

## APPETIZERS

**SPINACH & ARTICHOKE DIP** Baked housemade spinach and artichoke dip.

Choose two: Tortilla chips, garlic flatbread or veggies. 11.5

**SLIDERS \*** Mini burgers with housemade onion, bacon jam with rosemary mayo, cheddar cheese and french fries. 8.25

**HUMMUS** Housemade garlic hummus. Choose two: Garlic flatbread, veggies or tortilla chips. 7.25

**POTATO SKINS** Crispy potato skins with melted cheddar, provolone or both and crispy bacon. Served with Honey French or Sour Cream. 6.95 \* 9.95

**CHICKEN SKINS** Crispy potato skins with housemade garlic butter, chicken tenders, mushrooms and provolone cheese. Served with Honey French or sour cream. 8.75 \* 12.95

**SPUDNIKS** Crispy potato wedges with melted provolone, cheddar or both and crispy bacon. Served with Honey French or sour cream. 9.75

**TEX MEX EGG ROLLS** Spicy chicken, corn, black beans, peppers, onions and melted cheeses fried in a crisp wrapper. Served with housemade avocado cream sauce. 7.95

**BREADED MUSHROOMS** Fried and served with creamy horseradish sauce. 6.85

**CHEESE STICKS** Breaded provolone served with pasta sauce or Honey French. 7.5

**BONELESS WINGS** Kentucky Bourbon, Carolina Gold, Buffalo or Honey BBQ boneless wings with Ranch or Blue Cheese. 10.95

**ONION RINGS** Beer battered onion rings. 7.25

**CRISPY SHRIMP** Seven pieces of fried crispy shrimp served with cocktail sauce. 9

**ITALIAN MEATBALLS** Four Italian meatballs, pasta sauce and provolone baked to perfection. 9.5

**CHICKEN TENDERS** Breaded chicken tenders served with Honey French, Honey BBQ or House Honey Mustard. 7.95

**ITALIAN STUFFED PEPPERS** Baked cubanelle peppers filled with spicy Italian sausage and Monterey Jack cheese then topped with our pasta sauce and provolone. 8.4

## SALADS

**CHOPPED SIDE SALAD** Tomatoes, egg, housemade garlic croutons and cheddar. 5.99

**SPINACH** Baby spinach, fresh strawberries, blueberries, applewood smoked bacon, goat cheese, housemade cinnamon walnuts and cinnamon croutons. Served with Blueberry Pomegranate Vinaigrette. 11.65

**STRAWBERRY WALNUT** Fresh strawberries, garlic chicken, craisins, housemade cinnamon walnuts and croutons, goat cheese and cucumbers. 11.9

**JUMBO POPCORN CHICKEN** Kentucky Bourbon, Buffalo, Honey BBQ or plain popcorn chicken, cucumbers, tomatoes and cheddar. 11.2

**COBB** Garlic chicken, fresh avocado, egg, diced tomatoes, applewood smoked bacon and cheddar. 12.95

**CHICKEN SUPREME** Housemade chicken salad with apples and walnuts, tomatoes, cucumbers and provolone. 10.6

**GRILLED STEAK \*** Grilled steak, fries, egg, diced tomatoes and cheddar Jack. 13

**SANTA FE CHICKEN** Grilled fajita chicken, fresh avocado, diced tomatoes, black beans, corn, red pepper, and cheddar jack with seasoned flatbread. 12.75

**ASIAN** Grilled Teriyaki chicken, house Asian pickled cucumbers, mandarin oranges, edamame beans, honey roasted cashews, pickled ginger and drizzled with spicy peanut sauce. Served with Asian dressing. 12.45 Teriyaki Salmon 18.1

**KEY WEST** Fresh blueberries, strawberries, grapes, mandarin oranges, honey roasted cashews, housemade cinnamon croutons and our house Key West dressing. 9.45

**GRILLED CHICKEN** Grilled chicken, cucumbers, tomatoes, provolone, cheddar and our housemade garlic croutons. 10.75

**CHICKEN CASHEW** Garlic chicken, cucumbers, tomatoes, cheddar, egg and honey roasted cashews. 11.65

## SALAD DRESSINGS

House Balsamic Vinaigrette \* House Honey Mustard \* House Key West \* House Sweet & Sour \* Blue Cheese \* Blueberry Pomegranate Vinaigrette  
French \* Golden Lite Italian \* Ranch \* Honey French \* Asian \* Spicy Peanut \* Thousand Island \* Vinegar & Oil

