



FAST BREAK

Serving Breakfast & Lunch Daily

7:00AM - 2:00PM

1635 NJ-37, Toms River, NJ 08753

(732) 573-1100

Due to rising costs of goods, we will be adding a surcharge of \$1.00 per transaction of payment via credit card.

Follow us for more!



Breakfast

EGGS Served with Home Fries & choice of Toast
Sub Fresh Fruit +\$1.50 | Sub Grits or Oatmeal +\$.75

One Egg - Any Style \$4.95
Two Eggs - Any Style \$5.95
Three Eggs - Any Style \$6.95

BREAKFAST SANDWICHES

Available on Bagel or Croissant +\$.75

Happy Herman \$12.95
Sausage, Double Egg, Cheese, Potatoes
With a side of Home Fries

Piggy Joe \$12.95
Pork Roll, Double Egg, Cheese, Potatoes
With a side of Home Fries

Scrappy Joe \$12.95
Scrapple, Double Egg, Cheese, Potatoes
With a side of Home Fries

Miss Piggy \$12.95
Bacon, Double Egg, Cheese, Potatoes
With a side of Home Fries

Porky Pig \$12.95
Ham, Double Egg, Cheese, Potatoes
With a side of Home Fries

"The Bob" \$7.50
Bacon, Double Egg & Sautéed Onions on Grilled Roll

Fried Egg \$3.25
Fried Egg with Any Breakfast Meat \$5.75
Fried Egg & Cheese \$4.25
Fried Egg, Cheese & Any Breakfast Meat \$6.50

SIDES & SUBSTITUTIONS

Breakfast Meat \$4.50
Sausage, Bacon, Pork Roll, Ham, Scrapple, or Turkey Sausage

Home Fries or Deep Fried Potatoes \$3.50
Homemade Corned Beef Hash \$5.75
Biscuits & Gravy \$6.95
Assorted Pastries & Desserts \$3.50
Oatmeal or Grits Cup \$3.25 | Bowl \$4.25
Extra Egg with Meal \$1.25
Just Egg \$1.50
Sub Fruit for Home Fries \$1.50
Yogurt Parfait \$8.95
Blueberries, Strawberries, Banana & Granola

Sautéed Vegetables \$3.95
Avocado \$1.75
Cup of Fruit \$3.75
Toast \$1.50
Roll with Butter \$2.00
Bagel with Butter \$3.00
Bagel with Cream Cheese \$4.00

PANCAKES

Short Stack \$8.95
Full Stack \$9.95
Pancake (1) \$7.95
Banana Nut Short Stack \$9.95
Banana Nut Full Stack \$10.95
Chocolate Chip Short Stack \$8.95
Chocolate Chip Full Stack \$9.95
Blueberry Short Stack \$9.95
Blueberry Full Stack \$10.95
Kids Pancake \$8.95
Chocolate Chips, Whipped Cream & choice of Breakfast Meat

WAFFLES

Plain Waffle \$9.95
Chicken & Waffles \$14.95
Waffle topped with Two Chili Maple Glazed Chicken
Fingers & Bacon Bits
Tropical Belgain Waffles \$13.95
Fresh Fruit, Coconut & Walnuts
Waffle Special \$14.95
Two Eggs Any Style, your choice of Meat

FRENCH TOAST

Short Stack \$8.95
Full Stack \$9.95
Banana Nut Short Stack \$9.95
Banana Nut Full Stack \$10.95
Banana Stuffed French Toast \$11.95
With Cream Cheese Filling
Thick Challah Cinnamon Raisin \$9.95
Crossaint French Toast \$10.95
Monte Cristo \$14.95
Ham & Swiss French Toast served with Home Fries
Justin Triple \$14.95
Pork Roll, Egg & Cheese served on Three Pieces of
French Toast & Home Fries

BEVERAGES

Bottomless Coffee \$3.25
8oz Mug Fresh Squeezed OJ \$3.95
Fresh Squeezed OJ TO GO 12oz \$5.00 | 16oz \$7.00
Iced Coffee \$4.00
Milk \$2.75
Chocolate Milk \$3.25
Tomato Juice \$2.50
Cranberry Juice \$2.50
Apple Juice \$2.50
Bottled Water \$2.50
Herbal Tea \$2.50

*Our kitchen uses peanuts and tree nuts

OMELETS

Served with Home Fries & choice of Toast
Sub Fresh Fruit +\$1.50
Sub Egg Whites +\$2.00

Cheese \$8.95
Mushroom & Cheese \$10.95
Spinach & Feta \$10.95
Vegetable & Cheese \$10.95
Tomato, Basil, Provolone \$10.95
Artichoke, Roasted Red Pepper, Provolone \$12.95
Chili & Cheese \$10.95
Broccoli & Cheese \$10.95
Corned Beef Hash & Cheese \$12.95
Veggie Cream Cheese \$12.95
Italian \$10.95
Provolone, Roasted Red Peppers, Sun-Dried Tomatoes
Spanish \$11.95
Peppers, Onions, Tomatoes, Cheddar Cheese,
topped with Homemade Enchillada Sauce

