

APPETIZERS

Spinach & Artichoke Dip ♡

Spinach, artichokes and cheeses seasoned with garlic and herbs. Served with tortilla chips, oven fired flatbread or both. 6.75 ★ 9.25

Hummus ♡

Our garlic hummus made in house and served with garlic flatbread, veggies or both. 5.50

Potato Skins

House made potato skins with cheddar, provolone or half & half topped with bacon crumbles and served with sour cream or Russian dressing. 5.5 ★ 8.25

Spudniks

Fried potato wedges with choice of melted provolone, cheddar or half & half topped with bacon crumbles. Served with sour cream or Russian dressing. 5.5 ★ 7.75

Tex Mex Egg Rolls

Hand rolled spicy chicken, corn, black beans, peppers, onions and melted cheese fried in a crisp wrapper. Served with our avocado cream sauce. 6.3 ★ 8.6

Breaded Mushrooms ♡

Fried and served with creamy horseradish sauce for dipping. 5.75

Onion Rings ♡

Thick cut and hand dipped in our own beer batter. 5.5

Cheese Sticks ♡

Breaded provolone cheese sticks served with pasta sauce or Russian dressing. 4.4 ★ 6.2

Wings

Traditional wings or boneless jumbo popcorn chicken with choice of Kentucky Bourbon, Carolina Gold BBQ, sweet pineapple BBQ, buffalo or our honey BBQ sauce. Served with ranch or blue cheese dressing. 7 ★ 11

Coconut Shrimp

Six pieces of crisp, coconut shrimp served with our housemade Key West dressing. 7.75

Italian Meatballs

Four of our Italian meatballs covered in pasta sauce, provolone cheese and baked to perfection. 7.4

Chicken Fingers

Breaded chicken strips served with Russian dressing, our honey BBQ sauce, spicy peanut sauce or housemade honey mustard for dipping. 5.5 ★ 8.75

Italian Stuffed Peppers

Cubanelle peppers stuffed with spicy Italian sausage and cheeses then baked to perfection. 6.75

APPETIZER SALADS

Chopped Salad

Tomatoes, egg, housemade croutons, cheddar cheese and mixed greens. 4.75

Dinner Salad ♡

Cucumbers, tomatoes and housemade croutons. 4

Fresh Apple, Blueberry & Walnut Salad

Fresh red delicious apples and blueberries, applewood smoked bacon, goat cheese and housemade cinnamon walnuts. 5

SALADS

Santa Fe Chicken Salad

Fajita chicken, fresh avocado, diced tomatoes, black beans, corn, red pepper, Monterey Jack and cheddar cheeses with seasoned flatbread. 10.5

Asian Salad ♡

Mandarin oranges, crispy wonton strips, marinated cucumbers, edamame beans, honey roasted cashews and pickled ginger. Drizzled with spicy peanut sauce and served with sesame ginger dressing.
Teriyaki Chicken 10.2 Teriyaki Salmon 15

Key West Salad ♡

Fresh blueberries, strawberries, grapes, mandarin oranges, honey roasted cashews and housemade cinnamon croutons served with our housemade coconut Key West dressing. 7.7

Grilled Chicken Salad

Grilled chicken with cucumbers, grape tomatoes, provolone and cheddar cheeses and housemade croutons. 8.8

Chicken Cashew Salad

Garlic chicken, cucumbers, grape tomatoes, cheddar cheese, egg and honey roasted cashews. 9.75

BBQ Chicken Salad

Grilled BBQ chicken, Monterey Jack and cheddar cheeses, black beans, corn, red pepper and crispy wonton strips. 9.3

Sirloin Steak Salad *

Strips of choice sirloin, fries, egg, diced tomatoes and Monterey Jack and cheddar cheeses. 10.8

Strawberry Walnut Salad ♡

Fresh strawberries, garlic chicken, raisins, housemade cinnamon walnuts and croutons, goat cheese and cucumbers. 9.5

