

FREE LOCAL  
DELIVERY

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SPECIALS OF THE  
DAY

TUESDAY

DECEMBER 9<sup>TH</sup>

**- 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 \$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**

(No Substitutions Please)

\*HAM & CHEESE on a Roll (specify dressing)

\*Sm Iced tea (sweetened/unsweetened) or Lemonade

\*Side of potato or macaroni salad \$12.25

### **\*\*\* 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** **POTATO BACON CHEDDAR** **CHICKEN RICE**

### **WRAP OF THE WEEK – RANCH B-QUE**

Chicken cutlet w/ bacon, jack & cheddar cheese, leaf lettuce & BBQ ranch dressing served in a tortilla wrap \$14.99

### **SALAD OF THE WEEK- SANTA FE SALAD**

Romaine & Iceberg lettuce tossed w/ corn, black beans, shredded cheddar & tortilla strips topped w/ grilled chicken & served w/ a cilantro lime dressing \$14.99

### **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

### **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

**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

**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

### **\*\*\*NEW...GRAIN BOWLS\*\*\***

**BLACKENED CHICKEN BOWL**...Warm blackened chicken, bacon, shredded cheddar, black beans, red onion, pico de gallo, quinoa & romaine w/ ranch dressing \$15.49

**HARVEST BOWL**...Warm grilled chicken w/ cranraisins, sliced almonds, sunflower seeds, walnuts, romaine & brown rice served w/ a side of sliced apples & our homemade balsamic vinaigrette 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, hard boiled egg, 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

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

**MELANZANA PARMIGIANA**...Breaded Eggplant topped w/ fresh mozzarella, sliced tomato, marinara sauce & grated parmesan cheese w/ homemade pesto on Crispino Bread & served w/a side of macaroni salad \$15.49

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

**THE BENSONHURST** – chicken cutlet w/ pastrami, melted swiss & russian dressing on a roll \$12.99

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

**THE POPEYE** - thinly pounded chicken cutlet topped w/ sautéed spinach, melted mozzarella & roasted peppers in a light wine sauce served w/ rice \$14.99

**BAKED STUFFED SHELLS ALA VODKA** w/side Caesar salad \$14.99

**MEATLOAF** w/ melted American cheese & crispy fried onions on a toasted roll \$12.99

**FRENCH DIP LUNCHBOX**-roast beef w/melted mozzarella on toasted garlic hero w/ french fries & au jus for dipping \$14.99

**THE NICOLE** – grilled chicken w/ avocado, fresh mozzarella, fresh tomato & balsamic glaze over rice \$14.99/Roll \$13.99

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

**THE MANHATTAN** – roast beef w/melted cheddar, bacon, caramelized onions & russian dressing on a toasted hero \$14.99