap** - grilled chicken, sliced ham, shredded lettuce, sliced tomato, house mayo & Pepper Jack ..... \$ 9  
cheese, stuffed into a white flour tortilla
- Teriyaki Chicken Wrap** - teriyaki glazed chicken with julienne cucumbers, sliced tomato, shredded lettuce & ..... \$ 9  
tzatziki sauce, stuffed into a spinach wrap

## SLOPPY JOES

Swiss cheese, Russian dressing & coleslaw piled between three pieces of rye bread with your choice of meat:

- Roast Beef, Turkey, Ham or Pastrami** ..... \$ 9
- Combination of any 2** ..... \$10

## ENTRÉES

(All entrées served with your choice of house or Caesar salad.)

**Balsamic Chicken** - pan seared chicken breast, topped with tomatoes & scallions in an aged balsamic reduction; ..... **\$16**  
served over angel hair pasta

**Blackened Chicken** - served over a bed of mixed vegetables, with Boursin mashed potatoes & a side of ..... **\$16**  
Chipotle mayo

**Grilled Chicken Primavera** - grilled zucchini, yellow squash, roasted red onions, topped with fresh mozzarella; ..... **\$16**  
served with house chips

**Chicken Roulade** - stuffed with spinach, portobello mushrooms, sun-dried tomatoes, dried cranberries & apricots ..... **\$16**  
in an apple-cider sauce; served with braised red cabbage & risotto

**Meatloaf** - stuffed with fresh mozzarella cheese & topped with a homemade ketchup glaze; served with demi-glace, ..... **\$15**  
macaroni & cheese and green beans

**Roasted Garlic Chicken** - marinated with garlic & herbs; served with house chips & asparagus ..... **\$16**

**Vegetable Napoleon** - eggplant, zucchini, yellow squash, sweet potatoes, roasted red peppers, fresh mozzarella ..... **\$14**  
cheese, portobellos & roasted tomatoes; stacked & served with a balsamic reduction, hummus & a side of asparagus

## SEAFOOD

(All seafood served with your choice of house or Caesar salad.)

**Créole Shrimp** - jumbo shrimp sautéed in a Créole cream sauce; served with risotto & asparagus ..... **\$19**

**Jumbo Lump Crab Cake** - pan fried, served in a pommerey mustard sauce; served with Boursin mashed potatoes & ..... **\$24**  
mixed vegetables

**Sesame Crusted Ahi Tuna** - pan seared to your liking, topped with a ginger soy glaze; served with Boursin mashed ..... **\$24**  
potatoes, tempura asparagus & a side of wasabi

**Shrimp Scampi** - jumbo shrimp cooked in a white wine, lemon, garlic & butter sauce; served over angel hair pasta ..... **\$19**

**Red Snapper** - pan seared, topped with a potato pancake; served with scallion butter on a bed of mixed vegetables ..... **\$21**

## STEAKS & GRILL

(Steaks grilled to your liking & all items served with house or Caesar salad.

- Barbeque Chicken** - marinated half roasted chicken, glazed with our homemade barbeque sauce; served with ..... **\$16**  
a loaded baked potato & creamy coleslaw
- Barbeque Danish Baby Back Ribs** - slow cooked, finished on the grill with our barbeque sauce; served with ..... **\$20**  
sweet potato French fries & creamy coleslaw
- Bourbon Glazed Short Ribs** - braised short ribs, tossed in our homemade bourbon glaze sauce; served with ..... **\$18**  
house chips & mixed vegetables
- Center-Cut Filet Mignon (12 oz.)** - seasoned & grilled, topped with merlot butter; served with Boursin mashed ..... **\$24**  
potatoes & asparagus
- Filet Mignon Scaloppine** - pan seared, topped with Danish blue cheese & caramelized onions in a port wine ..... **\$24**  
reduction; served with house chips & broccoli
- Grilled Pork Chops** - topped with fire roasted apples & caramelized onions; served with Boursin mashed potatoes ..... **\$16**  
& braised red cabbage
- Grilled Porterhouse (20 oz.)** - seasoned & grilled, topped with onion straws; served with sweet potato ..... **\$26**  
French fries & green beans
- Hawaiian Rib-Eye (16 oz.)** - marinated & grilled; served with a loaded baked potato & mixed vegetables ..... **\$22**
- N.Y. Strip (14 oz.)** - seasoned and grilled; served with a loaded baked potato & sautéed broccoli ..... **\$22**
- Pecan Crusted Rack of Lamb** - seasoned & grilled; served with Boursin mashed potatoes & green beans..... **\$22**

## PASTA

- Cavatelli** - tossed in a white wine garlic sauce with sautéed broccoli, sausage & roasted red peppers ..... **\$11**
- Fettucine Carbonara** - cream sauce tossed with peas, bacon & Reggiano Parmesan cheese ..... **\$12**
- Homemade Gnocchi** - served with pomodoro sauce and fresh mozzarella ..... **\$10**
- Penne-à-la-Vodka** - a tomato cream sauce with prosciutto de Parma, garlic & finished with Grey Goose Vodka ..... **\$10**
- Penne Pesto** - tossed with fresh basil pesto, grape tomatoes & topped with shaved Reggiano Parmesan cheese ..... **\$10**
- Tortellini Alfredo** - in a Reggiano Parmesan cream sauce ..... **\$11**

Add to any pasta

**blackened or grilled chicken.....\$4    steak.....\$6    shrimp.....\$6**

## BURGERS

(All burgers are made of freshly ground, choice Angus beef & grilled to your liking.  
Served with lettuce, tomato, red onion, French fries & coleslaw.)