Jumbo Popcorn Chicken Salad

Kentucky Bourbon, Buffalo, or plain jumbo popcorn chicken, cucumbers, grape tomatoes and cheddar cheese. 9.2

Cobb Salad

Chicken, fresh avocado, egg, diced tomatoes, applewood smoked bacon and cheddar cheese. 10.7

Chicken Supreme Salad

Housemade chicken salad with apples and walnuts, grape tomatoes, cucumbers and provolone cheese. 8.6

★ SALADS COME WITH YOUR CHOICE OF MIXED GREENS OR SPRING MIX ★
ADD GRILLED CHICKEN 2.85 ★ ADD FRESH AVOCADO 1.25

DRESSINGS FOR SALADS & DIPPING

Balsamic Vinaigrette
Blue Cheese
Blueberry Pomegranate
Vinaigrette
Fat Free Honey Mustard

French
Honey Mustard
Hot Bacon
Golden Lite Italian

Key West
Ranch
Russian
Sesame Ginger

Spicy Peanut
Sweet & Sour
Thousand Island
Vinegar & Oil

♡ Available as a delicious vegetarian option.

PIZZAS & FLATBREADS

Pizza √

8" wood fired crust with pizza sauce, cheese and one topping. 6.75

Cheese, Onions, Green Peppers, Mushrooms, Hot Peppers, or Jalapeños .50 each
Pepperoni, 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, our creamy housemade macaroni and cheese topped with Monterey Jack and cheddar cheeses. 6.25

Spinach & Artichoke Flatbread √

Our housemade spinach and artichoke dip topped with mushrooms, provolone cheese and diced tomatoes on an oven fired flatbread. 7.7

BURGERS

★ Comes with your choice of fries, fruit cup, or house potato chips. ★

Cheese Burger *

Grilled black angus burger with your choice of American, Swiss, cheddar or provolone and topped with lettuce, tomato, mayo and pickles. 9.5

Swiss & Mushroom Burger *

Grilled black angus burger, sautéed mushrooms and onions, Swiss, lettuce, tomatoes, pickles and mayo. 9.95

Bacon & Cheese Burger *

Grilled black angus burger, applewood smoked bacon, cheddar, lettuce, tomatoes, pickles and mayo. 10

Texas Burger *

Grilled black angus burger, applewood smoked bacon, Monterey Jack and cheddar cheeses, a beer battered onion ring, chipotle mayo, jalapeños, pickles, lettuce, and tomatoes. 10.5

Veggie Burger √

Our housemade veggie burger, Monterey Jack and cheddar cheeses, lettuce, tomato, grilled pineapple and mayo. 8.1

Turkey Burger

Woodfire grill flavored turkey burger with Swiss cheese, lettuce, tomatoes, pickles and mayo. 8.75

CROISSANTS

Croissant

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

BLT Croissant

Applewood smoked bacon and Swiss oven baked then topped with lettuce, tomatoes and mayo. Served with a pickle spear 7.85

Club Croissant

Layered ham, turkey, applewood smoked bacon and Swiss topped with lettuce, tomatoes and mayo. Served with a pickle spear. 7.75

Steak Croissant

Black angus steak and provolone topped with lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. Served with a pickle spear. 7.95
Add mushrooms .50

WRAPS

Chicken Fajita Wrap

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

Steak Wrap

Black angus steak, melted provolone cheese, lettuce, tomatoes, onions, hot peppers, mayo, and our Italian dressing in a flour wrap. 6.5 Add mushrooms .50

Strawberry Walnut Wrap √

Garlic chicken, strawberries, raisins, housemade cinnamon walnuts, goat cheese, cucumbers, and mixed greens in a flour wrap with our housemade balsamic vinaigrette. 8

South West Wrap

Black angus steak, hand shredded chicken, black beans, red peppers, corn, rice and chipotle mayo, with Monterey Jack and cheddar cheeses in a flour wrap. 8

COMBOS

★ Additional charge for bowl of soup, French Onion, or other sandwich selection ★

