

★ APPETIZERS ★

Hummus √

Our garlic hummus made in house and served with garlic flatbread, veggies or both. 5

Potato Skins

House made potato skins with cheddar, provolone, or half & half topped with bacon crumbles and served with sour cream or Russian dressing. 5.4 ★ 8.2

Spinach & Artichoke Dip √

Spinach, artichokes, and cheeses seasoned with garlic and herbs. Served with tortilla chips, oven fired flatbread or both. 6.5 ★ 9.2

Spudniks

Fried potato wedges with choice of melted provolone, cheddar or half & half topped with bacon crumbles. Served with sour cream or Russian dressing. 5.3 ★ 7.5

Tex Mex Eggrolls

Spicy chicken, corn, black beans, peppers, onions, melted cheese, and our avocado cream sauce. 6.2 ★ 8.5

Cheese Sticks √

Breaded provolone cheese sticks served with pasta sauce or Russian dressing. 4.3 ★ 6

Onion Rings √

Thick cut and hand dipped in our own beer batter. 5.2

Crab Cakes

Simply seasoned, super lump crab cakes grilled to perfection and served with a slightly spicy rémoulade sauce. Single 7.3 ★ Double 12.3

BBQ Chicken Quesadilla

Grilled BBQ chicken, our mango pineapple salsa with Monterey Jack and cheddar cheeses in a grilled tortilla. Served with spicy avocado ranch. 9.2

Breaded Mushrooms √

Fried and served with creamy horseradish sauce for dipping. 5.3

Wings

Traditional wings or boneless jumbo popcorn chicken with choice of Kentucky Bourbon, Carolina Gold BBQ, Buffalo, Sweet Pineapple BBQ, or our signature Honey BBQ sauce. Served with ranch or blue cheese dressing. 6.8 ★ 10.8

Crispy Shrimp

Seven pieces of fried breaded shrimp served with cocktail sauce. 6.3

Chicken Fingers

Breaded chicken strips served with Russian dressing, BBQ sauce, spicy peanut sauce, or honey mustard. 5.3 ★ 8.5

★ APPETIZER SALADS ★

Chopped Salad

Tomatoes, egg, croutons, cheddar cheese, and mixed greens. 4.5

Fresh Apple and Spinach Salad

Fresh red delicious apple, applewood smoked bacon, red onion, and gorgonzola cheese on a bed of fresh spinach. 5.4

Dinner Salad √

Cucumbers, tomatoes, croutons, and organic spring mix. 4

Wedge Salad

Iceberg lettuce wedge topped with gorgonzola cheese, applewood smoked bacon, red onion, and diced tomato. 5.9

★ SALADS ★

Santa Fe Chicken Salad

Fajita chicken, avocado, tomatoes, black beans, corn, red pepper, Monterey Jack and cheddar cheeses, mixed greens with seasoned flatbread. 8.7 ★ 11.3

Cheeseburger Salad *

Chopped black angus burger with ketchup and mustard, applewood smoked bacon, Monterey Jack and cheddar cheeses, fries, pickles, red onion, tomatoes, and mixed greens. 8.7 ★ 10.7

Asian Salad √

Mandarin oranges, wonton strips, marinated cucumbers, edamame beans, honey roasted cashews, pickled ginger and mixed greens. Drizzled with spicy peanut sauce and served with sesame ginger dressing.

Teriyaki Chicken 8.5 ★ 10.8 Teriyaki Salmon 12.8

Key West Salad √

Fresh kiwi, strawberries, grapes, mandarin oranges, honey roasted cashews, housemade cinnamon croutons and organic spring mix with our housemade coconut Key West Dressing. 6.2 ★ 7.9

Chicken Cashew Salad

Garlic chicken, cucumbers, tomato, cheddar cheese, egg, honey roasted cashews, and mixed greens. 7.5 ★ 10.2

Grilled Chicken Salad

Grilled chicken with cucumbers, grape tomatoes, provolone and cheddar cheeses, housemade croutons, and mixed greens. 7.1 ★ 9.5

BBQ Chicken Salad

Grilled BBQ chicken, Monterey Jack and cheddar cheeses with black beans, corn, red pepper, wonton strips, and mixed greens. 7.6 ★ 10.5

Sirloin Steak Salad *

Strips of choice sirloin, fries, egg, tomatoes, Monterey Jack and cheddar cheeses, and mixed greens. 8.5 ★ 11.9

Spinach Salad √

Spinach, egg, mushrooms, onions, and tomatoes served with our housemade hot bacon dressing. 6.4 ★ 8.3

Strawberry Walnut Salad √

Fresh strawberries, garlic chicken, raisins, housemade cinnamon walnuts and croutons, goat cheese, cucumbers, with organic spring mix. 8.2 ★ 10.3