Fastbreak \$11.95
Your choice of Meat, Mushrooms, Onions & Cheese
Western \$11.95
Ham, Peppers, Onions & choice of Cheese
The Richie \$12.95
For the Meat Lover with choice of Cheese
Cheesesteak \$12.95
Peppers, Onions & choice of Cheese

BENNYS

Bennys served on English Muffin or Biscuit

Eggs Florentine \$11.95
Two Basted Eggs & Spinach topped with Hollandaise
Eggs Benedict \$12.95
Two Basted Eggs, Canadian Bacon or Sausage topped
with Hollandaise
Corned Beef Hash Benny \$13.95
Two Basted Eggs, Corned Beef Hash on an English Muffin
with Home Fries
Bourbon Street Benny \$13.95
Pulled Pork, Basted Eggs, Hollandaise Sauce on a Biscuit
with Cajun Seasoning
The Jenny \$13.95
Basted Eggs, Canadian Bacon, Hollandaise & Spinach on a Biscuit

BREAKFAST FAVORITES

The Big \$14.95
Two Eggs Any Style, Two Pancakes, Two Bacon & Two Sausage
Breakfast Quesadilla \$12.95
Choice of Meat, Scrambled Eggs & Cheese on a
Tortilla with Homemade Salsa & Sour Cream
Huevos Rancheros \$11.95
Two Basted Eggs on a Corn Tortilla with Cilantro, Onions,
Cheddar Cheese & Homemade Enchilada Sauce
The Hungry Human \$14.95
Biscuit, Chicken Fingers, Scrambled Eggs, Cheddar Cheese
topped with Sausage Gravy | **Add Breakfast Meat +\$2.00**
The Healthy Human \$12.95
Avocado on Multi-Grain Toast, Tomato, Spinach, Basted
Eggs, Cilantro, Served with Homemade Salsa Open Faced
Grilled Peanut Butter & Jelly \$8.95
Comes with Chips

Welcome to Fast Break! Originally built in the 1950s, this Googie-style building has been home to a family bakery and restaurant for nearly seven decades. And like Fast Break, diners are in my blood. I was raised in my family's diners and restaurants, burger stands, and delis. From a young age, I was taught the importance of a home cooked meal, and above all, food is love. Having finally opened my own restaurant, my kids and I have the opportunity to feed you the way we would at our home. We are a family operation and just like our vibe, everything you eat here is real. We invite you to become a part of our Fast Break family and enjoy the love of food, friends, and individuality that we all share.

Lunch

BURGERS

Always Handmade 7oz Patties | Served on a Brioche Bun with Steak Fries + Pickle

Cowboy Burger <i>Cheddar Cheese, Bacon, Onion Rings, BBQ Sauce</i>	\$14.95
Jersey Burger <i>Pork Roll, Over Easy Egg & American Cheese</i>	\$14.95
Hamburger	\$11.95
Cheeseburger	\$12.95
Bacon Cheeseburger	\$13.95
Fastbreak Cheeseburger <i>Bacon, Mushrooms & Onion</i>	\$14.95
Chili Cheeseburger	\$13.95
Better Mac Wrap or Burger <i>American Cheese, Russian Dressing, Pickles & Slaw</i>	\$13.95
Turkey Burger	\$13.95
Enchillada Burger “You'll need a knife & fork for this one!” 🍋 <i>Cheddar Cheese, Cilantro & Raw Onions topped with Homemade Enchilada Sauce on Two Corn Tortillas</i>	\$13.95
Pizza Burger Melt <i>Mozzarella & Parm Cheese, Tomato Sauce on Parmesan Encrusted Texas Toast</i>	\$14.95
Beef Patty Melt <i>On Grilled Rye Bread Sautéed Onions, American & Swiss Cheese</i>	\$14.95

FROM THE GRILL

Served with Steak Fries + Pickle

Grilled Cheese <i>Served on Texas Toast</i>	\$7.95
Triple Grilled Cheese “For you, Meerkat!!” <i>American & Provolone inside on Parmesan Encrusted Texas Toast</i>	\$8.95
Char Chicken (Make it Cajun!)	\$12.95
Chicken Salad Melt <i>On Grilled Rye Breaded with Swiss Cheese</i>	\$11.95
Tuna Melt <i>On Grilled Rye Bread with Swiss Cheese</i>	\$11.95
Cuban Sandwich <i>Ham, Turkey, Swiss, Pickles & Honey Mustard on Grilled Sub Roll</i>	\$14.95
Turkey Supreme <i>Roasted Red Peppers, Swiss & Honey Mustard on Grilled Rye Bread</i>	\$13.95
The Reuben <i>Your choice of Corned Beef or Turkey on Rye with Sauerkraut, Swiss and Mustard or Russian Dressing</i>	\$13.95
Texas Melt <i>Crispy Chicken, American Cheese, BBQ Sauce and Honey Mustard on Grilled Texas Toast</i>	\$11.95
Philly Cheesesteak <i>Peppers, Onions & choice of Cheese</i>	\$13.95
California Cheesesteak <i>Lettuce, Tomato, Onion, Mayo, Oil & Vinegar</i>	\$13.95

