

TRADITIONS

AT TCNJ

SOUPS & SALADS

CAESAR SALAD • \$14.00 | 484 cal 

Freshly chopped romaine greens topped with parmesan cheese & croutons, served with Caesar dressing.

TRADITIONS SALAD • \$11.60 | 250 cal  

Carrots, cucumbers, tomatoes, olives & pepperoncini served on a bed of Romaine lettuce with balsamic dressing.

+ **CRISPY CHICKEN \$3.40** | 360 cal + **GRILLED CHICKEN \$3.40** | 140 cal + **SALMON \$5.30** | 240 cal

CRISPY CHICKEN BBQ RANCH SALAD • \$9.60 | 484 cal 

Freshly chopped romaine greens topped with crispy chicken, black beans, roasted corn, and tortilla chips, & BBQ Ranch dressing.

VEGETARIAN CHILI • \$4.60 | 250 cal  

Pinto beans, corn, peppers, tomatoes, jalapeno, & cumin.

TOMATO BISQUE • \$3.50 | 250 cal 

Served with cheese-topped croutons.

PLANT BASED

FALAFEL WRAP \$10.00 | 657 CAL 

Crispy falafel rolled inside a soft tortilla with creamy tzatziki, lettuce and tomato. Served with waffle fries.

CAULIFLOWER WINGS \$6.50 | 610 cal 

Served with carrots and celery sticks and a side of blue cheese.

For special requests, please see a server.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Regarding the safety of these items, written information is available upon request.

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 GLUTEN FREE

 VEGAN

 VEGETARIAN

 PLANT BASED



STARTERS

WAFFLE FRY BASKET • \$5.80 | 1240 cal  

Waffle fries served with horseradish mustard & creole dipping sauce.

CHICKEN FAJITA QUESADILLA • \$9.60 | 930 cal 

Tortilla stuffed with roasted onions, peppers, and chicken sautéed, topped with lettuce. Served with salsa & sour cream.

EMPANADAS • \$9.40 | 198 cal

2 chorizo and potato empanadas; served with chipotle crema dipping sauce and slice of lime. Made in house!

MAC & CHEESE BALLS • \$7.30 | 1470 cal

Six mac & cheese balls; comes with marinara sauce.

CAMPUS WINGS • \$9.80 | 521 cal

Seasoned chicken wings tossed in buffalo sauce.

FRIED PIEROGIES • \$7.30 | 756 cal 

Topped with onions. Served with sour cream on the side.



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ENTREES

ORANGE BUTTER SALMON • \$18.40 | 500 cal

6 oz. salmon topped with a salmon & citrus butter sauce; comes with rice & greens; served with side salad.

CHICKEN TENDERS • \$13.50 | 1160 cal

Crispy chicken tenders served with honey mustard, creole dipping sauce, & Waffle Fries.

BAJA CHIPOTLE FISH TACOS • \$13.00 | 350 cal

Tortilla filled with cod loin; topped with lettuce, pico de gallo & drizzled with cilantro mayo. Served with waffle fries. Substitute fries with a side salad for no additional charge!

LET'S GET SAUCY

Crispy Wings or Chicken Tenders shaken up in your choice of bold sauces.

CHIPOTLE HONEY BBQ \$0.70 | 100 cal

ROOSTER SAUCE \$0.50 | 340 cal

SWEET & SWEATY \$0.90 | 100 cal

PARMESAN GARLIC HERB \$1.40 | 290 cal

BURGERS & SANDWICHES

All Burgers & Sandwiches come with Waffle Fries. Add Side Caesar Salad \$2.72

BUFFALO CHICKEN WRAP • **\$11.00** | 810 cal 🐾

Crispy buffalo chicken tenders wrapped in a spinach tortilla with lettuce, tomato, & blue cheese dressing.

GRILLED CHICKEN SANDWICH • **\$11.00** | 521 cal

Grilled marinated chicken breast topped with lettuce, tomato, fresh mozzarella, grilled onions, & drizzled with maple balsamic sauce served on an egg twist roll.

