

APPETIZERS

Spinach & Artichoke Dip ✓
Housemade spinach and artichoke dip baked and served with tortilla chips, garlic flatbread or both. 11.3

Sliders
Mini burgers, housemade onion, bacon jam with rosemary mayo, cheddar cheese and french fries. 7.8

Hummus ✓
Housemade garlic hummus served with garlic flatbread, veggies or both. 6.99

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

Chicken Skins
Crispy potato skins with garlic butter, chicken tenders, mushrooms and provolone cheese. Served with sour cream or honey French dressing. 8.5 ★ 12.5

Spudniks
Crispy potato wedges with melted provolone, cheddar or both and crispy bacon. Served with sour cream or honey French dressing. 9.6

Tex Mex Egg Rolls
Crispy wontons filled with spicy chicken, corn, black beans, peppers, onions and melted cheeses with our housemade 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, 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. 9.3

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

Italian Stuffed Peppers
Cubanelle peppers filled with spicy Italian sausage and Monterey Jack cheese, topped with our pasta sauce and provolone then baked to perfection. 8.25

BURGERS

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

Cheese Burger *
Your choice of American, Swiss, cheddar, provolone or Monterey Jack and cheddar with lettuce, tomato, mayo and pickles. 12.45

Swiss & Mushroom Burger *
Sautéed mushrooms, caramelized onions, Swiss, lettuce, tomatoes, pickles and mayo. 12.9

Bacon & Cheese Burger *
Applewood smoked bacon, cheddar, lettuce, tomatoes, pickles and mayo. 13.45

Texas Burger *
Applewood smoked bacon, Monterey Jack and cheddar, beer battered onion ring, chipotle mayo, jalapeños, pickles, lettuce, and tomatoes. 13.75

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

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. 9.65

Club Croissant
Ham, turkey, applewood smoked bacon and Swiss with lettuce, tomatoes and mayo. 10.4

Steak Croissant
Black angus steak with melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 9.9 Add mushrooms .85

WRAPS

Chicken Fajita Wrap
Grilled chicken breast with housemade fajita seasoning, sautéed mushrooms, melted cheddar, lettuce, tomatoes and ranch dressing in a flour wrap. 9.15

Steak Wrap
Black angus steak, melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing in a flour wrap. 8.15 Add mushrooms .85

Strawberry Walnut Wrap ✓
Garlic chicken, strawberries, raisins, housemade cinnamon walnuts, goat cheese, cucumbers and mixed greens with house balsamic vinaigrette in a flour wrap. 9.5

South West Wrap
Black angus steak, hand shredded chicken, Monterey Jack and cheddar, black beans, red peppers, corn, rice and chipotle mayo in a flour wrap. 9.25

FLATBREADS

Flatbread Pizza ✓
Pizza sauce, cheese and choice of one topping. 7.25
Cheese, Onions, Green Peppers, Mushrooms, Hot Peppers or Jalapeños .85ea
Pepperoni, Ham, Salami or Bacon 1.4ea

Old World Pizza ✓
Italian grinder bun baked with housemade garlic butter, provolone and black pepper. 5.75

Smoked Gouda Mac & Cheese Flatbread ✓
Garlic flatbread baked with smoked gouda mac and cheese and crispy garlic bread crumbs. 7.95

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

SALADS

Chopped Appetizer Salad
Tomatoes, egg, housemade garlic croutons and cheddar. 5.99

Grilled Steak *
Grilled steak, fries, egg, diced tomatoes with Monterey Jack and cheddar. 12.85

Strawberry Walnut ✓
Fresh strawberries, garlic chicken, raisins, housemade cinnamon walnuts and croutons, goat cheese and cucumbers. 11.65

Jumbo Popcorn Chicken
Kentucky Bourbon, Buffalo, Honey BBQ or plain popcorn chicken, cucumbers, tomatoes and cheddar. 11.1

Cobb
Garlic chicken, fresh avocado, egg, diced tomatoes, applewood smoked bacon and cheddar. 12.75