LUNCH FAVORITES

Served with Steak Fries + Pickle | Sub Fries for Chips +\$1.50

Buffalo Chicken Wrap 🍋 <i>Crispy Chicken, Lettuce & Blue Cheese Dressing</i>	\$11.95
Chicken Florentine <i>Grilled Rye, Sautéed Spinach & Tomato, Swiss Cheese, Honey Mustard</i>	\$12.95
Pulled Pork Quesadilla	\$12.95
The Cape Codder - “Kiki do you love it?” <i>Homemade Chicken Salad, Craisins & Walnuts on Grilled Rye Bread with Melted Swiss Cheese</i>	\$12.95
Mediterranean Chicken Sandwich <i>Grilled Chicken, Sautéed Olives, Tomato, Basil, Garlic, Provolone & Parmesan Cheese on a Toated Sub Roll</i>	\$14.95
Mei Mei <i>Grilled Chicken, Sautéed Spinach, Tomato, Mushrooms, Mozzarella Cheese & Balsamic on a Grilled Pita</i>	\$14.95
West End Beef <i>Grilled Rye, Swiss, Sautéed Spinach, Onion, Au Jus & Horseradish Sauce</i>	\$14.95
French Dip <i>Sautéed Onions & choice of Melted Cheese</i>	\$14.95
Snappy Crispy Chicken Sandwich <i>Chicken Tenders, Pickles, Sriracha Mayo on Toasted Brioche Bun</i>	\$11.95
Italian Stallion (HOT!) 🍋	\$13.95
Versace “Wrap” 🍋 <i>Ground Turkey, Spinach, Onion, Cheddar Cheese & Avocado with Sriracha Mayo</i>	\$13.95
Open Faced Hot Turkey <i>Served on bread smothered in Homemade Gravy with Fries</i>	\$13.95
Grilled Chicken Club <i>Lettuce, Tomato, Onions, Bacon, Cheese & Mayo</i>	\$13.95
Chicken Fingers with Fries	\$12.95

CLASSIC SANDWICHES

Served with Steak Fries + Pickle | Sub Fries for Chips +\$1.50

Ham	\$8.95
Roast Turkey	\$9.95
Roast Beef	\$11.95
Tuna Salad	\$9.95
Egg Salad	\$7.95
Chicken Salad	\$9.95



SALADS

Add a scoop of Tuna Salad, Chicken Salad, or Egg Salad +\$2.50
Add Grilled Chicken to any Salad +\$4.50

Garden Salad	\$7.95
Caesar Salad	\$7.95
Summer Indian Salad <i>Romaine Lettuce, Apples, Craisins, Feta & Walnuts</i>	\$10.95
Chef Salad <i>Iceberg Lettuce, Tomatoes, Cucumbers, Hard Boiled Eggs, Turkey, Ham & American Cheese</i>	\$14.95
Greek Salad <i>Cucumbers, Tomatoes, Red Onions, Black Olives, Feta Cheese tossed with Special Greek Dressing served over Iceberg Lettuce Comes with warm Pita</i>	\$12.95

SLOPPY JOES - HOT OR COLD

Served as a Triple Decker Sandwich on Rye with Coleslaw, Swiss Cheese & Russian Dressing with a side of Chips. Sub Fries for +\$1.50

Ham Joe	\$11.95
Turkey Joe	\$12.95
Roast Beef Joe	\$14.95
Corned Beef	\$12.95

CLUBS

Club Sandwiches come with Bacon, Lettuce, Tomato & Mayo on choice of Toast, served with Chips. Sub Fries for +\$1.50

Turkey Club	\$12.95
Roast Beef Club	\$14.95
Tuna Club	\$11.95
Chicken Salad Club	\$12.95
BLT	\$9.95

SOUPS AND SIDES

Steak Fries or Skinny Fries	\$3.95
Sweet Potato Fries	\$4.95
Disco Fries <i>Melted Mozzarella smothered in Homemade Gravy</i>	\$5.95
Onion Rings	\$6.95
Mozzarella Sticks (6)	\$8.00
Cheddar Cheese Balls	\$8.50
Fresh Fruit Cup	\$4.00
Homemade Soup	Cup \$4.50 Bowl \$5.50
Homemade Chili	Cup \$5.00 Bowl \$6.00
Add Avocado	+ \$2.00
Add Tomato	+ \$0.75
Side of Sautéed Vegetables	\$4.50

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