## FLATBREADS

**FLATBREAD PIZZA** Pizza sauce, cheese and choice of one topping. 7.25

Add Cheese, Onions, Green Peppers, Mushrooms, Hot Peppers or Jalapeños 1 ea

Add Pepperoni, Ham, Salami or Bacon 1.4 ea

**DILL PICKLE FLATBREAD** Crispy flatbread baked with house garlic butter, dill pickle chips, bacon pieces, provolone cheese, crispy garlic bread crumbs and drizzled Ranch. 9.25

**SMOKED GOUDA MAC N CHEESE FLATBREAD** Crispy flatbread baked with house garlic butter, smoked gouda mac and cheese and crispy garlic bread crumbs. 7.95

**OLD WORLD PIZZA** Italian grinder bun baked with housemade garlic butter, provolone and black pepper. 5.75

Upgrade any pizza with our delicious Gluten Free, cauliflower pizza crust. \$3.25

## BURGERS

*Black Angus burger with choice of fries, fruit cup or house potato chips.*

**CHEESE BURGER \*** Your choice of American, Swiss, cheddar, provolone or cheddar Jack with lettuce, tomato, mayo and pickles. 12.5

**SWISS & MUSHROOM BURGER \*** Sautéed mushrooms, caramelized onions, Swiss, lettuce, tomatoes, pickles and mayo. 12.95

**BACON CHEESE BURGER \*** Applewood smoked bacon, cheddar, lettuce, tomatoes, pickles and mayo. 13.5

**TEXAS BURGER \*** Applewood smoked bacon, cheddar Jack, beer battered onion ring, chipotle mayo, jalapeños, pickles, lettuce, and tomatoes. 13.95

**VEGGIE BURGER** Our housemade veggie burger, cheddar Jack, lettuce, tomato, grilled pineapple and mayo. 10.2

## WRAPS

**CHICKEN FAJITA WRAP** Grilled fajita chicken, sautéed mushrooms, melted cheddar, lettuce, tomatoes and ranch dressing in a flour wrap. 9.25

**STEAK WRAP** Black Angus steak, melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing in a flour wrap. 8.4 Add mushrooms .85

**SOUTHWEST WRAP** Black Angus steak, hand shredded chicken, cheddar Jack, black beans, red peppers, corn, rice and chipotle mayo in a flour wrap. 9.45

**STRAWBERRY WALNUT WRAP** Garlic chicken, strawberries, craisins, housemade cinnamon walnuts, goat cheese, cucumbers and mixed greens with house balsamic vinaigrette in a flour wrap. 9.5

## CROISSANTS

**CROISSANT** Ham, turkey, or housemade apple and walnut chicken salad with Swiss, lettuce, tomatoes and mayo. 8.95

**BLT CROISSANT** Applewood smoked bacon and Swiss oven baked, topped with lettuce, tomatoes and mayo. 9.95

**STEAK CROISSANT** Black Angus steak with melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 10.3 Add mushrooms .85

**CLUB CROISSANT** Ham, turkey, applewood smoked bacon and Swiss with lettuce, tomatoes and mayo. 10.5

## COMBOS

**SOUP & SALAD** Chopped salad and soup. Cup 9.35 \* Bowl 10.35  
French Onion 11.45

**SOUP & GRINDER** Choose any half grinder and soup.

**SALAD & BAKED POTATO** Chopped salad with a baked or sweet potato.  
Baked Potato 8.99 \* Sweet potato 9.75

**SALAD & GRINDER** Choose any half grinder with a chopped salad.

## BEVERAGES & ESPRESSO

**FRESHLY BREWED COFFEE**

**FRESHLY BREWED ICED TEA & SWEET TEA**

**CRAFT FLAVORED ICED TEA & LEMONADE**

Mango, Peach, Raspberry, Blackberry,  
Strawberry, Cherry

**FOUNTAIN DRINKS & FLOATS**

Pepsi, Diet Pepsi, Starry, Dr. Pepper, Mug Root Beer, Mountain Dew, Lemonade

**CRAFT FLAVORED FOUNTAIN DRINKS**

Cherry, Chocolate, Vanilla

**HAND DIPPED SHAKES & MALTS**

Vanilla, Chocolate, Strawberry, Cherry, Banana, Peanut Butter

**CAPPUCCINO & LATTE**

Regular, Hazelnut, Vanilla, Caramel,  
Salted Caramel, Seasonal

**CAFE MOCHA**

**GOURMET HOT CHOCOLATE**

**ESPRESSO**

# GRINDERS

Choice of whole or half freshly baked white or rye grinder bun.

