

APPETIZERS

Spinach & Artichoke Dip ✓

Housemade spinach dip baked and served with tortilla chips, garlic flatbread or both. 10.25

Sliders

Mini burgers, housemade bacon and onion jam with rosemary mayo, cheddar cheese and french fries. 6.85

Hummus ✓

Housemade garlic hummus served with garlic flatbread, veggies or both. 6.3

Potato Skins

Crispy potato skins with melted cheddar, provolone or both and crispy bacon. Served with sour cream or Russian dressing. 6.3 ★ 9.2

Spudniks

Crispy potato wedges with melted provolone, cheddar or both and crispy bacon. Served with sour cream or Russian dressing. 8.65

Tex Mex Egg Rolls

Crispy wontons filled with spicy chicken, corn, black beans, peppers, onions and melted cheeses with our avocado cream sauce. 7.1

Breaded Mushrooms ✓

Fried and served with creamy horseradish sauce. 6.45

Onion Rings ✓

Beer battered onion rings. 6.85

Cheese Sticks ✓

Breaded provolone served with pasta sauce or Russian dressing. 6.95

Boneless Wings

Kentucky Bourbon, Carolina Gold, Sweet Pineapple BBQ, Buffalo or Honey BBQ boneless wings with ranch or blue cheese. 7.95 ★ 12.25

Crispy Shrimp

Seven pieces of fried crispy shrimp served with cocktail sauce. 8.65

Italian Meatballs

Four Italian meatballs, pasta sauce and provolone baked to perfection. 8.35

Chicken Fingers

Breaded chicken strips with Russian dressing, honey BBQ or house honey mustard. 6.25 ★ 9.8

Italian Stuffed Peppers

Housemade cubanelle peppers filled with spicy Italian sausage and cheeses. 7.6

BURGERS

★ Choice of fries, fruit cup or house potato chips. ★

Cheese Burger *

Your choice of American, Swiss, cheddar, provolone or Monterey Jack and cheddar with lettuce, tomato, mayo and pickles. 11.1

Swiss & Mushroom Burger *

Sautéed mushrooms, caramelized onions, Swiss, lettuce, tomatoes, pickles and mayo. 11.55

Bacon & Cheese Burger *

Applewood smoked bacon, cheddar, lettuce, tomatoes, pickles and mayo. 12.1

Texas Burger *

Applewood smoked bacon, Monterey Jack and cheddar, beer battered onion ring, chipotle mayo, jalapeños, pickles, lettuce, and tomatoes. 12.35

Veggie Burger ❖

Our housemade veggie burger, Monterey Jack and cheddar, lettuce, tomato, grilled pineapple and mayo. 9.4

CROISSANTS & WRAPS

Croissant

Ham, turkey, or our apple and walnut chicken salad with Swiss, lettuce, tomatoes and mayo. 8

BLT Croissant

Applewood smoked bacon and Swiss oven baked, topped with lettuce, tomatoes and mayo. 8.6

Club Croissant

Ham, turkey, applewood smoked bacon and Swiss with lettuce, tomatoes and mayo. 8.7

Steak Croissant

Black angus steak with melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 8.85 Add mushrooms .50

Chicken Fajita Wrap

Grilled fajita chicken breast with sautéed mushrooms, melted cheddar, lettuce, tomatoes and ranch dressing on a flour wrap. 8.55

Steak Wrap

Black angus steak, melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing on a flour wrap. 7.35 Add mushrooms .50

Strawberry Walnut Wrap ❖

Garlic chicken, strawberries, raisins, housemade cinnamon walnuts, goat cheese, cucumbers and mixed greens with our balsamic vinaigrette on a flour wrap. 8.8

South West Wrap

Black angus steak, hand shredded chicken, Monterey Jack and cheddar, black beans, red peppers, corn, rice and chipotle mayo on a flour wrap. 8.8

DELICIOUS ADDITIONS TO ANY CROISSANT OR WRAP

Fruit Cup, House Potato Chips or French Fries 2.1

Sweet Potato Fries 3.95 ★ Fresh Avocado 1.35

FLATBREADS

Flatbread ❖

Pizza sauce, cheese and choice of one topping. 6.95
Cheese, Onions, Green Peppers, Mushrooms, Hot Peppers or Jalapeños .50ea
Pepperoni, Ham, Salami or Bacon 1.15ea

Old World Pizza ❖

Italian grinder bun baked with garlic butter, provolone and black pepper. 5.55

Mac & Cheese Flatbread ❖

Garlic flatbread baked with mac and cheese, Monterey Jack and cheddar. 7.45
Upgrade your pizza with our delicious Gluten Free, Keto Friendly and Vegan pizza crust. \$3

