

FREE LOCAL
DELIVERY

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THE FOODIE SHACK EATERIE

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SPECIALS OF THE
DAY

TUESDAY

NOVEMBER 18TH

- 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 **CHICKEN RICE** **PLUM TOMATO**

WRAP OF THE WEEK - DAKOTA WRAP
Chicken cutlet w/ bacon, cheddar cheese, leaf lettuce, corn salsa & BBQ ranch dressing in a tortilla wrap \$13.99

SALAD OF THE WEEK- GORGONBERRY **SALAD W/ GRILLED CHICKEN**

Romaine lettuce tossed w/ red onion, tomato, candied walnuts, crumbled blue cheese & raisins topped w/ grilled chicken & served w/ a balsamic vinaigrette 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

****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

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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 *****

SHACK PANINI - GRILLED CHICKEN, FRESH MOZZARELLA, ROASTED PEPPERS & PESTO pressed on Ciabatta 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*****

CHICKEN SOUVLAKI - sauteed chicken breast w/ Greek spices served w/ a side of tomato feta salad, pita, tzatziki sauce & rice \$14.99

SPICY CHICKEN WRAP w/ rice & melted pepper jack cheese served in a grilled tortilla wrap w/ a side of macaroni salad \$14.99

SESAME CHICKEN & PASTA - w/ grilled chicken, red & green peppers, water chestnuts, snow peas & red onion in a teriyaki sauce \$14.99

BONELESS BBQ RIBS LUNCHBOX w/ melted cheddar & crispy fried onions on a toasted hero w/ a small iced tea or lemonade \$14.99

MEATLOAF on a roll \$12.99

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

RUEBEN'S REVENGE - pastrami, melted swiss, cole slaw & Russian dressing on grilled Rye bread w/ a side of macaroni salad \$15.49

CHICKEN FINGERS served w/ French fries & a side of honey mustard or BBQ sauce \$14.99