## ★ THE ORIGINALS ★

**ORIGINAL EASTERN** OUR SIGNATURE GRINDER SINCE 1976! Capicola, ham, hard salami, provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. **6.505** ★ **8.6**

**AVIATOR'S CHOICE** PICK 3: TURKEY, HAM, SALAMI, PEPPERONI, CAPICOLA OR CORNED BEEF with provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. **6.505** ★ **8.6**

**THE CLUB** Ham, applewood smoked bacon, turkey, Swiss, lettuce, tomatoes, onions, mayo and our Italian dressing served cold. **6.25** ★ **11.2**

**CHICKEN SALAD** Our housemade chicken, apple and walnut salad, lettuce, tomatoes, onions, mayo and our Italian dressing. **5.65** ★ **9.8**

**BLT & SWISS** Applewood smoked bacon and Swiss oven baked, with lettuce, tomatoes and mayo oven baked. **5.9** ★ **10.3**

**SOUTHERN STACK®** Turkey, fresh avocado, applewood smoked bacon, cheddar, lettuce, tomatoes, onions, mayo and our Italian dressing on rye. **6.45** ★ **11.4**

**REUBEN** Choice of corned beef or turkey, grilled sauerkraut or cole slaw with Swiss and Honey French or 1000 Island on rye. **6.15** ★ **10.8**

**PEDRO'S PICK®** Mesquite turkey, cheddar, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. **6.2** ★ **10.9**

**ITALIAN MEATBALL** Italian style meatballs in our pasta sauce with melted provolone. **5.55** ★ **9.6**

**DC3** Swiss, provolone and cheddar, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. **4.75** ★ **8**

## ★ THE SPECIALTIES ★

**SOUTHWESTERN** Mesquite turkey, applewood smoked bacon, cheddar, spicy chipotle mayo, lettuce, tomatoes and onion oven baked on rye. **6.6** ★ **11.7**

**CHICKEN TENDER LOVIN'** Chicken tenders, plain or buffalo, on our oven baked garlic bun with applewood smoked bacon, provolone, lettuce, tomato, onion, mayo and our Italian dressing. **6.10** ★ **10.7**

**SKY HIGH** Housemade meatloaf or seasoned pot roast served open faced with garlic mashed potatoes and gravy. **9.5**

**POT ROAST** Pot roast, caramelized onions and mushrooms oven baked with Swiss or cheddar. **6.65** ★ **11.8**

**FISH** Beer battered Icelandic cod with lettuce and tartar. **6.4** ★ **11.3**

## ★ OFF THE GRILL ★

**STEAK** Black Angus steak, melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. **6.05** ★ **10.6**

**STEAK & MUSHROOM** Black Angus steak, melted provolone, grilled mushrooms, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. **6.5** ★ **11.45**

**STEAK & BACON** Black Angus steak, applewood smoked bacon, melted cheddar, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. **6.85** ★ **12.2**

**NEW PHILI** Black Angus steak with grilled onions, green peppers and melted provolone. **5.9** ★ **10.3**

**GRILLED CHICKEN** Grilled all natural chicken breast, choice of simply grilled, Honey BBQ, Buffalo or Carolina Gold sauce, applewood smoked bacon, provolone cheese, house rosemary mayo, lettuce, tomato and pickle on a challah bun. **9.95**

**SWEET HAWAIIAN CHICKEN** Grilled pineapple and all natural chicken breast with Honey BBQ sauce, Swiss, lettuce, tomato and teriyaki aioli on a challah bun. **10**

**MISO GLAZED SALMON\*** Grilled miso salmon, house Asian pickled cucumbers, grilled pineapple, pickled ginger, lettuce, tomato and teriyaki aioli on a challah bun. **14.2**

# DINNERS

Choice of Chopped Salad or one Classic Side.

