

FREE LOCAL
DELIVERY

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THE FOODIE SHACK
EATERIE

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SPECIALS OF THE
DAY

FRIDAY

JUNE 19TH

-BREAKFAST SPECIAL

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 ******

CRISPY CHICKEN MAC CRUNCH

WRAP...crispy chicken cutlet tossed w/ your choice of mango habanero, sweet chili, buffalo or BBQ sauce topped w/ bacon & creamy mac & cheese stuffed, grilled & pressed in a crunchy wrap \$15.49

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

GRILLED 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, romaine, 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 RICE

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

CALIFORNIA CLUB - chicken cutlet topped w/ bacon, melted jack cheese & ranch dressing on a roll \$13.99

WRAP OF THE WEEK - YELLOWSTONE

Chicken fingers, bacon, cheddar, leaf lettuce, pico de gallo & bourbon ranch dressing served in a tortilla wrap \$14.99

SALAD OF THE WEEK- SOUTHWEST

CHICKEN SALAD

Romaine lettuce tossed w/ corn, black beans, shredded cheddar, & pico de gallo topped w/ grilled chicken & served w/ ranch dressing \$14.99

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

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**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

SHACK CHOPPED CHEESE

grilled sirloin burger (or grilled chicken or chicken cutlet) w/ sauteed 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*****

VEGETARIAN POWER BOWL...Grilled Vegetables, Red Peppers, Avocado, Sweet Potatoes, Black Beans, Jalapeno, Red Onion & fresh lime wedges over a bed of Romaine & Quinoa w/ a side of Lite Italian Dressing \$15.49

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

ATHENA PROTEIN BOWL...Marinated Chick Peas, sliced cucumbers, crumbled feta cheese, sliced cherry tomatoes & fresh lemon over a bed of romaine & brown rice topped w/ tzatziki sauce served w/ pita chips & Greek 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 *****

MJG CRISPINO...Crispy Chicken Cutlet topped w/melted American cheese, waffle fries, sliced pickles & our homemade shack sauce pressed on Crispino Bread & served w/ a side of macaroni salad \$15.49

*****HOT ENTREES*****

BAKED SALMON w/string beans in a light wine sauce w/ rice \$15.49

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

HOMEMADE SWEET CHILI CHICKEN STRIPS served w/ French fries \$14.99 or a side of macaroni & cheese \$17.49

CHICKEN FRANCAISE w/ melted mozzarella on a bed of sauteed spinach served w/ rice \$14.99

EGGPLANT PARMIGIANA on a roll \$12.99/over rice \$14.99

CHICKEN PARMIGIANA on a roll \$13.99/over rice \$14.99

SHACK PANINI - GRILLED CHICKEN, FRESH MOZZARELLA, ROASTED PEPPERS & PESTO pressed on Ciabatta Bread served w/ a side of macaroni salad \$15.49

CRISPY CHIPPO -Chicken cutlet w/ melted cheddar cheese, avocado, crunchy doritos & chipotle mayo pressed on our Crispino Bread w/ a side of macaroni salad \$15.49