

5 Lake Carolina Way #160, Columbia, SC 29229 Call for carryout: (803) 445-1455

APPETIZERS

Grilled or Fried Wings W 3 A full pound of wings, seasoned, tossed in	\$9.50	SAUCES Hot
your favorite sauce, and full of flavor.		Honey Hot
Choose flame-grilled or deep fried. Served with a side of ranch. (measured by weight;		BBQ Hot Teriyaki Hot
quantity varies)		Asian Citrus
Boneless Chicken Bites & Fries	\$9.50	Mango Habanero Sweet BBQ
Cajun-seasoned, hand-battered chicken breast pieces tossed in your choice of		Teriyaki Pineapple BBQ
sauce. Served with french fries. Just Chicken Bites \$8.25		Maple Hot
Popcorn Shrimp & Fries		\$9.50
	with from	'

Popcorn Shrimp & Fries Fried, then seasoned popcorn shrimp served with french fries and our remoulade for dipping.	\$9.50
Mozzarella Cheese Sticks	\$8.50
Fried crispy on the outside and gooey on the inside. Served	
with marinara sauce for dipping.	

Fried Pickles Seasoned fried pickles with a side of ranch.	\$8.00
Fried Green Beans Fried and seasoned green beans served with spicy ranch.	\$8.00

Fried and seasoned green beans served with spicy ranch.	\$8.00
Sweet Potato Fries Crispy fried sweet potato fries tossed in cinnamon & sugar.	\$5.95
Housemade Potato Chips Whis Sliced to order potatoes, fried and tossed in a creole seasoning. Served with a side of ranch for dipping.	\$6.00

Fresh made daily tortilla chips served with salsa.	
Basket of French Fries	\$4.95
Basket of Onion Rings	\$5.95

Chips & Salsa

flour tortilla.

SALADS & SOUPS

Turkey Club Salad	\$9.75
Cold pulled turkey and bacon on a bed of mixed greens	
with diced onion, tomato and Monterey-jack/cheddar	
cheese.	

Grilled Chicken Salad \$9.50 Grilled chicken breast on a bed of fresh mixed greens topped with Monterey-jack/cheddar cheese, tomatoes, egg, cucumber, bacon and housemade croutons.

Asian Chicken Salad \$9.75 Grilled chicken breast on a bed of mixed greens and baby spinach, with mandarin oranges, toasted almonds, grilled

pineapple salsa and seasoned rice noodles. **Grilled Salmon Salad** \$14.95

White wine infused Atlantic salmon on a bed of mixed greens, cucumbers, strawberries and mandarin oranges.

Chicken Caesar Salad \$9.50 Grilled chicken breast served on a bed of mixed greens and topped with housemade croutons and shredded parmesan. Caesar dressing on the side.

Shrimp Caesar Salad \$9.75 Fried and seasoned popcorn shrimp served on a bed of mixed greens and topped with housemade croutons and shredded parmesan. Caesar dressing on the side.

Bacon Cheeseburger Salad WM \$9.75 Grilled chopped hamburger on top of a bed of mixed greens with Monterey-jack/cheddar cheese, diced onions, tomatoes and chopped bacon.

Strawberry-Cucumber Spinach Salad \$9.00 Baby spinach, strawberries, cucumber, apple, blue cheese crumbles and pecans. Add chicken \$3.50 or salmon \$7.00

Soup & ½ Salad Combo Your choice of salad with a cup of soup of the day. (excludes salmon)

Add chicken to any salad: +\$3.50 Substitute salmon on any salad: +\$5.50



	DRESSINGS	
Ranch	Blue Cheese	Asian Citrus
Thousand Island	Honey Mustard	Caesar
Zesty Italian	Raspberry Vinaigrette	

TACOS & QUESADILLAS Served with our housemade tortilla chips & salsa

\$3.50

Chicken Quesadilla	\$9.00
Diced seasoned grilled chicken, cheese, onions, peppers and	
tomatoes stuffed inside a tortilla and grilled to perfection.	
Served with a side of sour cream.	

Veggie Quesadilla \$7.50 Cheese, onions, peppers and tomatoes stuffed inside a tortilla and grilled to perfection. Served with a side of sour

Bacon Burger Quesadilla \$9.75 Grilled and chopped steak burger with cheese, bacon, onion and tomatoes sandwiched inside a flour tortilla and grilled

golden brown. Breakfast Quesadilla W \$9.50 Scrambled eggs, red peppers, onion, fresh baby spinach,

Mac & Cheese Quesadilla W \$9.00 Our housemade macaroni and cheese gets grilled with

jalapenos and bacon, topped with more cheese, seasoned and sandwiched inside a grilled flour tortilla.

tomatoes, mixed cheese and bacon all seasoned in a grilled

\$8.50 PICK 2 TACOS

Corn tortillas available on request



Chicken

Grilled chicken breast, sweet & spicy chili sauce, shredded lettuce & cheddar/Monterey Jack cheese

Grilled Fish

Grilled tilapia, baby spinach, pineapple salsa & spicy ranch

Fried Fish

Battered and fried tilapia, cabbage, pineapple salsa & mango habanero sauce

Steak

Chopped Philly sirloin, taco sauce, shredded lettuce, diced tomato & diced onion

Fried Shrimp

Fried and seasoned popcorn shrimp topped with creamy remoulade sauce, shredded lettuce & diced tomatoes

Pork

Slow roasted pulled pork, pineapple BBQ sauce, diced red onion & chopped red cabbage