Jumbo Popcorn Chicken Salad

Kentucky Bourbon, Buffalo, or plain jumbo popcorn chicken, cucumbers, tomatoes, gorgonzola or cheddar cheese, and mixed greens. 7.7 ★ 10.2

Cobb Salad

Chicken, avocado, egg, tomato, applewood smoked bacon, cheddar cheese and mixed greens. 8.7 ★ 11.3

Chicken Supreme Salad

Housemade chicken salad with apples and walnuts, served on a bed of organic spring mix with tomatoes, cucumbers and provolone cheese. 6.5 ★ 8.5

ADD AVOCADO TO ANYTHING!

Additional Charge

Balsamic Vinaigrette ★ Blue Cheese ★ Blueberry Pomegranate Vinaigrette ★ Fat Free Honey Mustard ★ French ★ Honey Mustard ★ Hot Bacon
Lite Italian ★ Key West ★ Ranch ★ Russian ★ Sesame Ginger ★ Spicy Peanut ★ Sweet & Sour ★ Thousand Island ★ Vinegar & Oil

★ COMBOS ★

Grinder & Cup of Soup

Choice of a half Original Eastern, Aviators Choice, or DC3 grinder. 6.5

Deluxe Grinder & Cup of Soup

Choice of a half Club, Southern Stack or Chicken Salad grinder. 7.2

Dinner Salad & Cup of Soup 5.8

★Extra charge for bowl of soup, french onion, or other sandwich selection★

Grinder & Dinner Salad

Choice of a half Original Eastern, Aviators Choice, or DC3 grinder. 6.5

Deluxe Grinder & Dinner Salad

Choice of a half Club, Southern Stack or Chicken Salad grinder. 7.2

Dinner Salad & Baked Potato 5.5

Substitute a sweet potato. 5.9

★ BURGERS ★

Cheese Burger *

1/2 lb black angus burger, lettuce, tomatoes, pickles, mayo, and choice of cheddar, Swiss or American. 9.1

Texas Burger *

Applewood smoked bacon, 1/2 lb black angus burger, Monterey Jack and cheddar cheeses, a beer battered onion ring, chipotle mayo, jalapeños, pickles, lettuce, and tomatoes. 10.2

Bacon & Cheese Burger *

Applewood smoked bacon, 1/2 lb black angus burger, cheddar, lettuce, tomatoes, pickles, and mayo. 9.7

Swiss & Mushroom Burger *

Sautéed mushrooms and onions, Swiss, lettuce, tomatoes, pickles, and mayo on a 1/2 lb black angus burger. 9.5

Veggie Burger √

Our housemade veggie burger, Monterey Jack and cheddar cheeses, lettuce, tomato, grilled pineapple, and mayo. 7.9

Turkey Burger

Woodfire grill flavor turkey burger with Swiss cheese, lettuce, tomatoes, pickles, and mayo. 8.5

★ Burgers come with your choice of fries, fruit cup, or housemade potato chips. ★

★ CROISSANTS ★

Croissant

Ham, turkey, or housemade apple and walnut chicken salad topped with Swiss, lettuce, tomatoes, and mayo. 7.2

BLT Croissant

Applewood smoked bacon and Swiss oven baked then topped with lettuce, tomatoes, and mayo. 7.5

Club Croissant

Layered ham, turkey, applewood smoked bacon and Swiss topped with lettuce, tomatoes, and mayo. 7.5

Steak Croissant

Black angus steak and provolone topped with lettuce, tomatoes, onions, hot peppers, mayo, and our Italian dressing. 7.7 Add mushrooms .50

★ WRAPS ★

Chicken Fajita Wrap

Grilled chicken breast with sautéed mushrooms, cheddar cheese, lettuce, tomatoes, and ranch dressing in a flour tortilla. 7.9

Steak Wrap

Black angus steak, provolone cheese, lettuce, tomatoes, onions, hot peppers, mayo, and our Italian dressing in a flour tortilla. 6.7 Add mushrooms .50

Strawberry Walnut Wrap √

Garlic chicken, strawberries, craisins, cinnamon walnuts, goat cheese, cucumbers, and mixed greens in a wheat tortilla with our housemade balsamic vinaigrette. 8

South West Wrap

Black angus steak, chicken, black beans, peppers, corn, rice, chipotle mayo, Monterey Jack and cheddar cheeses in a flour tortilla. 7.9

Delicious Additions To Any Croissant or Wrap

Fruit Cup ★ French Fries ★ Sweet Potato Fries ★ House Potato Chips ★ Kitchen Crafted Rosemary Fries
1.99 1.99 3.75 1.99 3.75