<b>Cheeseburger</b> - topped with yellow American cheese .....	\$ 8
<b>Bacon Blue Cheeseburger</b> - topped with bacon & blue cheese .....	\$ 9
<b>Blackened Bacon Cheddar Burger</b> - topped with bacon and Cheddar cheese .....	\$ 9
<b>Boursin-Bacon Burger</b> - topped with bacon and Boursin cheese .....	\$ 9
<b>Hickory BBQ Burger</b> - topped with Monterey Jack cheese, Canadian bacon & hickory sauce .....	\$ 9
<b>Pepper Jack Burger</b> - topped with cherry peppers & Pepper Jack cheese.....	\$ 9
<b>The Swiss Mushroom Burger</b> - smothered with mushrooms, onions & topped with Swiss cheese .....	\$ 9

## SIDES

<b>Grilled Asparagus</b> .....	\$ 6	<b>Baked Potato (loaded)</b> .....	\$ 4
<b>Braised Red Cabbage</b> .....	\$ 6	<b>House Chips</b> .....	\$ 4
<b>Corn</b> .....	\$ 4	<b>Macaroni &amp; Cheese</b> .....	\$ 5
<b>Creamy Coleslaw</b> .....	\$ 4	<b>Boursin Mashed Potatoes</b> .....	\$ 4
<b>Green Beans</b> .....	\$ 4	<b>Risotto</b> .....	\$ 5
<b>Mixed Vegetables</b> .....	\$ 4	<b>Sweet Potato French Fries</b> .....	\$ 4
<b>French Fries</b> .....	\$ 4		

## DAILY SOUP

**Chicken Noodle**.....\$4    **French Onion**.....\$5    **Soup of the Day** (Please inquire)

## KIDS

(All kid's meals served with choice of French fries or daily vegetable.)

<b>Chicken Tenders</b> .....	<b>\$ 5</b>	<b>Kid's Burger</b> .....	<b>\$ 5</b>
<b>Mozzarella Sticks</b> .....	<b>\$ 5</b>	<b>Grilled Cheese</b> .....	<b>\$ 5</b>
<b>Macaroni &amp; Cheese</b> .....	<b>\$ 5</b>	<b>Pasta with Tomato or Butter Sauce</b> .....	<b>\$ 5</b>

## FAMILY MEALS

All Family Meals feed four people.

<b>Chicken and Pasta Package</b> - choice of chicken (Blackened, Balsamic, Primavera, Parmigiana), ..... choice of pasta (Gnocchi, Cavatelli, Penne-à-la-Vodka, Tortellini Alfredo or Penne Pesto), 4 sides (your choice), house or Caesar salad, dinner rolls & a 2 liter bottle of soda	<b>\$50</b>
<b>Barbeque Package</b> - 1 rack of barbeque Danish baby back ribs, 1 rack of short ribs, 1 whole barbeque chicken, ..... 4 sides (your choice), house or Caesar salad, dinner rolls & a 2 liter bottle of soda	<b>\$55</b>
<b>Meatloaf &amp; Roasted Garlic Chicken Package</b> - homemade meatloaf, 1 whole roasted garlic chicken, ..... 4 sides (your choice), house or Caesar salad, dinner rolls & a 2 liter bottle of soda	<b>\$45</b>

## DESSERTS

<b>Angel Food Cake</b> - topped with mixed berries; served with a champagne custard sauce .....	<b>\$ 7</b>
<b>Apple Tart</b> - served warm with caramel sauce & vanilla ice cream .....	<b>\$ 7</b>
<b>Carrot Cake</b> - walnut encrusted & topped with cream cheese icing .....	<b>\$ 6</b>
<b>Molten Chocolate Cake</b> - served warm with vanilla ice cream .....	<b>\$ 7</b>
<b>N.Y. Style Cheesecake</b> - served with berry coulis .....	<b>\$ 6</b>
<b>Tiramisu</b> - layered lady fingers dipped in espresso & topped with Marscarpone custard and cocoa powder .....	<b>\$ 6</b>

# Delicious Heights



100% Guaranteed Satisfaction

Delicious Heights offers a unique combination of cutting-edge culinary techniques, superior ingredients and a professional management team. With extensive Manhattan experience and a no hassle attitude, we would like to bring you the best restaurant experience in the comfort of your home.

With value, time, and nutrition in mind, allow Delicious Heights to handle all your dining needs.

Prices and menu items may be subject to change. Updated November 2007.

\$20.00 minimum delivery

All Major Credit Cards Accepted

Open 7 days a week: Monday through Saturday 10 a.m to 10 p.m. & Sunday 12 p.m. to 8 p.m.