

FREE LOCAL  
DELIVERY

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FAX YOUR  
ORDER

\*\*FREE  
DELIVERY...NO  
MINIMUM

**THE FOODIE SHACK**  
EATERIE

631-585-6767

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SPECIALS OF THE  
DAY

THURSDAY

MARCH 13<sup>TH</sup>

**\*\*\*NEW HEALTHY LUNCH PLATES\*\***

(portioned & balanced to fit your healthy lifestyle)

**GRILLED CHICKEN, BLACKENED  
CHICKEN or CHICKEN CUTLET w/  
CHOICE OF QUINOA or BROWN RICE &  
STEAMED VEGETABLES or ROASTED  
SWEET POTATOES \$10.99 (Add Avocado +\$1.50)**

**BREAKFAST SPECIAL**

FARMER'S OMELETTE WRAP – 3 eggs w/ bacon,  
melted cheddar & home fries in a tortilla wrap \$10.99

**\*\*\*DAILY SALAD\*\*\***

PLUM TOMATO, FRESH MOZZARELLA & basil in a  
balsamic vinaigrette dressing \$4.49 ½ lb

**SOUP OF THE DAY (Sm\$5.99 Lg \$6.99)  
CHICKEN TORTILLA**

**COMPLETE LUNCH SPECIAL  
(No Substitutions Please)**

\*SALAMI & CHEESE on a Roll (specify dressing)  
\*Sm Iced tea (sweetened/unsweetened) or Lemonade  
\*Side of potato or macaroni salad \$11.49

**\*\*\*WRAP OF THE WEEK\*\*\***

**GORGONBERRY WRAP**

Romaine lettuce tossed w/ grilled chicken, red onion,  
tomato, candied walnuts, crumbled blue cheese &  
craisins w/balsamic dressing in a tortilla wrap \$13.99

**\*\*\*SALAD OF THE WEEK\*\*\***

**GREEK SALAD W/ GRILLED CHICKEN**

Romaine lettuce tossed w/ red & green peppers, hot  
peppers, black olives, cucumber, tomato & feta cheese  
topped w/ grilled chicken & w/ greek dressing \$14.99

**FRESH CHOPPED SALADS(Made to Order)**

**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

**\*\*NOW OFFERING GLUTEN FREE WRAPS**

\*\*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

**\*\*\*NEW\*\*\* SHACK CHOPPED CHEESE**

grilled sirloin burger (or grilled chicken or chicken cutlet) w/  
sautéed onions, American & cheddar cheese & our  
homemade seasoning chopped & grilled with shredded lettuce  
& our special shack sauce on a pressed hero or wrap served w/  
French fries \$15.49

**\*\*\*SHACK SPECIAL BURGERS\*\*\***

**GRILLED BOURBON PANINI BURGER** w/ bacon,  
cheddar cheese, sautéed onion & bourbon sauce pressed on  
Artisan sliced bread & served w/ French fries & a small iced tea or  
lemonade \$15.49

**BIG MAC WRAP** – grilled sirloin burger w/ melted  
American cheese, shredded lettuce, sliced pickles & our  
homemade shack sauce in a grilled tortilla wrap served w/  
French fries & a small iced tea or lemonade \$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

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

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

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

**COYOTE CLUB** – chicken cutlet topped w/ bacon, melted  
cheddar & BBQ sauce served on a roll \$12.99

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

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

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

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

**MEATLOAF** w/ mashed potatoes & vegetables \$14.99

**STEAK & CHICKEN ENCHILADAS** w/ mozzarella topped w/ green  
sauce, fresh tomato & sour cream w/ black beans & rice \$14.99

**CHICKEN FAJITAS** served w/ rice, black beans, pico de gallo & sour  
cream \$14.99

**GRILLED LONDON BROIL** w/ melted mozzarella & sautéed onions  
on a toasted garlic hero \$14.99

**CHICKEN PARMIGIANA** over rice OR w/ a side Caesar salad  
\$14.99 OR on a roll \$12.49