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**THE FOODIE SHACK**  
EATERIE

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SPECIALS OF THE

DAY

TUESDAY

APRIL 15<sup>TH</sup>

**\*\*\* NEW CRUNCH WRAPS \*\*\***

**CHICKEN CAESAR CRUNCH WRAP** stuffed, grilled & pressed to perfection w/ a side of creamy Caesar dressing for dipping

**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

**\*\*\* 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)

**CREAM CHEESE OF THE WEEK -SCALLION** on your favorite bagel, English muffin or toast

**\*\*\* DAILY SALADS \*\*\***

**ANGEL HAIR PASTA** w/ fresh spinach, chick peas, roasted peppers in a garlic & oil \$3.99 1/2 lb

**SOUP OF THE DAY**  
CHICKEN NOODLE

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

\*TURKEY & 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 \*\*\***

**GREEK WRAP**

Grilled Chicken tossed w/ romaine lettuce, red onion, sliced olives, feta cheese, cucumbers & pepperoncini in a creamy Greek dressing served in a tortilla wrap \$12.99

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

**BUFFALO CHICKEN SALAD**

Romaine lettuce topped w/ grilled buffalo chicken strips, tomato, celery, carrots, bacon bits & shredded cheddar served w/ a side of blue cheese 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

**\*\* 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**

**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 & our special shack sauce on a pressed hero or wrap served w/ French fries \$15.49

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

**QUESADILLA PANINI BURGER** - w/ pepper jack cheese, shredded lettuce, pico de gallo & sour cream pressed on Artisan sliced bread served w/ French fries & small iced tea \$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

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

**BUFFALO CHICKEN PANINI** w/ crispy buffalo chicken cutlet, bacon, melted cheddar & shredded carrots topped w/ blue cheese dressing & pressed on our Crispino Bread served w/ a side of macaroni salad \$14.99

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

**THE TILLER** - chicken cutlet w/ bacon, melted muenster cheese, lettuce, tomato & chipotle mayo on a roll \$12.99

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

**CHICKEN ROMANO** - chicken cutlet in a lemon sauce topped w/ romano cheese & served over rice \$14.99

**CHICKEN BURRITO** w/ a side of macaroni salad \$14.99

**BAKED BONELESS PORK CHOPS** topped w/ melted swiss & honey Dijon sauce served on a bed of spinach with rice \$14.99

**TORTELLINI ALFREDO** w/ ham & peas served w/ a side Caesar salad \$13.99

**SHEPPARD'S PIE** - ground beef w/ assorted vegetables in gravy topped w/ mashed potatoes & baked golden brown \$14.99

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

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

**HOMEMADE CHICKEN SPINACH FETA BURGERS** w/ leaf lettuce, tomatoes, red onion on English muffin w/ a side of tzatziki sauce \$10.99 OR w/ lettuce, tomato, red onion, avocado & chipotle mayo tortilla wrap \$12.99