★ PIZZAS & FLATBREADS ★

Pizza √

8" wood fired crust with pizza sauce, cheese, and one topping. 6.7

Cheese, Onions, Green Peppers, Mushrooms, Hot Peppers, or Jalapeños .50 each

Pepperoni, Meatballs, Ham, Salami, or Bacon .99 each

Old World Pizza √

Garlic butter, provolone cheese, and black pepper baked on our Italian grinder bun. Served with pasta sauce. 5

Mac & Cheese Flatbread √

Garlic seasoned, oven fired flatbread with our creamy housemade macaroni and cheese with Monterey Jack and cheddar cheese. 6.1

Spinach & Artichoke Flatbread √

Our housemade spinach and artichoke dip topped with mushrooms, provolone cheese, and diced tomatoes on an oven fired flatbread. 7.6

ADD AVOCADO TO ANYTHING!
Additional Charge

√ Available as a vegetarian option.

★ GRINDERS ★

★Grinders come with your choice of white, wheat or rye grinder bun or a wheat or flour wrap.★

The Originals

Original Eastern

Our Signature Grinder! Capicola, ham, hard salami, provolone cheese, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 5.5 ★ 6.95

Aviator's Choice

Choose up to 3: TURKEY, HAM, SALAMI, PEPPERONI, CAPICOLA OR CORNED BEEF with provolone cheese, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 5.5 ★ 6.95

The Club

Layered ham, applewood smoked bacon, turkey and Swiss cheese topped with lettuce, tomatoes, onions, mayo and our Italian dressing. Served cold. 6.7 ★ 8.7

Chicken Salad

Our housemade chicken salad with apples and walnuts topped with lettuce, tomatoes, onions, mayo and our Italian dressing. 5.45 ★ 7.35

BLT & Swiss

Applewood smoked bacon and Swiss oven baked then topped with lettuce, tomatoes and mayo. 6.3 ★ 7.9

Southern Stack®

Turkey, avocado, applewood smoked bacon and cheddar cheese on rye with lettuce, tomatoes, onions, mayo and our Italian dressing. 6.9 ★ 8.8

Reuben

Corned beef or turkey with sauerkraut or cole slaw and Swiss cheese on a rye bun with Russian dressing. 6.5 ★ 8.7

Pedro's Pick®

Mesquite turkey, cheddar cheese, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 6.85 ★ 8.7

Italian Meatball

Italian style meatballs in our pasta sauce, topped with provolone cheese. 5.7 ★ 7.1

DC3 ♡

Swiss, provolone and cheddar cheese with lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 5.15 ★ 6.25

The Specialties

Southwestern

Oven baked mesquite turkey, applewood smoked bacon and cheddar cheese on a wheat bun with spicy chipotle mayonnaise, lettuce, tomatoes and onion. 7.25 ★ 8.95

Chicken Tender Lovin'

Chicken tenders, applewood smoked bacon and provolone cheese on an oven baked garlic grinder bun with lettuce, tomatoes, onions, mayo and our Italian dressing. 6.9 ★ 8.7

Sky High

Housemade meatloaf or pot roast served open faced and topped with garlic mashed potatoes and gravy. 7.5

Pot Roast

Pot roast topped with caramelized onions and mushrooms oven baked with Swiss or cheddar cheese. 7.95 ★ 9.5

Fish

Beer battered Icelandic cod, topped with lettuce and served with tartar sauce. 6.9 ★ 8.9
Add cheese .75

Off The Grill

Steak

Black angus steak topped with provolone cheese, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 6.5 ★ 8.6
Add Mushrooms .50

Steak & Bacon

Black angus steak with crisp applewood smoked bacon, cheddar cheese, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 7.7 ★ 9.7

New Phili

Black angus steak loaded with grilled onions, green peppers and melted provolone cheese. 6.5 ★ 8.5

Ultimate Hawaiian Grilled Cheese

Ham, Swiss cheese, grilled pineapple, applewood smoked bacon, and jalapeños layered between sweet Hawaiian bread and grilled. 5

Grilled Chicken

Grilled all natural chicken breast, romano cheese, applewood smoked bacon, lettuce, our Italian dressing, tomatoes, onions and mayo served on a challah bun. 8.1

Sweet Hawaiian Chicken

Grilled all natural chicken breast, sweet pineapple BBQ sauce, grilled pineapple, Swiss cheese, lettuce, tomato and teriyaki aioli served on a challah bun. 8.5

Mahi Mahi

Choice of grilled or blackened mahi mahi, topped with applewood smoked bacon, lettuce, tomato, and chipotle mayo on a challah bun. 9.8

Miso Salmon Sandwich

Grilled miso salmon, marinated cucumbers, grilled pineapple, pickled ginger, lettuce, tomato and teriyaki aioli served on a challah bun with a side of mango salsa. 10.8

Delicious Additions To Any Grinder

Fruit Cup ★ French Fries ★ Sweet Potato Fries ★ House Potato Chips ★ Kitchen Crafted Rosemary Fries
1.99 1.99 3.75 1.99 3.75

ADD AVOCADO TO ANYTHING!

