

5 Lake Carolina Way #160 Columbia, SC 29229 (803) 445-1455 Dine in or carry out

### STARTERS

#### Soft Pretzel Bites \$9.50

15 fried soft pretzel bites sprinkled with salt and served with nacho cheese for dipping.

#### Fried Shrimp & Fries \$13.50

Our hand-battered shrimp fried to golden brown and lightly seasoned. Served with french fries and our remoulade for dipping.

#### Mozzarella Cheese Sticks \$9.75

Fried crispy on the outside and gooey on the inside. Served with marinara sauce for dipping.

Fried Pickles \$9.75 Seasoned fried pickles with a side of ranch.

Fried Green Beans \$9.75 Fried and seasoned green beans served with spicy ranch.

Fried Banana Peppers \$9.75 Sliced banana peppers, dry battered and fried to a crunchy bolden brown. Served with ranch dressing.

#### Loaded Cheesy Fries \$9.50 (GF\*)

A basket of crispy golden french fries topped with melty nacho cheese, crumbled bacon, jalapenos and onions.

#### Loaded Chili Cheese Fries \$10.00

A basket of crispy golden french fries topped with beef chili, melty nacho cheese and onions.

#### Loaded Nachos \$11.50

Choice of beef or chicken on top of a housemade tortilla chips with melty nacho cheese, lettuce, tomatoes, onions and jalapenos. Sour cream on the side. Max out your nachos with chili +\$2.00.

#### Sweet Potato Fries \$6.50 (F)

Crispy fried sweet potato fries tossed in cinnamon & sugar.

Housemade Potato Chips \$7.50 (F) Sliced to order potatoes, fried and tossed in a creole seasoning. Served with a side of ranch for dipping.

#### BBQ Pulled Pork Housemade Chips \$11.25

Our hand cut, sliced to order, seasoned potato chips topped with slow & low BBQ pulled pork. Served with ranch.

Chips & Salsa \$4.25 (GF\*) Fresh made daily tortilla chips served with salsa.

Basket of Fries \$6.00 (F)

W MJ'S SIGNATURE ITEM

# **DRINKS \$2.75**

Sweet Tea Iced tea Coffee (\$2.50)

(GF

) GLUTEN FREE

### WINGS & BITES

W Grilled or Fried Wings \$12.00 (F) A full pound of wings, seasoned, tossed in your favorite sauce, and full of flavor. Choose flame-grilled or deep fried. Served with a side of ranch. (measured by weight; quantity varies)

#### Chicken Bites \$11.50

Cajun-seasoned, hand-battered chicken breast pieces tossed in your choice of sauce.

Bites & Fries \$13.50

#### Wings & Bites Combo \$12.50

4 wings (grilled or fried) and 1/2 pound of chicken bites, tossed in your choice of sauce. Served with a side of ranch.

SAUCES HOT (GF) TERIYAKI SWEET BBQ (F) BBQ HOT (GF) MANGO HABANERO (GF THAI CHILI HONEY HOT (GF) TERIYAKI HOT TERIYAKI PINEAPPLE BBO MAPLE HOT (GF) LEMON PEPPER (DRY RUB)

### BURGERS\* & DOGS

Served on a grilled bun with choice of one side

#### The Rookie\* \$11.00

A seasoned and grilled beef patty topped with mayo, lettuce, tomato, pickles, onion, and choice of cheese.

#### Rookie of the Year\* \$13.00

Two ¼ lb seasoned and grilled beef patties with double cheese, double bacon, lettuce, tomato, onion, pickles and mayo.

#### The Coach\* \$12.50 \\

A seasoned and grilled beef patty topped with bacon, a fried egg<sup>\*</sup> (runny, of course), mayo, lettuce, tomato, pickles, onion and sweet BBQ sauce.

#### The MVP\* \$11.50

Seasoned and grilled beef patty topped with cheddar/Monterey jack cheese, sweet BBQ sauce, a crispy onion ring, lettuce, tomato and pickles.

#### The Hall of Famer\* \$12.00

Two seasoned and grilled 1/4 pound burger patties topped with sautéed onions and Swiss cheese, lettuce, tomato and mayo.

#### Chili Burger\* \$11.50

A bib-worthy seasoned and grilled beef patty topped with beef chili, cheddar/jack cheese, onion, lettuce and tomato.

#### Chili Dogs \$12.50

2 all beef hot dogs, char-grilled and topped with beef chili. Choose your style.

- Michigan Dog: adds onions and DIY mustard
- Carolina Dog: adds cole slaw, onions and DIY mustard
- · Coney Dog: adds onion and cheddar/jack cheese

Add bacon: \$1.50 Add chili: \$1.00 Add BBQ: \$.50 dd cheese: \$.75 Make it a double: \$3.75

Cheese options:

American, Provolone, Monterey Jack/cheddar blend, Swiss, Blue Cheese crumbles

### PITAS & WRAPS

Choose between a grilled 12" flour tortilla wrap or a warm Greek pita (add \$.50). Served with your choice of one side

#### Hawaiian Chicken \$11.25

Sliced grilled chicken breast topped with pineapple salsa, provolone, lettuce and orange/pineapple mayo.

Smothered Chicken \$11.25

Sliced grilled chicken breast with sautéed onions and peppers, smothered with Swiss cheese and topped with shredded lettuce and mayo.

Chicken Club \$11.25 Sliced grilled chicken breast topped with bacon, shredded lettuce, diced tomato and mayo.

#### Asian Chicken \$11.25 W Sliced grilled chicken breast topped with teriyaki sauce, pineapple salsa,

toasted almonds, spinach and crunchy rice noodles.

