

FREE LOCAL
DELIVERY

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THE FOODIE SHACK
EATERIE

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SPECIALS OF THE
DAY

WEDNESDAY

APRIL 29TH

-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

***** CRUNCH WRAPS *****

CRISPY CHICKEN MAC CRUNCH

WRAP...crispy chicken cutlet tossed w/ your choice of mango habanero, sweet chili, buffalo or BBQ sauce topped w/ bacon & creamy mac & cheese stuffed, grilled & pressed in a crunchy wrap \$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/ a side of blue cheese dressing \$15.49

GRILLED 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, 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 \$15.49

SOUP OF THE DAY
CHICKEN RICE

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

BENSONHURST - chicken cutlet w/ pastrami, melted swiss & russian dressing on a roll \$13.99

WRAP OF THE WEEK - ANGEL WRAP

Boarshead Honey Maple Turkey w/ fresh mozzarella, roasted red peppers, leaf lettuce & balsamic glaze served in a tortilla wrap \$13.99

SALAD OF THE WEEK- SOUTHWEST
SPINACH SALAD

Baby spinach tossed w/ shredded carrots, corn, avocado, scallions & shredded Monterey jack cheese topped w/ crunchy fritos served w/ a side of chipotle ranch dressing \$12.99 (Add grilled chicken +\$3.50)

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

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**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. Use caution if

*****NEW...VEGETARIAN POWER BOWL*****

Roasted Brussel Sprouts, Red Peppers, Avocado, Sweet Potatoes, Black Beans, Jalapeno, Red Onion & fresh lime wedges over a bed of Romaine & Quinoa served w/ a side of Lite Italian Dressing \$15.49

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

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

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

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

CHICKEN PARM ALA VODKA...Chicken Cutlet w/ a pesto drizzle topped w/ melted Fresh Mozzarella & our Homemade Vodka sauce pressed on Crispino Bread served w/ a side of macaroni salad \$15.49

*****HOT ENTREES*****

BOURBON CHICKEN served w/ rice & corn \$15.49

BAKED MACARONI & CHEESE Sm \$6.50 Lg \$8.50

HOMEMADE SWEET CHILI CHICKEN STRIPS served w/ French fries \$14.99 or w/ a side of macaroni cheese \$17.49

BROOKLYN STYLE PASTRAMI & Swiss w/ mustard on grilled rye served w/ a side of macaroni salad \$14.99

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

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