



APPETIZERS

Spinach & Artichoke Dip 
Housemade spinach dip baked and served with tortilla chips, garlic flatbread or both. 10.95

Sliders
Mini burgers, housemade onion, bacon jam with rosemary mayo, cheddar cheese and french fries. 7.5

Hummus 
Housemade garlic hummus served with garlic flatbread, veggies or both. 6.75

Potato Skins
Crispy potato skins with melted cheddar, provolone or both and crispy bacon. Served with sour cream or Honey French dressing. 6.75 ★ 9.75

Spudniks
Crispy potato wedges with melted provolone, cheddar or both and crispy bacon. Served with sour cream or Honey French dressing. 9.25

Tex Mex Egg Rolls
Crispy wontons filled with spicy chicken, corn, black beans, peppers, onions and melted cheeses with our house avocado cream sauce. 7.65

Breaded Mushrooms 
Fried and served with creamy horseradish sauce. 6.75

Onion Rings 
Beer battered onion rings. 7.25

Cheese Sticks 
Breaded provolone served with pasta sauce or Honey French dressing. 7.4

Boneless Wings
Kentucky Bourbon, Carolina Gold, Sweet Pineapple BBQ, Buffalo or Honey BBQ boneless wings with ranch or blue cheese. 8.5 ★ 12.95

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. 8.95

Chicken Fingers
Breaded chicken strips with Honey French, Honey BBQ or House Honey Mustard. 6.65 ★ 10.25

Italian Stuffed Peppers
Housemade cubanelle peppers filled with spicy Italian sausage and cheeses. 8.1

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. 11.95

Swiss & Mushroom Burger *
Sautéed mushrooms, caramelized onions, Swiss, lettuce, tomatoes, pickles and mayo. 12.5

Bacon & Cheese Burger *
Applewood smoked bacon, cheddar, lettuce, tomatoes, pickles and mayo. 12.95

Texas Burger *
Applewood smoked bacon, Monterey Jack and cheddar, beer battered onion ring, chipotle mayo, jalapeños, pickles, lettuce, and tomatoes. 13.2

Veggie Burger 
Our housemade veggie burger, Monterey Jack and cheddar, lettuce, tomato, grilled pineapple and mayo. 9.95

CROISSANTS & WRAPS

Croissant
Ham, turkey, or our apple and walnut chicken salad with Swiss, lettuce, tomatoes and mayo. 8.75

BLT Croissant
Applewood smoked bacon and Swiss oven baked, topped with lettuce, tomatoes and mayo. 9.4

Club Croissant
Ham, turkey, applewood smoked bacon and Swiss with lettuce, tomatoes and mayo. 9.6

Steak Croissant
Black angus steak with melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 9.55 Add mushrooms .85

Chicken Fajita Wrap
Grilled fajita chicken breast with sautéed mushrooms, melted cheddar, lettuce, tomatoes and ranch dressing on a flour wrap. 8.95

Steak Wrap
Black angus steak, melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing on a flour wrap. 8 Add mushrooms .85

Strawberry Walnut Wrap 
Garlic chicken, strawberries, raisins, housemade cinnamon walnuts, goat cheese, cucumbers and mixed greens with our balsamic vinaigrette on a flour wrap. 9.4


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. 9.25

GIVE THE GIFT OF GREAT TASTE!



Since 1976

FLATBREADS

Flatbread 
Pizza sauce, cheese and choice of one topping. 7.1
Cheese, Onions, Green Peppers, Mushrooms, Hot Peppers or Jalapeños .85ea
Pepperoni, Ham, Salami or Bacon 1.35ea


Old World Pizza 
Italian grinder bun baked with garlic butter, provolone and black pepper. 5.65

Mac & Cheese Flatbread 
Garlic flatbread baked with mac and cheese, Monterey Jack and cheddar. 7.75
Upgrade your pizza with our delicious Gluten Free, cauliflower pizza crust. \$3

SALADS

Chopped Appetizer Salad
Tomatoes, egg, garlic croutons, cheddar and mixed greens. 5.95

Grilled Steak *
Grilled steak, fries, egg, diced tomatoes with Monterey Jack and cheddar. 12.75


Strawberry Walnut 
Fresh strawberries, garlic chicken, raisins, housemade cinnamon walnuts and croutons, goat cheese and cucumbers. 11.5

Jumbo Popcorn Chicken
Kentucky Bourbon, Buffalo, or plain popcorn chicken, cucumbers, tomatoes and cheddar. 10.95

Cobb
Chicken, fresh avocado, egg, diced tomatoes, applewood smoked bacon and cheddar. 12.6

