

FREE LOCAL
DELIVERY

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SPECIALS OF THE
DAY

FRIDAY

OCTOBER 17TH

**HOMEMADE CHICKEN SPINACH FETA
BURGER** w/ QUINOA OR BROWN RICE & A SIDE OF
SWEET POTATOES SERVED w/ A SIDE OF YOGURT
SAUCE \$14.99

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 \$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 LENTIL w/ SPINACH

WRAP OF THE WEEK – THE JAMES

Crispy Chicken Cutlet tossed in buffalo sauce w/ crispy
bacon & our Caesar salad served in a tortilla wrap \$14.99

SALAD OF THE WEEK- AUTUMN APPLE

Field Greens topped w/ sweet potatoes, glazed walnuts, feta
cheese, red cabbage & crispy apple slices topped w/ grilled
chicken & served w/ 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
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

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 *****

GRILLED MARINATED STEAK PANINI w/ crumbled
blue cheese, melted cheddar, crispy fried onions &
horseradish sauce pressed on our Crispino Bread &
served w/ a side of macaroni salad \$15.49

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

CALIFORNIA CLUB – chicken cutlet topped w/ bacon, melted
jack cheese & ranch 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 SALMON w/string beans in a light wine sauce w/rice \$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 OR TRY
BUFFALO MAC & CHEESE w/ frank's red hot!

CILANTRO GARLIC CHICKEN WINGS w/ fries \$14.99

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

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

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