

FREE LOCAL
DELIVERY

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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

THURSDAY

JULY 17TH

CRUNCH IT UP FOR BREAKFAST-

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 \$9.99

GOOD MORNING CRUNCH WRAP!...scrambled eggs, bacon, extra cheese & seasoned home fries stuffed, grilled & pressed in our crunch wrap \$9.99

******* NEW 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 RICE**

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

SALAD OF THE WEEK- **STRAWBERRY FIELDS**

Romaine lettuce topped w/ grilled chicken, fresh strawberries, candied walnuts, dried cranberries, crumbled blue cheese, sunflower seeds & red onion served w/ raspberry vinaigrette 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

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

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

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

SIGNATURE PANINIS @ foodieshackeaterie.com

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

***** CHOPPED CHEESE CRUNCH WRAP *****

Our famous Shack Chopped Cheese with a twist...stuffed, grilled & pressed in a crunchy wrap served with a side of Shack sauce \$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

SOUTHWEST BOWL... Warm chicken cutlet w/ bacon, shredded cheddar, black beans, corn, pico de gallo & tortilla strips w/ quinoa & romaine w/ cilantro lime dressing \$14.99

ULTIMATE BLT BOWL... Warm Grilled Chicken w/ bacon, shredded cheddar, grape tomatoes, red onion, hard boiled egg, avocado, quinoa & romaine w/ranch dressing \$14.99

MEDITERRANEAN BOWL... Warm grilled chicken & grilled vegetables, chopped spinach, feta cheese, grape tomatoes, black olives, cucumbers & Brown Rice w/ Greek dressing \$14.99

*****NEW HEALTHY LUNCH PLATES** \$10.99**

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

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

SHACK PANINI - GRILLED CHICKEN, FRESH MOZZARELLA, ROASTED PEPPERS & PESTO pressed on Ciabatta Bread served w/ a side of macaroni salad \$14.99

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

THE BLUE - chicken cutlet topped w/ ham, swiss, lettuce, tomato & mayo served on a roll \$12.99

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

ROASTED TOM TURKEY w/stuffing, mashed potatoes, gravy, vegetables & cranberry sauce \$14.99

WARM CHICKEN OR CARNE ASADA BOWL w/ rice & beans topped w/ pico de gallo, sour cream & mixed shredded cheese \$14.99

CHICKEN OR CARNE ASADA TACOS (3) topped w/ onions & cilantro lime cream w/ back beans & rice \$14.99

MEATLOAF w/ mashed potatoes & vegetables \$14.99

THE NICOLE - grilled chicken w/ avocado, fresh mozzarella, fresh tomato & balsamic glaze over rice \$14.99/Roll \$12.99

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