Chicken Supreme
Housemade chicken salad with apples and walnuts, tomatoes, cucumbers and provolone. 10.2

Santa Fe Chicken
Grilled fajita chicken, fresh avocado, diced tomatoes, black beans, corn, red pepper, Monterey Jack and cheddar with seasoned flatbread. 12.4

Asian 
Mandarin oranges, marinated cucumbers, edamame beans, honey roasted cashews and pickled ginger. Drizzled with spicy peanut sauce and served with sesame ginger dressing.
Teriyaki Chicken 11.9 Teriyaki Salmon 17.5

Key West 
Fresh blueberries, strawberries, grapes, mandarin oranges and honey roasted cashews with housemade cinnamon croutons and coconut Key West dressing. 9.15

Grilled Chicken
Grilled chicken, cucumbers, tomatoes, provolone, cheddar and our garlic croutons. 10.5

Chicken Cashew
Garlic chicken, cucumbers, tomatoes, cheddar, egg and honey roasted cashews. 11.35

DRESSINGS FOR SALADS & DIPPING

| | |
|----------------------------|--------------------|
| House Balsamic Vinaigrette | Honey French |
| Blue Cheese | Sesame Ginger |
| French | Spicy Peanut |
| House Honey Mustard | House Sweet & Sour |
| Golden Lite Italian | Thousand Island |
| House Key West | Vinegar & Oil |
| Ranch | |

BEVERAGES & ESPRESSO

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

Hand Crafted Flavored Fountain Drinks
Cherry, Chocolate, Vanilla

Fountain Floats

Freshly Brewed Iced Tea & Sweet Tea

Hand Crafted Flavored Iced Tea or Lemonade
Mango, Peach, Raspberry, Blackberry, Strawberry, Cherry, Blueberry

Freshly Brewed Coffee

Hand Dipped Shakes & Malts
Vanilla, Chocolate, Strawberry, Cherry, Banana, Peanut Butter, Blueberry

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

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

Mocha

Gourmet Hot Chocolate

Espresso

**BEER, WINE &
HAND CRAFTED COCKTAILS**
ASK YOUR SERVER FOR OUR FULL LIST.

GRINDERS

★Choice of our freshly baked white or rye grinder bun, or a flour wrap.★

- ★THE ORIGINALS★
- Original Eastern

OUR SIGNATURE GRINDER! Capicola, ham, hard salami, provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 6.95 ★ 8.4
- 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. 6.95 ★ 8.4
- The Club

Ham, applewood smoked bacon, turkey, Swiss, lettuce, tomatoes, onions, mayo and our Italian dressing served cold. 8.4 ★ 10.5
- Chicken Salad

Our housemade chicken, apple and walnut salad, lettuce, tomatoes, onions, mayo and our Italian dressing. 6.85 ★ 9
- BLT & Swiss

Applewood smoked bacon and Swiss oven baked, with lettuce, tomatoes and mayo. 7.75 ★ 9.65
- Southern Stack®

Turkey, fresh avocado, applewood smoked bacon, cheddar, lettuce, tomatoes, onions, mayo and our Italian dressing on rye. 8.75 ★ 10.95
- Reuben

Corned beef or turkey with grilled sauerkraut or cole slaw, Swiss on rye with Honey French dressing or 1000 island. 8 ★ 10.5
- Pedro’s Pick®

Mesquite turkey, cheddar, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 8 ★ 10.5
- Italian Meatball

Italian style meatballs in our pasta sauce with melted provolone. 7.1 ★ 9.2
- DC3

Swiss, provolone and cheddar, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 6.3 ★ 7.75

- ★THE SPECIALTIES★
- Southwestern

Mesquite turkey, applewood smoked bacon, cheddar, spicy chipotle mayo, lettuce, tomatoes and onion oven baked on rye. 9.15 ★ 11.2
- 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. 8.25 ★ 10.35
- Sky High

Housemade meatloaf or seasoned pot roast served open faced with garlic mashed potatoes and gravy. 9.35
- Pot Roast

Pot roast, caramelized onions and mushrooms oven baked with Swiss or cheddar. 9.35 ★ 11.5
- Fish

Beer battered Icelandic cod with lettuce and tartar. 8.5 ★ 10.75

Add cheese .85
- ★OFF THE GRILL★

Steak

Black angus steak, melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 8 ★ 10.45

Add Mushrooms .85

Steak & Bacon

Black angus steak, applewood smoked bacon, melted cheddar, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 9.25 ★ 11.75