#### Spicy Cheeseburger \$11.25 Grilled ground beef, lettuce, tomato, onion and mayo topped with Thai chili sauce.

Chicken Caesar \$11.25

Sliced grilled chicken breast, mixed greens, Caesar dressing, parmesan cheese and housemade croutons.

#### CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD,

SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

### TACOS & QUESADILLAS

Tacos and quesadillas served with our housemade tortilla chips & salsa

\$10.50 PICK 2 TACOS

Corn tortillas available on request

SELECT TACOS ARE GLUTEN FREE WITH CORN TORTILI AS

> Chicken Grilled chicken breast. Thai chili sauce, shredded lettuce & cheddar/Monterey Jack cheese

Grilled Fish\* Grilled tilapia, baby spinach, pineapple salsa & spicy ranch GF WITH CORN TORTILLA

Fried Shrimp Hand-battered fried and seasoned shrimp topped with creamy remoulade sauce, shredded lettuce

> & diced tomatoes Ground Beef

Seasoned ground beef, tomato, onion, lettuce, cheese & taco sauce GF WITH CORN TORTILLA

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

Battered and fried white fish, cabbage, pineapple salsa & mango

Pork Slow roasted pulled pork, pineapple BBQ sauce, diced red onion & chopped red cabbage GF WITH CORN TORTILLA

### Grilled Shrimp\*

Seasoned grilled shrimp with a pineapple mango habanero cream sauce, shredded lettuce, tomatoes and sweet red peppers GF WITH CORN TORTILLA

#### Chicken Quesadilla \$11.75

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 \$10.00

Cheese, onions, peppers and tomatoes stuffed inside a tortilla and grilled to perfection. Served with a side of sour cream.

#### Bacon Burger Quesadilla \$12.50

Grilled and chopped steak burger with cheese, bacon, onion and tomatoes sandwiched in a flour tortilla and grilled golden brown.

#### Mac & Cheese Quesadilla \$12.00

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

#### Grilled Shrimp Quesadilla\* \$13.00

Seasoned grilled shrimp, mixed cheese, tomatoes, onions and peppers stuffed inside a tortilla and grilled to perfection. Served with sour cream.

### HEARTY ENTREES

#### Rack of Ribs \$27.50 (F)

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: \$19.00

#### Ribs & Wings Combo \$19.25

1/3 rack of our slow & low cooked ribs and 4 grilled or fried wings tossed in your choice of sauce. Served with a garden or Caesar salad and choice of side.

#### Fish & Chips \$13.00 W

Flaky beer-battered white fish served with French fries, housemade cole slaw and tartar sauce.

#### Grilled Salmon\* \$17.50 (F)

White wine infused grilled Atlantic salmon served with a side of sauteed broccoli and choice of garden or Caesar salad.

#### Loaded Macaroni & Cheese \$12.50 Wh

A bowl of our housemade macaroni and cheese grilled with bacon and jalapenos. Served with a side of sauteed broccoli.

### SIDES \$3.00

French Fries Cole Slaw Garden Salad® Sauteed Broccoli Caesar Salad Sweet Potato Fries (add \$1.00)

Sauteed Green Beans Fruit Cup

Onion Rings

SANDWICHES

Served with choice of one side

#### Fried or Grilled White Fish\* \$12.50

Seasoned grilled or beer-battered and deep-fried white fish, served on a toasted hoagie roll. Topped with lettuce, tomato and remoulade sauce.

#### Philly Steak \$12.50

Topped with sauteed peppers and onions and smothered with melted provolone. topped with shredded lettuce, tomato and mayo with Italian dressing on the side.

#### MJ's Steak Sandwich \$12.50

Tender chopped sirloin topped with shredded lettuce, tomato and mayo on a toasted hoagie roll. Italian dressing on the side.

#### Chicken Philly \$12.00

Sliced grilled chicken breast topped with sautéed peppers and onions and smothered with melted provolone. Served on a toasted hoagie roll.

#### Shrimp Po'Boy\* \$13.50

Seasoned grilled shrimp, lettuce, tomato and remoulade on a toasted hoagie roll.

#### Pulled Pork \$12.00

Oven roasted "slow and low" pulled pork topped with our sweet BBQ sauce and cole slaw. Served on a Brioche roll.

#### Caribbean Fish Sandwich\* \$13.50 Wh

Fried white fish, lettuce, tomato and pineapple served on a toasted hoagie roll with teriyaki and tartar sauce.

### FRESH SALADS

#### Grilled Chicken Salad \$11.25

Grilled chicken breast on a bed of fresh mixed greens topped with Montereyjack/cheddar cheese, tomatoes, egg, cucumber, bacon and housemade croutons.

#### Asian Chicken Salad \$11.25 🕞

Grilled chicken breast on a bed of mixed greens and baby spinach, with mandarin oranges, toasted almonds, crunchy rice noodles and pineapple salsa.

#### Grilled Salmon Salad\* \$17.25 (F)

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

#### Caesar Salad \$9.25

A bed of mixed greens and topped with housemade croutons and shredded parmesan. Caesar dressing on the side. With hand-battered fried shrimp or grilled shrimp \$12.50 With sliced grilled chicken breast \$11.25

With seasoned grilled salmon\* \$17.25

#### Bacon Cheeseburger Salad \$11.75

Grilled chopped hamburger on top of a bed of mixed greens with Montereyjack/cheddar cheese, diced onions, tomatoes and chopped bacon.

#### Strawberry-Cucumber Spinach Salad \$11.00 (F)

Baby spinach, strawberries, cucumber, apple, blue cheese crumbles and walnuts.

Add chicken +\$4.00 or salmon\* +\$8.00

Substitute salmon\* on Grilled Chicken or Asian Chicken Salad: +\$6.50





GF WITH CORN TORTILLA Fried Fish\*

## habanero sauce