CHEDDAR BEEF BURGER • **\$13.00** | 680 cal

6oz. Hand-formed beef burger topped with lettuce, tomato, & pickle.

BEYOND BURGER • **\$10.80** | 485 cal VG

Hand-formed Beyond burger topped with lettuce, tomato, & pickle.



Scan here for ingredients listed in our Beyond Burger.

SMOTHERED CHICKEN PANINI • **\$15.40** | 1040 cal

Crispy chicken, cheddar, pickles & bacon with Garlic Aioli on a fresh baked ciabatta.

TRADITIONS GRILLED CHEESE • **\$10.00** | 1173 cal V

Cheddar, pepper jack, provolone, & American cheese melted on fresh challah bread.

+ **BACON** **\$2.30** | 310 cal + **CHEESE** **\$1.30** | 37-70 cal + **FRIED ONIONS** **\$1.40** | 15 cal

HONEY MUSTARD CHICKEN WRAP 🐾 • **\$11.30** | 700 cal

Crispy chicken tenders wrapped in a flour tortilla with cheddar cheese, tomato, lettuce, and honey mustard dressing.

CHICKEN BACON RANCH WRAP • **\$11.30** | 700 cal

Crispy chicken tenders wrapped in a flour tortilla with bacon tomato, lettuce, and ranch dressing.

NASHVILLE CHICKEN SANDWICH • **\$13.30** | 760 cal

Served on a honey buttered brioche roll with spicy oil.

CHICKEN TINGA • **\$14.70** | 610 cal

Smokey chicken tinga on a fluffy naan, topped with guac, lettuce, red onions, radishes, and queso fresco. Served with waffle fries.



ROSCOE'S TOP PICKS



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PLANT BASED

DESSERTS

WARM SKILLET BROWNIE • **\$5.80** | 750 cal V

Chocolate brownie topped with vanilla ice cream & drizzled with chocolate sauce.

WARM SKILLET COOKIE • **\$5.80** | 920 cal V

Chocolate chip cookie topped with vanilla ice cream & drizzled with chocolate sauce.

MILKSHAKE • **\$5.30** | 300-350 cal V

Hand-scooped ice cream available in Vanilla, Chocolate, or Strawberry.

MILKSHAKE OF THE MONTH • **\$5.80** | 300-350 cal V

Ask your server for our rotating flavor of the month!

FLOAT • **\$6.30** | 300-350 cal V

BEVERAGES

FOUNTAIN BEVERAGES • **\$2.50**

Pepsi (100 cal), Diet Pepsi (0 cal) Cherry Pepsi (100 cal), Lemonade (100 cal), Mountain Dew (110 cal), Ginger Ale (90 cal), Sierra Mist (100 cal), Sweetened Iced Tea (50 cal) **Free Refills**



FOR FIVE® COFFEE • **\$3.20** | 0 cal
(Regular or Decaf)

HOT TEA • **\$3.20** | 0 cal

ORANGE JUICE • **\$3.20** | 88 cal

SHIRLEY TEMPLE/ROY RODGERS • **\$3.50** | 88 cal

MOCKTAILS • **\$6.50** | 88 cal

MOCKTAIL FLIGHT • **\$7.00** | 88 cal

A sampling of our 2 core mocktails (arcade blue lemonade & guava lemonade) plus our 2 monthly rotating flavors!

BEER

DOMESTIC • **\$5.90**

Budweiser | ABV 5%

Bud Light | ABV 4.3%

PREMIUM • **\$7.40**

Stella Artois | ABV 5%

Blue Point Lager | ABV 5.5%

Shock Top | ABV 5.2%

Goose Island IPA | ABV 5.9%

WINE

WHITE WINE - BAREFOOT • **\$5.90**

Pinot Grigio | ABV 13%

Chardonnay | ABV 13%

RED WINE - BAREFOOT • **\$5.90**

Merlot | ABV 13%

Cabernet Sauvignon | ABV 13%



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