

FREE LOCAL
DELIVERY

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THE FOODIE SHACK EATERIE

631-585-6767

3010 Veterans Memorial Highway, Bohemia

Tel (631) 585-6767 Fax (631) 585-6774

Email: foodieshackeaterie@outlook.com

Visit us online

at www.foodieshackeaterie.com

SPECIALS OF THE
DAY

FRIDAY

SEPTEMBER 11TH

BIG DILLS ARE BACK!!!

TURKEY, BACON, AMERICAN CHEESE, LETTUCE,
TOMATO & ONION W/ CHIPOTLE MAYO ON A SCOOPED
OUT DILL PICKLE (OR TRY IT YOUR WAY!!)

-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

*HAM & CHEESE on a Roll (specify dressing)

*Sm Iced tea (sweetened/unsweetened) or Lemonade

*Side of potato or macaroni salad \$12.99

NEW BUDGET BUSTER HERO OF THE WEEK

(Mention Budget Buster when ordering)

Boars head Turkey w/ lettuce, tomato & your choice of dressing
\$10.49

*NEW...SHACK SPECIALTY SANDWICHES

THE BULLS EYE ...Grilled Roast Beef w/ melted American
cheese, sliced pickles, crispy fried onions & Russian dressing
on a Hero

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
dressing 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

HEALTHY LUNCH PLATES \$11.99

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

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

TACO BOWL..Your Choice of Warm Sliced Steak or Grilled
Chicken w/ mixed cheeses, black beans, pico de gallo, tortilla
strips & shredded lettuce topped w/ taco seasoning & served w/
taco sauce & sour cream \$15.49

STEAK BOWL....Warm Sliced Steak w/ avocado, mixed
cheeses, pico de gallo, sweet potatoes, brown rice & romaine
served w/ chipotle ranch 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***

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

HOT ENTREES

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

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

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

GRILLED CHICKEN w/ fresh mozzarella, tomato, fresh basil &
balsamic dressing served over 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