Grinder & Soup or Salad

Half Original Eastern, Aviator's Choice, Chicken Salad or DC3 grinder with a cup of soup, dinner salad or chopped salad. 6.5

Salad & Cup of Soup

Dinner or chopped salad with a cup of soup. 5.8

Deluxe Grinder & Soup or Salad

Half Club or Southern Stack grinder with a cup of soup, dinner salad or chopped salad. 7.25

Salad & Baked Potato

Dinner or chopped salad with a baked potato. 5.5
Substitute a sweet potato. 5.9

DELICIOUS ADDITIONS

Fruit Cup ★	French Fries ★	Sweet Potato Fries ★	House Potato Chips ★	Fresh Avocado
1.99	1.99	3.75	1.99	1.25

√ Available as a delicious vegetarian option.

GRINDERS

★Grinders come with your choice of white, wheat or rye grinder bun 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. 5.75 ★ 7.2

Aviator's Choice

PICK 3: TURKEY, HAM, SALAMI, PEPPERONI, CAPICOLA OR CORNED BEEF with provolone cheese, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 5.75 ★ 7.2

The Club

Layered ham, applewood smoked bacon, turkey and Swiss cheese topped with lettuce, tomatoes, onions, mayo and our Italian dressing. Served cold. 6.75 ★ 8.75

Chicken Salad

Our housemade chicken salad with apples and walnuts topped with lettuce, tomatoes, onions, mayo and our Italian dressing. 5.75 ★ 7.65

BLT & Swiss

Applewood smoked bacon and Swiss oven baked then topped with lettuce, tomatoes and mayo. 6.4 ★ 8

Southern Stack®

Turkey, fresh avocado, applewood smoked bacon and cheddar cheese on rye with lettuce, tomatoes, onions, mayo and our Italian dressing. 7.2 ★ 9

Reuben

Corned beef or turkey with grilled sauerkraut or cole slaw topped with Swiss cheese on a rye bun with Russian dressing or 1000 island. 6.75 ★ 8.75

Pedro's Pick®

Mesquite turkey, cheddar cheese, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 7 ★ 9

Italian Meatball

Italian style meatballs in our pasta sauce with melted provolone cheese. 5.95 ★ 7.25

DC3 √

Swiss, provolone and cheddar cheese with lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 5.25 ★ 6.5

★ THE SPECIALTIES ★

Southwestern

Oven baked mesquite turkey, applewood smoked bacon and cheddar cheese on a wheat bun with spicy chipotle mayo, lettuce, tomatoes and onion. 7.4 ★ 9.2

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. 7 ★ 8.75

Sky High

Housemade meatloaf or pot roast served open faced and topped with garlic mashed potatoes and gravy. 7.6

Pot Roast

Pot roast topped with caramelized onions and mushrooms oven baked with Swiss or cheddar cheese. 8 ★ 9.75

Fish

Beer battered Icelandic cod, topped with lettuce and served with tartar sauce. 7 ★ 9
Add cheese .75

★ OFF THE GRILL ★

Steak

Black angus steak topped with melted provolone cheese, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 6.5 ★ 8.75
Add Mushrooms .50

Steak & Bacon

Black angus steak with crisp applewood smoked bacon, melted cheddar cheese, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 7.85 ★ 9.85

New Phil

Black angus steak loaded with grilled onions, green peppers and melted provolone cheese. 6.6 ★ 8.6

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 with house potato chips. 8.35

Sweet Hawaiian Chicken

Grilled all natural chicken breast, sweet pineapple BBQ sauce, grilled pineapple, melted Swiss cheese, lettuce, tomato and teriyaki aioli served on a challah bun with house potato chips. 8.65

Mahi Mahi

Choice of simply grilled or blackened mahi mahi, topped with applewood smoked bacon, lettuce, tomato and chipotle mayo on a challah bun. 10

Miso Salmon Sandwich

Grilled miso salmon, marinated cucumbers, grilled pineapple, pickled ginger, lettuce, tomato and teriyaki aioli served on a challah bun. 11