SALADS

★ Choice of mixed greens or spring mix. ★

Chopped Appetizer Salad

Tomatoes, egg, garlic croutons, cheddar and mixed greens. 5.15

Dinner Appetizer Salad ✓

Cucumbers, tomatoes and housemade garlic croutons on spring mix. 4.55

Fresh Apple, Blueberry & Walnut Appetizer Salad

Fresh red delicious apples and blueberries, applewood smoked bacon, goat cheese and housemade cinnamon walnuts on spring mix. 5.65

BBQ Chicken

Grilled BBQ chicken, Monterey Jack and cheddar, black beans, corn, red pepper and crispy wonton strips. 10.2

Grilled Steak *

Grilled steak, fries, egg, diced tomatoes with Monterey Jack and cheddar. 12

Strawberry Walnut ✓

Fresh strawberries, garlic chicken, raisins, housemade cinnamon walnuts and croutons, goat cheese and cucumbers. 10.65

Jumbo Popcorn Chicken

Kentucky Bourbon, Buffalo, or plain popcorn chicken, cucumbers, tomatoes and cheddar. 10.25

Cobb

Chicken, fresh avocado, egg, diced tomatoes, applewood smoked bacon and cheddar. 11.8

Chicken Supreme

Housemade chicken salad with apples and walnuts, tomatoes, cucumbers and provolone. 9.5

Santa Fe Chicken

Grilled fajita chicken, fresh avocado, diced tomatoes, black beans, corn, red pepper, Monterey Jack and cheddar with seasoned flatbread. 11.5

Asian ✓

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 11 Teriyaki Salmon 16.4

Key West ✓

Fresh blueberries, strawberries, grapes, mandarin oranges and honey roasted cashews with housemade cinnamon croutons and coconut Key West dressing. 8.6

Grilled Chicken

Grilled chicken, cucumbers, tomatoes, provolone, cheddar and our garlic croutons. 9.85

Chicken Cashew

Garlic chicken, cucumbers, tomatoes, cheddar, egg and honey roasted cashews. 10.7

Salad & Cup of Soup

Dinner or chopped salad with a cup of soup. 6.45
Additional charge for bowl of soup or French Onion.

Salad & Baked Potato

Dinner or chopped salad with a baked potato. 6.2 Sub sweet potato. 6.65

DRESSINGS FOR SALADS & DIPPING

House Balsamic Vinaigrette ★ Blue Cheese

Blueberry Pomegranate Vinaigrette ★ Fat Free Honey Mustard

French ★ House Honey Mustard ★ Golden Lite Italian

House Key West ★ Ranch ★ Russian ★ Sesame Ginger

Spicy Peanut ★ House Sweet & Sour ★ Thousand Island ★ Vinegar & Oil

BEVERAGES & ESPRESSO

Fountain Drinks 2.5

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

Flavored Fountain Drinks 3.05

Cherry, Chocolate, Vanilla

Fountain Floats 3.9

Hand Dipped Milkshakes & Malts 4.85

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

Freshly Brewed Coffee 2.45

Iced Tea or Sweet Tea 2.5

Flavored Iced Tea or Lemonade 3.05

Mango, Peach, Raspberry, Blackberry, Strawberry, Cherry

Hot Tea 1.95

Milk 2.15

Cappuccino 3.35

Latte 3.95

Mocha 3.95

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

Gourmet Hot Chocolate 2.45

Espresso 2.15

7TH HEAVEN DESSERTS

ASK ABOUT OUR HOUSEMADE PIES, CAKES, BROWNIES & SUNDAES.

GRINDERS

★Choice of white, wheat or rye grinder bun or flour wrap.★

★THE ORIGINALS★

Original Eastern

OUR SIGNATURE GRINDER! Capicola, ham, hard salami, provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 6.45 ★ 8

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. 6.45 ★ 8

The Club

Ham, applewood smoked bacon, turkey, Swiss, lettuce, tomatoes, onions, mayo and our Italian dressing served cold. 7.65 ★ 9.85

Chicken Salad

Our housemade chicken, apple and walnut salad, lettuce, tomatoes, onions, mayo and our Italian dressing. 6.45 ★ 8.5

BLT & Swiss

Applewood smoked bacon and Swiss oven baked, with lettuce, tomatoes and mayo. 7.1 ★ 8.9

Southern Stack®

Turkey, fresh avocado, applewood smoked bacon, cheddar, lettuce, tomatoes, onions, mayo and our Italian dressing on rye. 8 ★ 10.1

Reuben

Corned beef or turkey with grilled sauerkraut or cole slaw, Swiss on rye with Russian dressing or 1000 Island. 7.6 ★ 9.8

Pedro's Pick®

Mesquite turkey, cheddar, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 7.65 ★ 10

Italian Meatball

Italian style meatballs in our pasta sauce with melted provolone. 6.65 ★ 8.7

DC3 ✓

Swiss, provolone and cheddar, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 5.95 ★ 7.35

Grinder & Soup or Salad

Half Original Eastern, Aviator's Choice, Chicken Salad or DC3 grinder with a cup of soup, dinner or chopped salad. 7.25

