

FREE LOCAL
DELIVERY

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SPECIALS OF THE
DAY

WEDNESDAY
JANUARY 14TH

- 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

SPLIT PEA
CHICKEN RICE

WRAP OF THE WEEK - APPLE GRANNY

Fresh turkey w/ apple slices, leaf lettuce, tomato & honey cup mustard served in a tortilla wrap \$13.99

SALAD OF THE WEEK-TURKEY CLUB SALAD

Home baked fresh Turkey over a bed of Romaine lettuce topped w/ tomato, crumbled bacon & shredded cheddar cheese served w/ Ranch dressing \$14.99

HEALTHY LUNCH PLATES \$10.99

GRILLED CHICKEN, BLACKENED CHICKEN or CHICKEN CUTLET w/ CHOICE OF QUINOA or BROWN RICE & GRILLED 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

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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/ craisins, sliced almonds, sunflower seeds, 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, 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 *****

CRISPY RINGO...chicken cutlet w/ bacon, melted cheddar, crispy onion rings & honey BBQ sauce pressed on Crispino Bread served w/ a side of macaroni salad \$15.49

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

THE ALL AMERICAN - chicken cutlet w/ bacon, American cheese, lettuce, tomato & mayo on a roll \$13.99

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

TEXAS MAC & CHEESE - chicken cutlet w/ mac & cheese, bacon & sweet baby rays BBQ sauce served on a hero \$14.99 OR MAKE IT **BUFFALO MAC & CHEESE** w/ frank's red hot!

BOURBON CHICKEN served w/ rice & corn \$15.49

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

HOMEMADE MANGO HABANERO CHICKEN STRIPS served w/ French fries or a side of macaroni cheese \$14.99

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

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

****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