Ground Beef Seasoned ground beef, tomato, onion, lettuce, cheese & taco sauce

ONILLED WHAPS & PITAS		
Choose between a grilled 12" flour tortilla wrap or a soft, g Greek pita. Served with your choice of one side	grilled	Served on a grilled bun with choice of one side
Hawaiian	\$9.50	MJ's burgers are a premium blend of chuck, brisket & short rib
Sliced grilled chicken breast topped with grilled pineapple salsa, provolone, lettuce and orange/pineapple mayo.	Ψ2.30	The Rookie \$9.50 Seasoned and grilled beef patty topped with mayo,
Smothered Who Sliced grilled chicken breast with sautéed onions and peppers, smothered with Swiss cheese and topped with	\$9.50	lettuce, tomato, pickles, onion, and your choice of cheese. Rookie of the Year \$12.25
Sliced grilled chicken breast topped with bacon, shredded	\$9.50	Two ¼ pound seasoned and grilled beef patties topped with double cheese, double bacon, lettuce, tomato, onion, pickles and mayo.
Asian Sliced grilled chicken breast topped with teriyaki sauce, grilled pineapple salsa, spinach and crunchy rice noodles.	\$9.50	The Coach What \$11.00 Seasoned and grilled beef patty topped with bacon, a fried egg (runny, of course), mayo, lettuce, tomato, pickles, onion and sweet BBQ sauce.
Spicy Cheeseburger Who Grilled ground beef, lettuce, tomato, onion and mayo topped with Thai chili sauce	\$9.75	The MVP \$10.25 Seasoned and grilled beef patty topped with cheddar/Monterey jack cheese, sweet BBQ sauce, a crispy onion ring, lettuce, tomato and pickles.
Beef or Chicken Burrito Seasoned ground beef or grilled chicken, black beans, seasoned rice, mixed cheese, lettuce, tomato, onion and spicy red sauce, wrapped in a flour tortilla and grilled golden brown. Flour tortilla wrap only	\$9.75	The Hall of Famer Two seasoned and grilled ¼ pound burger patties topped with sautéed onions and Swiss cheese, lettuce, tomato and mayo. \$11.25
Veggie (cold) Fresh sliced cucumber, baby spinach, tomato, red bell pepper and hummus	\$8.50	Veggie Burger \$9.25 A bold, flavorful grilled black bean burger topped with baby spinach, cucumbers, and diced peppers.
SANDWICHES		
Served with choice of one side		Add bacon: \$1.50 Cheese options:
Roasted Turkey Club Slow-roasted turkey topped with bacon, shredded lettuce, tomato and mayo. Served on a pretzel roll.	\$9.50	Add BBQ: \$.50 American, Provolone, Monterey Jack/cheddar Add cheese: \$.75 blend, Swiss, Blue Cheese crumbles Make it a double: \$3.50
Turkey Gravy Sliders W	\$9.75	HEARTY ENTREES
3 slow-roasted pulled turkey sliders covered in our made- from-scratch turkey gravy.		Rack of Ribs \$24.50
Fried or Grilled White Fish Seasoned grilled or beer-battered and deep-fried white fish, served on a toasted hoagie roll. Topped lettuce, tomato and remoulade sauce.	\$9.25	Slow & low cooked to perfection full rack of ribs generously glazed with our sweet BBQ sauce. Served with a garden or Caesar salad and choice of side. Not so hungry? Get a 1/2 rack: \$18.50
Philly Steak Tender chopped sirloin topped with sautéed peppers and onions and smothered with melted provolone. Served on a toasted hoagie roll.	\$9.75	Ribs & Wings Combo 1/3 rack of our slow & low cooked ribs and 4 grilled wings tossed in your choice of sauce. Served with a garden or Caesar salad and choice of side. \$16.75
Chicken Philly Sliced grilled chicken breast topped with sautéed peppers and onions and smothered with melted provolone. Served	\$9.25	Fish & Chips \$10.50 Flaky beer-battered white fish served with French fries, housemade cole slaw and tartar sauce
on a toasted hoagie roll. Bavarian Reuben WJ	\$9.50	Grilled Salmon \$15.95 White wine infused grilled Atlantic salmon served on a bed of seasoned rice with a side of sauteed broccoli.
Tender corned beef and our homemade apple and bacon cabbage kraut, topped with swiss cheese and spicy brown mustard. Served on a pretzel roll.		Loaded Macaroni & Cheese W \$8.00 A bowl of our housemade macaroni and cheese grilled with bacon and jalapenos then topped with toasted bread crumbs.
Pulled Pork Oven roasted "slow and low" pulled pork topped with our sweet BBQ sauce and cole slaw. Served on a Brioche bun.	\$9.25	Served with a side of sauteed broccoli.
Italian Chicken Sandwich	\$9.25	DESSERTS
Sliced grilled chicken breast topped with pepperoni, melted provolone, shredded parmesan and marinara sauce on a garlic-toasted hoagie roll.		Dessert of Rootbeer Float Ice Cream the Day \$3.99 Sundae \$2.99
Sliced grilled sausage topped with pepperoni, melted provolone, shredded parmesan and marinara sauce on a garlic-toasted hoagie roll.	\$9.50	What is the dessert Two scoops of vanilla ice A large scoop of vanilla of the day? Ask cream floating in ice cream your server for delicious rootbeer topped with chocolate details. It's sure to and caramel

French Fries

Onion Rings

Fruit Cup

Seasoned Rice Caesar Salad

SIDES

\$2.29

Cabbage Kraut

Garden Salad

Sweet Potato Fries (add \$1.00)

Cole Slaw

Teriyaki Kabob

Sauteed Broccoli

Pepsi

Fruit Punch

Dr. Pepper

Iced tea

DRINKS

\$2.29

Diet Pepsi

Sierra Mist

Pink Lemonade

Coffee (\$1.50)

Mt. Dew

Rootbeer

Sweet tea