

FREE LOCAL
DELIVERY

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THE FOODIE SHACK EATERIE

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SPECIALS OF THE
DAY

TUESDAY

AUGUST 11TH

-BREAKFAST SPECIAL

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

***NEW...SHACK SPECIALTY SANDWICHES

THE PARISIAN...Fresh Baked Turkey topped w/ creamy brie cheese, crispy bacon, fresh apple slices & honey Dijon dressing on a Hero \$14.99

THE FLORENZA...Balsamic Grilled Chicken topped w/ fresh mozzarella, breaded eggplant, roasted peppers, leaf lettuce & Balsamic Glaze on a Hero \$14.99

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

HOT SANDWICH OF THE DAY

THE RANCHERO – chicken cutlet w/ bacon, melted cheddar, crispy fried onions & ranch dressing on a roll \$13.99/

WRAP OF THE WEEK -THE MIAMI

Grilled Chicken w/ crumbled blue cheese, avocado, leaf lettuce & Homemade Ranch Dressing served in a tortilla wrap \$13.99

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

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

*** 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 WRAP

stuffed, grilled & pressed to perfection w/ a side of creamy Caesar dressing for dipping

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 for dipping

NEW...CHICKEN SALAD CRUNCH WRAP

Our Homemade Creamy Chicken Salad tossed w/ hot sauce, pico de gallo, shredded lettuce, crunchy doritos & sliced avocado stuffed, grilled & pressed in a crunchy wrap

CHEESEBURGER BOWL

Grilled Sirloin Burger w/ melted American cheese on a bed of Iceberg lettuce w/ French fries, tomato, crispy fried onions & pickles topped w/ our homemade Shack Sauce \$15.49

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, 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

NEW 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

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

ATHENA PROTEIN BOWL...Marinated Chick Peas, sliced cucumbers, crumbled feta cheese, sliced cherry tomatoes & fresh lemon over a bed of romaine & brown rice topped w/ tzatziki sauce served w/ pita chips & Greek dressing \$15.49

*** PANINI OF THE DAY ***

CORNED BEEF REUBEN w/ melted swiss, sauerkraut & Russian dressing on grilled rye served w/ potato salad \$15.49

HOT ENTREES

CHICKEN BRUSCHETTA – thinly pounded chicken cutlet w/ tomato bruschetta & fresh mozzarella served over rice \$14.99

ROAST STUFFED LOIN OF PORK w/ spinach, melted swiss, sundried tomato & pan gravy served w/ rice \$14.99

CHICKEN PARMIGIANA on a roll \$13.99/over rice \$14.99

CHICKEN QUESADILLAS served w/ fries \$14.99

RIGATONI W/ GRILLED CHICKEN, broccoli & roasted peppers in a garlic & oil \$14.99