

FREE LOCAL  
DELIVERY

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**THE FOODIE SHACK**  
EATERIE

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SPECIALS OF THE

DAY

FRIDAY

MARCH 13<sup>TH</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

**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**  
LENTIL W/ SPINACH

**\*\*\*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 - CRISPY BUFFALO CHICKEN WRAP** w/ buffalo chicken fingers, bacon, melted cheddar, hot sauce & blue cheese dressing in a grilled wrap \$14.99

**SALAD OF THE WEEK - PALERMO SALAD**

Romaine lettuce topped w/ breaded eggplant, fresh mozzarella, banana peppers, red onion & grape tomatoes served w/ a balsamic vinaigrette 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\*\*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

**HOMEMADE CHICKEN SPINACH FETA BURGERS** w/ leaf lettuce, tomato, red onion, avocado & chipotle mayo served in a tortilla wrap \$13.99

**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\*\*\***

**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/ craisins, 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 \*\*\***

**BBQ PULLED PORK** w/ melted cheddar, waffle fries & sliced pickles pressed on Crispino Bread & served w/ a side of cole slaw \$15.49

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

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

**FRIED FANTAIL SHRIMP (6) PLATTER** w/ French fries & tartar sauce & a side of cole slaw \$14.99

**FRIED FLOUNDER HERO** w/lettuce, tomato & tartar sauce \$12.99 or **FRIED FLOUNDER PLATTER** w/ fries \$14.99

**FRIED CLAM STRIPS** served w/French fries & tartar sauce \$11.99

**THE POPEYE** - thinly pounded chicken cutlet topped w/ sauteed spinach, melted mozzarella & roasted peppers in a light wine sauce served w/ rice \$14.99

**HOMEMADE MANGO HABANERO CHICKEN STRIPS** served w/ French fries \$14.99 or w/ a side of macaroni cheese \$17.49

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

**GRILLED MARINATED STEAK PANINI** w/ crumbled blue cheese, melted cheddar, crispy fried onions & horseradish sauce pressed on our Crispino Bread w/ a side of macaroni salad \$15.49