Deluxe Grinder & Soup or Salad

Half Club or Southern Stack grinder with a cup of soup, dinner or chopped salad. 8

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

★THE SPECIALTIES★

Southwestern

Mesquite turkey, applewood smoked bacon, cheddar, spicy chipotle mayo, lettuce, tomatoes and onion on wheat and oven baked. 8.15 ★ 10

Chicken Tender Lovin'

Chicken tenders, applewood smoked bacon, provolone cheese on a baked garlic grinder bun with lettuce, tomatoes, onions, mayo and our Italian dressing. 7.8 ★ 9.75

Sky High

Housemade meatloaf or seasoned pot roast served open faced with garlic mashed potatoes and gravy. 8.8

Pot Roast

Pot roast, caramelized onions and mushrooms oven baked with Swiss or cheddar. 8.9 ★ 10.8

Fish

Beer battered Icelandic cod with lettuce and tartar. 7.9 ★ 10

Add cheese .75

★OFF THE GRILL★

Steak

Black angus steak, melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 7.35 ★ 9.75 Add Mushrooms .50

Steak & Bacon

Black angus steak, applewood smoked bacon, melted cheddar, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 8.7 ★ 10.9

New Phili

Black angus steak with grilled onions, green peppers and melted provolone. 7.35 ★ 9.65

Sweet Hawaiian Chicken

Grilled all natural chicken breast, sweet pineapple BBQ sauce, grilled pineapple, Swiss, lettuce, tomato and teriyaki aioli on a challah bun with house potato chips. 9.55

Miso Glazed Salmon Sandwich

Grilled miso salmon, marinated cucumbers, grilled pineapple, pickled ginger, lettuce, tomato and teriyaki aioli on a challah bun. 12.55

DELICIOUS ADDITIONS TO ANY CROISSANT OR WRAP

Fruit Cup, House Potato Chips or French Fries 2.1

Sweet Potato Fries 3.95 ★ Fresh Avocado 1.35

DINNERS

★Choice of Dinner Salad, 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. 23.1

Pork Chop *

Simply grilled 9 oz, bone-in pork chop served with garlic mashed potatoes. 13.4

★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, grilled mushrooms and caramelized onions. Served with garlic mashed potatoes. 13.65

Honey BBQ Chicken

All natural chicken breast marinated then glazed with our honey BBQ sauce and served with our housemade cheesy baked hash browns. 13.6

★DELICIOUS ADDITIONS★

Grilled Garlic Mushrooms or Caramelized Onions \$1.05 ★ Crispy Shrimp \$4.4

★SEAFOOD★

Faroe Islands Salmon *

Kentucky Bourbon, blackened or simply grilled salmon with rice pilaf. 16.8

Crispy Shrimp

Seven pieces of crispy shrimp served with french fries and cocktail for dipping. 11.8

Miso Glazed Salmon Bowl

Grilled miso salmon with maple miso glazed brussels sprouts atop a bed of edamame beans and rice pilaf. 16.8

Fish & Chips

Beer battered Icelandic cod served with french fries and tartar. 11.8

Seafood Combo

Two pieces of beer battered Icelandic cod with four crispy shrimp. Served with french fries, cocktail and tartar. 16.15

★HOME STYLE★

Italian Stuffed Peppers

Our housemade Italian stuffed peppers atop a bed of capellini with pasta sauce. Served with garlic bread. 12

Pot Roast

Perfectly seasoned and served with garlic mashed potatoes and gravy. 11.5

Spaghetti & Meatballs ✓

Capellini, pasta sauce and Italian meatballs served with a side of garlic bread. 9.9

Creamy Mac and Cheese ✓

House mac and cheese, baked and topped with bread crumbs. Served with our homestyle green beans. 9.4

Chicken Fingers

Breaded chicken strips and french fries with choice of dipping sauce. 10.7 ★ 13.15

Meatloaf

Our housemade meatloaf served with garlic mashed potatoes and gravy. 12.35

Baked Spaghetti ✓

Three cheese spaghetti made in house, baked to perfection then smothered in our pasta sauce and served with garlic bread. 10.7 Add Meatballs 3.2

CLASSIC SIDES

Applesauce 1.7

Fruit Cup 2.4

Green Beans 2.05

Cole Slaw 2.35

Garlic Bread 3

Fries 2.5

Rice Pilaf 2.65

Garlic Mashed Potatoes 2.75

House Potato Chips 2.75

Baked Potato 3

SIGNATURE SIDES

Grilled Brussels Sprouts 5.05

Sweet Potato Fries 4.65

Creamy Mac & Cheese 5.5

Fresh Apple, Blueberry & Walnut Salad 5.65

Loaded Baked Potato 4.6

Baked Sweet Potato 4.35

Cheesy Baked Hash Browns 4.6

Give the gift of great taste, a Grinder's Gift Card!

✓ 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.