Additional Charge

♡ Available as a vegetarian option.

★ DINNERS ★

Off The Grill

New York Strip Steak *

10 oz choice black angus New York Strip steak seasoned to your liking. Served with baked potato. 19.2

Sirloin Steak *

8 oz choice sirloin steak seasoned to your liking. Served with baked potato. 14.5

Simply Great on Steak

Roasted Garlic Peppercorn ★ Montreal
Kentucky Bourbon ★ Simply Grilled

Pork Chop *

Simply grilled 9 oz French Cut, bone-in pork chop served with garlic mashed potatoes and grilled fresh asparagus. 11.75

Monterey Chicken

Grilled all natural chicken with melted Monterey Jack and cheddar cheeses, grilled mushrooms and caramelized onions. Served with grilled asparagus and garlic mashed potatoes. 10.9 ★ 15.1

Honey BBQ Chicken

All natural chicken breast marinated then glazed with our honey BBQ sauce and served with our signature housemade cheesy baked hash browns and sweet corn. 11.5 ★ 14.5

Orange Ginger Chicken

Grilled all natural chicken breast glazed with orange ginger sauce and served with rice pilaf and grilled fresh asparagus. 10.5 ★ 13.6

Delicious Additions

Grilled Garlic Mushrooms or Caramelized Onions 1 ★ Crispy Shrimp 3.5

Seafood

Mahi Mahi *

Grilled and served with rice pilaf and grilled fresh asparagus. 12.8

Blackened ★ Orange Ginger ★ Simply Grilled

Atlantic Salmon *

Grilled and served with rice pilaf and shaved brussels sprouts. 14.99

Kentucky Bourbon ★ Simply Grilled

Blackened

Miso Salmon

Grilled miso salmon with maple miso glazed brussels sprouts atop a bed of edamame beans and rice pilaf. 14.99

Crab Cakes *

Simply seasoned, super lump crab cakes grilled and served with a slightly spicy rémoulade sauce, rice pilaf and grilled fresh asparagus. Single 11.5 ★ Double 15.5

Fish & Chips

Beer battered Icelandic cod served with fries and homestyle green beans. 10.4 ★ 12.5

Seafood Combo

Two pieces of beer battered Icelandic cod and four pieces of breaded shrimp served with fries and shaved brussels sprouts. 11.25

Crispy Shrimp

Breaded and fried. Served with fries and shaved brussels sprouts. 9.3 ★ 10.75

Home Style

Chicken Fingers

Breaded chicken strips served with fries, homestyle green beans and Russian dressing. 9.5 ★ 11.5

Meatloaf

Our housemade meatloaf served with garlic mashed potatoes, gravy and homestyle green beans. 10.4

Baked Spaghetti √

Three cheese spaghetti baked to perfection then smothered in our pasta sauce and served with garlic bread. 9.5 Add Meatballs 1.75

Pot Roast

Perfectly seasoned and served with garlic mashed potatoes, gravy and sweet corn. 10.2

Spaghetti & Meatballs √

Cappellini, our pasta sauce and meatballs with a side of garlic bread. 8.75 Add goat cheese 1.50

Homemade Creamy Mac and Cheese √

Baked and topped with bread crumbs. Served with our homestyle green beans. 8.2

★ Choice of cole slaw, applesauce, cottage cheese, dinner or chopped salad. ★

★ Wedge Salad or Fresh Apple and Spinach Salad, Add \$1. ★

★ SIDES ★

Applesauce 1.5

Fruit Cup 2.25

Green Beans 1.75

Sweet Corn 1.75

Grilled Brussels Sprouts 4

Grilled Asparagus 3.25

Cole Slaw 2

Fries 2.35

Garlic Mashed Potatoes 2.50

House Potato Chips 2.50

Baked Potato 2.6

Bacon, chili, or cheddar. .75 each

Baked Sweet Potato 3.5

Cheesy Baked Hash Browns 3.65

Sweet Potato Fries 4.3

Kitchen Crafted Rosemary Fries 3.75

Rice Pilaf 2.25

Creamy Mac & Cheese 2.95

Cottage Cheese 1.95

Garlic Bread 2.60

Dish of Meatballs 6.99

√ Available as a vegetarian option.

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase risk of foodborne 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.