New Phili

Black angus steak with grilled onions, green peppers and melted provolone. 7.75 ★ 10.25

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. 10.15

Miso Glazed Salmon Sandwich

Grilled miso salmon, marinated cucumbers, grilled pineapple, pickled ginger, lettuce, tomato and teriyaki aioli on a challah bun. 13.5
- COMBOS

Soup & Salad

Chopped salad with a cup of soup. 8.35 Bowl. 9.35

Salad & Baked Potato

Chopped salad with a baked potato. 8.1 Sweet potato. 8.55

Grinder & Soup

Half Original Eastern, Aviator’s Choice or Chicken Salad grinder with a cup of soup 8.25 Bowl. 9.25

Grinder & Salad

Half Original Eastern, Aviator’s Choice or Chicken Salad grinder with a chopped salad. 9.2

Deluxe Grinder & Soup

Half Club or Southern Stack grinder with a cup of soup. 9 Bowl 10

Deluxe Grinder & Salad

Half Club or Southern Stack grinder with a chopped salad. 9.95

Additional charge for French Onion.
- 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. 24.5

Pork Chop *

Simply grilled 9 oz, bone-in pork chop served with garlic mashed potatoes. 14.25

★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. 14.5

Honey BBQ Chicken

All natural chicken breast marinated then glazed with our honey BBQ sauce and served with our housemade cheesy baked hash browns. 14.75

★DELICIOUS ADDITIONS★

Grilled Garlic Mushrooms or Caramelized Onions \$1.4 ★ Crispy Shrimp \$4.5
- ★SEAFOOD★

Faroe Islands Salmon *

Kentucky Bourbon, blackened or simply grilled salmon with rice pilaf. 17.5

Crispy Shrimp

Seven pieces of crispy shrimp served with french fries and cocktail for dipping. 12.4

Miso Glazed Salmon Bowl

Grilled miso salmon with maple miso glazed brussels sprouts atop a bed of edamame beans and rice pilaf. 17.5

Fish & Chips

Beer battered Icelandic cod served with french fries and tartar. 12.5

Seafood Combo

Two pieces of beer battered Icelandic cod with four crispy shrimp. Served with french fries, cocktail and tartar. 16.95

★HOME STYLE★

Italian Stuffed Peppers

Our housemade Italian stuffed peppers atop a bed of capellini with pasta sauce. Served with garlic bread. 12.75

Pot Roast

Perfectly seasoned and served with garlic mashed potatoes and gravy. 12.5

Spaghetti & Meatballs

Cappellini, pasta sauce and Italian meatballs served with a side of garlic bread. 10.5

Creamy Mac and Cheese

Our housemade mac and cheese, baked and topped with bread crumbs. Served with our homestyle green beans. 10.25

Chicken Fingers

Breaded chicken strips and french fries with choice of dipping sauce. 11.25 ★ 14

Meatloaf

Our housemade meatloaf served with garlic mashed potatoes and gravy. 13.2

Baked Spaghetti

Three cheese spaghetti made in house, baked to perfection then smothered in our pasta sauce and served with garlic bread. 11.25 Add Meatballs 3.3

| CLASSIC SIDES | | | |
|---------------|------|------------------------|------|
| Applesauce | 1.75 | Fries | 3.25 |
| Fruit Cup | 2.6 | Rice Pilaf | 2.75 |
| Green Beans | 2.2 | Garlic Mashed Potatoes | 2.95 |
| Cole Slaw | 2.45 | House Potato Chips | 2.95 |
| Garlic Bread | 3.1 | Baked Potato | 3.25 |

| SIGNATURE SIDE | | | |
|--------------------------|------|--------------------------|------|
| Grilled Brussels Sprouts | 5.25 | Loaded Baked Potato | 4.95 |
| Sweet Potato Fries | 4.95 | Baked Sweet Potato | 4.75 |
| Creamy Mac & Cheese | 5.95 | Cheesy Baked Hash Browns | 4.95 |

7TH HEAVEN DESSERTS

Delicious Pies & Cakes

Ask your server for a full list.

Housemade Brownie Selections

Chocolate Peanut Butter, Choc-o-Holic, Tollhouse and more.

Sundaes

Vanilla ice cream with chocolate, caramel or housemade hot fudge and whipped cream.

Tollhouse Sundae

Warm Tollhouse brownie, vanilla ice cream, housemade hot fudge and whipped cream.

“Choco-o-Holic” Brownie Sundae

Chocolate Peanut Butter or Choco-o-Holic brownie, vanilla ice cream, housemade hot fudge and whipped cream.

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. 1/23