

FREE LOCAL
DELIVERY

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THE FOODIE SHACK EATERIE

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SPECIALS OF THE
DAY

FRIDAY

OCTOBER 16TH

OATMEAL w/choice of 3 toppings (almonds, walnuts, cranberries, raisins, brown sugar, cinnamon) sm \$4.99 lg \$5.99

BREAKFAST CRUNCH WRAPS

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

*****COMPLETE LUNCH SPECIAL*****

TURKEY & CHEESE on a Roll (specify dressing)

*Sm Iced tea (sweetened/unsweetened) or Lemonade

*Side of potato or macaroni salad \$12.99

HEALTHY LUNCH PLATES \$11.99

Grilled or blackened Chicken or Chicken Cutlet w/ Quinoa or Brown rice & grilled vegetables or roasted sweet potatoes

SALAD OF THE WEEK- CHICKEN CUTLET COBB SALAD

Chicken cutlet w/ cheddar cheese, chopped eggs, black olives, chopped tomatoes, bacon over romaine w/ranch dressing \$14.99

WRAP OF THE WEEK – THE JAMES

Crispy Chicken Cutlet tossed in buffalo sauce w/ crispy bacon & our Caesar salad served in a tortilla wrap \$14.99

***NEW...SHACK SPECIALTY SANDWICHES**

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

EZ EATS...Homebaked Fresh Turkey w/ crispy bacon, shredded lettuce, sliced avocado & chipotle dressing on a roll

THE BADA BING...Chicken Cutlet w/ crispy bacon, melted american, lettuce, tomato & russian dressing on a hero

PESTO CHICKEN...Grilled Chicken topped w/ tomato, shredded mozzarella, shaved parmesan & homemade pesto sauce on a grilled flatbread

THE PARISIAN...Fresh Baked Turkey topped w/ creamy brie cheese, crispy bacon, fresh apple slices & honey Dijon on a Hero

****** CRUNCH WRAPS**** \$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/side of blue cheese dressing

GRILLED CHICKEN CAESAR CRUNCH stuffed, grilled & pressed to perfection w/ a side of creamy Caesar dressing

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

*****NEW...SHACK MINI*****

STEAK MINI...Sliced Steak w/ melted provolone, sauteed onions & horseradish sauce on a toasted garlic club roll \$11.99

BLACKENED CHICKEN MINI...Blackened Chicken w/ melted swiss, homemade potato strings & ranch dressing on a toasted garlic club roll \$11.99

CHICKEN CUTLET MINI...Chicken Cutlet w/ melted cheddar, crispy fried onions & chipotle mayo on a toasted garlic club roll \$11.99

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

GRAIN BOWLS

HARVEST BOWL...Warm grilled chicken w/ craisins, sliced almonds, sunflower seeds, romaine & brown rice w/ sliced apples & our homemade balsamic vinaigrette 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

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

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 or over rice \$14.99

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

GRILLED ITALIAN PANINI w/ salami, ham cappy, pepperoni, melted provolone & banana peppers w/ pesto mayo pressed on crispino bread w/a side of macaroni salad \$15.49

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

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

HOMEMADE MANGO HABANERO 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

BONELESS BBQ RIBS LUNCHBOX w/ melted cheddar & crispy fried onions on a toasted hero w/ a small iced tea or lemonade \$14.99

MELANZANE- grilled chicken topped w/ fried eggplant, fresh mozzarella, sundried tomato & pesto on a toasted garlic hero \$14.99