

FREE LOCAL  
DELIVERY

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SPECIALS OF THE  
DAY

FRIDAY

JANUARY 23<sup>RD</sup>

**- AVAILABLE UNTIL 11AM**

**RISE & SHINE!**...scrambled eggs, turkey, shredded cheddar, avocado, crispy fried onions & chipotle mayo stuffed, grilled & pressed in our crunch wrap \$10.99

**WAKE ME UP CRUNCH WRAP!**...scrambled eggs, sausage, extra cheese & crispy hash browns, stuffed, grilled & pressed in our crunch wrap \$10.99

**GOOD MORNING CRUNCH WRAP!**...scrambled eggs, bacon, extra cheese & seasoned home fries stuffed, grilled & pressed in our crunch wrap \$10.99

**\*\*\*\* CRUNCH WRAPS \*\*\*\***

**BUFFALO CHICKEN CRUNCH WRAP** stuffed w/ crispy buffalo chicken cutlet, bacon, melted cheddar, shredded carrots, blue cheese crumbles &/ blue cheese dressing stuffed, grilled & pressed in a crunchy wrap w/ a side of blue cheese dressing \$15.49

**CHICKEN CAESAR CRUNCH WRAP** stuffed, grilled & pressed to perfection w/ a side of creamy Caesar dressing for dipping \$15.49

**SANTA FE CRUNCH WRAP** - grilled chicken, shredded cheddar, corn, black beans & crunchy doritos tossed w/ Homemade cilantro lime dressing & stuffed, grilled & pressed in a crunchy wrap served w/ a side of Homemade Cilantro Lime dressing for dipping \$15.49

**SOUP OF THE DAY**  
**CHICKEN TORTILLA**  
**LENTIL**

**\*\*\*HOT SANDWICH OF THE DAY\*\*\***

**CALIFORNIA CLUB** - chicken cutlet topped w/ bacon, melted jack cheese & ranch dressing on a roll \$12.99

**WRAP OF THE WEEK - MAUI WRAP**

Chicken cutlet w/ cheddar cheese, leaf lettuce, avocado, mango salsa, crispy onions & ranch dressing served in a tortilla wrap \$13.99

**SALAD OF THE WEEK- CRISPY CHICKEN**  
**SALAD EXPLOSION**

Romaine lettuce topped w/ homemade corn salsa, shredded cheddar, chicken cutlet, tomato & tri color tortilla strips served w/ a cilantro lime dressing \$14.99

**HEALTHY LUNCH PLATES \$10.99**

**GRILLED CHICKEN, BLACKENED CHICKEN or CHICKEN CUTLET w/ CHOICE OF QUINOA or BROWN RICE & GRILLED VEGETABLES or ROASTED SWEET POTATOES**

**WAIST WATCHER SPECIALS**

**VEGGIE BURGER** w/ spinach, cucumber, tomato & cucumber sauce on grilled pita \$12.99

**CRANBERRY WALNUT CHICKEN SALAD WRAP** w/ lettuce in a tortilla wrap \$12.99

**FIT FOR LIFE TUNA WRAP** w/ Egg Whites, Veggies & Hellmann's lowfat mayo w/ lettuce in a wrap \$12.99

**CUSTOMER PRICING NOTICE** - The prices listed are for cash only. There will be a 3.9% Customer Service fee applied to all credit card transactions

**BOURBON BURGER** w/ bacon, cheddar cheese, sautéed onion & bourbon sauce served w/ French fries \$15.49

**GRILLED RODEO BURGER** w/ melted pepper jack, crispy fried onions, jalapenos & BBQ sauce served w/ French fries \$15.49

**SHACK CHOPPED CHEESE**

grilled sirloin burger (or grilled chicken or chicken cutlet) w/ sautéed onions, American & cheddar cheese & our homemade seasoning chopped & grilled with shredded lettuce, tomato & our special shack sauce on a pressed hero or wrap served w/ French fries \$15.49

**BIG MAC WRAP** - grilled sirloin burger w/ melted American cheese, shredded lettuce, sliced pickles & our homemade shack sauce in a grilled tortilla w/ French fries & a small iced tea \$15.49

**\*\*\*NEW...GRAIN BOWLS\*\*\***

**BLACKENED CHICKEN BOWL**...Warm blackened chicken, bacon, shredded cheddar, black beans, red onion, pico de gallo, quinoa & romaine w/ ranch dressing \$15.49

**HARVEST BOWL**...Warm grilled chicken w/ raisins, sliced almonds, sunflower seeds, romaine & brown rice served w/ a side of sliced apples & our homemade balsamic vinaigrette dressing \$15.49

**SOUTHWEST BOWL**...Warm chicken cutlet w/ bacon, shredded cheddar, black beans, corn, pico de gallo & tortilla strips w/ quinoa & romaine w/ cilantro lime dressing \$15.49

**ULTIMATE BLT BOWL**...Warm Grilled Chicken w/ bacon, shredded cheddar, grape tomatoes, red onion, avocado, quinoa & romaine w/ ranch dressing \$15.49

**MEDITERRANEAN BOWL**...Warm grilled chicken & grilled vegetables, chopped spinach, feta cheese, grape tomatoes, black olives, cucumbers & Brown Rice w/ Greek dressing \$15.49

**\*\*\* PANINI OF THE DAY \*\*\***

**FIRECRACKER**...Crispy chicken cutlet tossed in hot sauce topped w/ blue cheese crumbles, thin sliced scallions, melted pepper jack cheese, sliced jalapenos and blue cheese dressing pressed on our Crispino bread served w/ a side of macaroni salad \$15.49

**\*\*\*HOT ENTREES\*\*\***

**BAKED SALMON** w/string beans & broccoli in a light wine sauce served over rice \$14.99

**GREEK CHICKEN** topped w/ feta cheese, tomato & Greek spices in a light wine sauce served over rice \$14.99

**BAKED MACARONI & CHEESE** Sm \$6.50 Lg \$8.50

**HOMEMADE MANGO HABANERO CHICKEN STRIPS** served w/ French fries or a side of macaroni cheese \$14.99

**SAUSAGE & PEPPERS** served on a hero \$12.99

**TEXAS MAC & CHEESE** - chicken cutlet w/ mac & cheese, bacon & sweet baby rays BBQ sauce served on a hero \$14.99 OR MAKE IT **BUFFALO MAC & CHEESE** w/ frank's red hot!

**CHICKEN PARMIGIANA** on a roll \$12.99/over rice \$14.99

**\*\*BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY\*\*** The items in this menu can be cooked to your liking. Consuming raw or under cooked meat, fish, shellfish, or fresh shell eggs may increase your risk of food-borne illness, especially if you have certain medical conditions