

FREE LOCAL
DELIVERY

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FAX YOUR
ORDER

**FREE
DELIVERY...NO
MINIMUM

THE FOODIE SHACK EATERIE

631-585-6767

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Visit us online

at www.foodieshackeaterie.com

SPECIALS OF THE
DAY

WEDNESDAY

MARCH 26TH

ADD OUR HOMEMADE CILANTRO LIME DRESSING TO ANY OF YOUR ***FAVORITE SANDWICHES***

NEW HEALTHY LUNCH PLATES

(portioned & balanced to fit your healthy lifestyle)

**GRILLED CHICKEN, BLACKENED
CHICKEN or CHICKEN CUTLET w/
CHOICE OF QUINOA or BROWN RICE &
STEAMED VEGETABLES or ROASTED
SWEET POTATOES \$10.99 (Add Avocado +\$1.50)**

BREAKFAST SPECIAL

**HEALTHY CHOICE – 3 egg whites w/ peppers, onion,
tomato, mushroom & alpine lace swiss in a wrap \$9.99**

DAILY SALAD

CUCUMBER RANCH SALAD \$3.99 ½ lb

**SOUP OF THE DAY (Sm\$5.99 Lg \$6.99)
SPLIT PEA W/ HAM**

COMPLETE LUNCH SPECIAL (No Substitutions Please)

*TURKEY & CHEESE on a Roll (specify dressing)

*Sm Iced tea (sweetened/unsweetened) or Lemonade

*Side of potato or macaroni salad \$11.49

WRAP OF THE WEEK

APPLE GRANNY

Fresh turkey w/ apple slices, leaf lettuce, tomato & honey
cup mustard served in a tortilla wrap \$12.99

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/our homemade cilantro
lime dressing \$14.99

FRESH CHOPPED SALADS(Made to Order)

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**

**NOW OFFERING GLUTEN FREE WRAPS

****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.**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**

NEW 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 & our special shack sauce on
a pressed hero or wrap served w/ French fries \$15.49

SHACK SPECIAL BURGERS

BLT PANINI BURGER w/ melted american cheese, bacon,
lettuce, tomato & mayo topped w/ crispy onions pressed on Artisan
sliced bread & w/French fries & small iced tea or lemonade \$15.49

BIG MAC WRAP – grilled sirloin burger w/ melted American
cheese, shredded lettuce, sliced pickles & our homemade shack sauce
in a grilled tortilla wrap served w/ French fries & a small iced tea or
lemonade \$15.49

GRAIN BOWLS

SOUTHWEST BOWL... Warm chicken cutlet w/ bacon,
shredded cheddar, black beans, corn, pico de gallo & tortilla
strips w/ quinoa & romaine w/ cilantro lime dressing \$14.99

ULTIMATE BLT BOWL... Warm Grilled Chicken w/ bacon,
shredded cheddar, grape tomatoes, red onion, hard boiled egg,
avocado, quinoa & romaine w/ranch dressing \$14.99

MEDITERRANEAN BOWL.. Warm grilled chicken & grilled
vegetables, chopped spinach, feta cheese, grape tomatoes, black
olives, cucumbers & Brown Rice w/ Greek dressing \$14.99

*** PANINI OF THE DAY ***

CHIVE BABY- chicken cutlet w/ bacon, melted cheddar,
scallions & ranch dressing topped w/ sour cream & onion
chips pressed on our Crispino Bread & served w/ a side
of cucumber ranch salad \$14.99

HOT SANDWICH OF THE DAY

DALLAS JACK – chicken cutlet topped w/ ham, melted
jack cheese & ranch dressing on a roll \$12.99

HOT ENTREES

BOURBON CHICKEN served w/ rice & corn \$15.49

BONELESS HONEY BBQ CHICKEN WINGS w/ fries \$14.99

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

TEXAS MAC & CHEESE - chicken cutlet w/ mac & cheese,
bacon & sweet baby rays BBQ sauce served on a hero \$14.99

SWEDISH MEATBALLS over buttered bowtie pasta \$14.99

PULLED PORK w/ melted mozzarella on a toasted garlic hero
served w/ a side of cucumber ranch salad \$14.99

CHICKEN PARMIGIANA served over rice OR w/ a side
Caesar salad \$14.99 OR on a roll \$12.49

BBQ PULLED PORK topped w/ crispy fried onions served w/
a side of macaroni & cheese \$14.99

GRILLED LONDON BROIL w/ melted mozzarella & sauteed
onions on a toasted garlic hero \$14.99