## ★ OFF THE GRILL ★

**NEW YORK STRIP STEAK\*** 10oz. Choice Black Angus New York Strip steak seasoned to your liking. Served with a baked potato. **24.95**

**PORK CHOP\*** Simply grilled 9 oz. bone-in pork chop served with garlic mashed potatoes. **17.95**

### ★ SIMPLY GREAT ON STEAKS & CHOPS ★

Roasted Garlic Peppercorn ★ Montreal ★ Kentucky Bourbon ★ Simply Grilled

### ★ DELICIOUS ADDITIONS ★

Grilled Garlic Mushrooms or Caramelized Onions **\$1.5** ★ Crispy Shrimp **\$4.5**

**MONTEREY CHICKEN** Grilled all natural chicken with melted cheddar jack, grilled garlic mushrooms and caramelized onions. Served with garlic mashed potatoes. **15**

**HONEY BBQ CHICKEN** Marinated all natural chicken breast glazed with our honey BBQ sauce and served with our housemade cheesy baked hash browns. **15.25**

**TERIYAKI BOWL** Teriyaki glazed, roasted vegetables on a bed of rice pilaf.  
Teriyaki Salmon **21.95** Teriyaki Chicken **13.95** Crispy Shrimp **13.95**

## ★ SEAFOOD ★

**FAROE ISLANDS SALMON\*** Kentucky Bourbon, blackened or simply grilled salmon with rice pilaf. **19.5**

**MISO GLAZED SALMON BOWL\*** Grilled miso salmon with maple miso glazed brussels sprouts atop a bed of edamame beans and rice pilaf. **19.5**

**CRISPY SHRIMP** Seven pieces of crispy shrimp served with french fries and cocktail. **12.75**

**BEER BATTERED FISH** Beer battered Icelandic cod served with french fries and tartar. **12.95**

**SEAFOOD COMBO** Two pieces of beer battered Icelandic cod with four crispy shrimp. Served with french fries, cocktail and tartar. **17.45**

## ★ HOMESTYLE ★

**ITALIAN STUFFED PEPPERS** Our housemade Italian stuffed peppers on a bed of capellini with our pasta sauce. Served with garlic bread. **13.25**

**POT ROAST** Perfectly seasoned and served with garlic mashed potatoes and gravy. **13.5**

**SPAGHETTI & MEATBALLS** Capellini, pasta sauce and Italian meatballs served with a side of garlic bread. **10.95**

**MEATLOAF** Our housemade meatloaf served with garlic mashed potatoes and gravy. **13.75**

**SMOKED GOUDA MAC & CHEESE** Topped with crispy garlic bread crumbs and perfectly baked. Served with our homestyle green beans. **10.75**

**CHICKEN TENDERS** Breaded chicken tenders and french fries with choice of dipping sauce. **13.95**

**FOUR CHEESE BAKED SPAGHETTI** Baked four cheese spaghetti smothered in our pasta sauce and served with garlic bread. **11.7** Add Meatballs **3.4**

# CLASSIC SIDES

Applesauce **1.89**

Green Beans **2.4**

Fruit Cup **2.85**

Cole Slaw **2.5**

Montreal Grilled Vegetables **3.5**

Garlic Bread **3.1**

Rice Pilaf **2.75**

Fries **3.25**

Garlic Mashed Potatoes **3.25**

House Potato Chips **3**

Baked Potato **3.5**

# SIGNATURE SIDES

Grilled Brussels Sprouts **5.25**

Sweet Potato Fries **5**

Smoked Gouda Mac & Cheese **6.75**

Loaded Baked Potato **5.2**

Cheesy Baked Hash Browns **5.1**

Baked Sweet Potato **4.95**

**ASK ABOUT OUR 7TH HEAVEN DESSERTS! PIES ★ CAKES ★ BROWNIES ★ SUNDAES**

**★ Gift Cards Available 24/7 at [www.grinders.net/giftcards](http://www.grinders.net/giftcards) ★**

\* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase risk of food-borne illness. Let us know if you have any food allergies. All allergens identified by the FDA and products with gluten are present at Grinders Above & Beyond Restaurants. We cannot guarantee our products will be free of an allergen. Not all ingredients are listed on the menu. 1-24