Ultimate Hawaiian Grilled Cheese

Ham, Swiss cheese, grilled pineapple, applewood smoked bacon and jalapeños layered between sweet Hawaiian bread and grilled. 5.4

DELICIOUS ADDITIONS

Fruit Cup ★ French Fries ★ Sweet Potato Fries ★ House Potato Chips ★ Fresh Avocado
1.99 1.99 3.75 1.99 1.25

√ Available as a delicious 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 a baked potato. 19.75

Sirloin Steak *

8 oz choice sirloin steak seasoned to your liking. Served with baked potato. 14.7

Pork Chop *

Simply grilled 9 oz, bone-in pork chop served with garlic mashed potatoes. 12

★SIMPLY GREAT ON STEAKS & CHOPS★

Roasted Garlic Peppercorn ★ Montreal
Kentucky Bourbon ★ Simply Grilled

Monterey Chicken

Grilled all natural chicken with melted Monterey Jack and cheddar cheeses, grilled mushrooms and caramelized onions. Served with garlic mashed potatoes. 12.5

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. 12.25

Orange Ginger Chicken

Grilled all natural chicken breast glazed with orange ginger sauce and served with rice pilaf. 12

DELICIOUS ADDITIONS

Grilled Garlic Mushrooms or Caramelized Onions 1 ★ Crispy Shrimp 4

★ SEAFOOD ★

Mahi Mahi *

Blackened, orange ginger or simply grilled mahi mahi served with rice pilaf. 13.25

Faroe Islands Salmon *

Kentucky Bourbon, blackened or simply grilled salmon served with rice pilaf. 15.25

Crispy Shrimp

Seven pieces of crispy shrimp served with french fries and cocktail for dipping. 10.75

Miso Salmon

Grilled miso salmon with maple miso glazed brussels sprouts atop a bed of edamame beans and rice pilaf. 15.25

Fish & Chips

Beer battered Icelandic cod served with french fries and tartar sauce. 10.7 ★ 13

Seafood Combo

Two pieces of beer battered Icelandic cod with four crispy shrimp. Served with french fries, cocktail and tartar sauce. 14.7

DINNERS COME WITH YOUR CHOICE OF ONE CLASSIC SIDE

Choose a signature side for an additional charge

★ HOME STYLE ★

Italian Stuffed Peppers

Italian stuffed peppers atop a bed of capellini with pasta sauce. Served with garlic bread. 10.75

Pot Roast

Perfectly seasoned and served with garlic mashed potatoes and gravy. 10.4

Spaghetti & Meatballs √

Capellini, our pasta sauce and italian meatballs served with a side of garlic bread. 8.9 Add goat cheese 1.50

Creamy Mac and Cheese √

Housemade mac and cheese, baked and topped with bread crumbs. Served with our homestyle green beans. 8.5

Chicken Fingers

Breaded chicken strips served with french fries and choice of dipping sauce. 9.75 ★ 11.75

Meatloaf

Our housemade meatloaf served with garlic mashed potatoes and gravy. 10.7

Baked Spaghetti √

Three cheese spaghetti made in house, baked to perfection then smothered in our pasta sauce and served with garlic bread. 9.75 Add Meatballs 3

SIDES

★ CLASSIC ★

Applesauce 1.5	Chopped Salad 4.75
Fruit Cup 2.25	Dinner Salad 4
Green Beans 1.75	Fries 2.35
Sweet Corn 1.85	Garlic Mashed Potatoes 2.50
Cole Slaw 2	House Potato Chips 2.50
Cottage Cheese 1.95	Baked Potato 2.75
Garlic Bread 2.75	Bacon, chili, or cheddar .75 each
Rice Pilaf 2.25	

★ SIGNATURE ★

Fresh Apple, Blueberry & Walnut Salad 5
Sweet Potato Fries 4.3
Creamy Mac & Cheese 4.95
Grilled Brussels Sprouts 4.5
Grilled Asparagus 3.5
Baked Sweet Potato 3.75
Cheesy Baked Hash Browns 3.75

√ Available as a delicious 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.