Chicken Supreme
Housemade chicken salad with apples and walnuts, tomatoes, cucumbers and provolone. 10.4

Santa Fe Chicken
Grilled chicken with housemade fajita seasoning, fresh avocado, diced tomatoes, black beans, corn, red pepper, Monterey Jack and cheddar with seasoned flatbread. 12.5

Asian ✓
House Asian pickled cucumbers, mandarin oranges, edamame beans, honey roasted cashews and pickled ginger. Drizzled with spicy peanut sauce and served with sesame ginger dressing.
Teriyaki Chicken 12.1 Teriyaki Salmon 17.85

Key West ✓
Fresh blueberries, strawberries, grapes, mandarin oranges and honey roasted cashews with housemade cinnamon croutons and house Coconut Key West dressing. 9.25

Grilled Chicken
Grilled chicken, cucumbers, tomatoes, provolone, cheddar and our housemade garlic croutons. 10.6

Chicken Cashew
Garlic chicken, cucumbers, tomatoes, cheddar, egg and honey roasted cashews. 11.45

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, Starry, 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

Cafe 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. 8.65 ★ 10.75

Chicken Salad

Our housemade chicken, apple and walnut salad, lettuce, tomatoes, onions, mayo and our Italian dressing. 6.95 ★ 9.25

BLT & Swiss

Applewood smoked bacon and Swiss oven baked, with lettuce, tomatoes and mayo. 7.95 ★ 9.95

Southern Stack®

Turkey, fresh avocado, applewood smoked bacon, cheddar, lettuce, tomatoes, onions, mayo and our Italian dressing on rye. 8.95 ★ 11.15

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. 8.1 ★ 10.7

Italian Meatball

Italian style meatballs in our pasta sauce with melted provolone. 7.25 ★ 9.4

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. 9.25 ★ 11.4

Chicken Tender Lovin’

Chicken tenders, plain or buffalo, on our garlic bun with applewood smoked bacon, provolone, lettuce, tomato, onion, mayo and our Italian dressing. 8.4 ★ 10.45

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. 8.75 ★ 10.95

Add cheese .85

- ★OFF THE GRILL★
- Steak

Black angus steak, melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 8.15 ★ 10.5

Add Mushrooms .85

Steak & Bacon

Black angus steak, applewood smoked bacon, melted cheddar, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 9.45 ★ 11.95

New Phili

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

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. 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. 9.95

Miso Glazed Salmon Sandwich *

Grilled miso salmon, house Asian pickled cucumbers, grilled pineapple, pickled ginger, lettuce, tomato and teriyaki aioli on a challah bun. 13.95

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. 9.25

Bowl 10.25

Deluxe Grinder & Salad

Half Club or Southern Stack grinder with a chopped salad. 10.2

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. 24.75

Pork Chop *

Simply grilled 9 oz, bone-in pork chop served with garlic mashed potatoes. 14.5

★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 garlic mushrooms and caramelized onions. Served with garlic mashed potatoes. 14.75
- Honey BBQ Chicken
- Marinated all natural chicken breast glazed with our honey BBQ sauce and served with our housemade cheesy baked hash browns. 15
- ★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. 17.75

Crispy Shrimp

Seven pieces of crispy shrimp served with french fries and cocktail for dipping. 12.5

Miso Glazed Salmon Bowl *

Grilled miso salmon with maple miso glazed brussels sprouts atop a bed of edamame beans and rice pilaf. 17.75

Fish & Chips

Beer battered Icelandic cod served with french fries and tartar. 12.75

- Seafood Combo
- Two pieces of beer battered Icelandic cod with four crispy shrimp. Served with french fries, cocktail and tartar. 17.2

- ★HOMESTYLE★
- Italian Stuffed Peppers

Our housemade Italian stuffed peppers atop a bed of capellini with our pasta sauce. Served with garlic bread. 12.95

- Pot Roast

Perfectly seasoned and served with garlic mashed potatoes and gravy. 12.75

Spaghetti & Meatballs ✓

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

Smoked Gouda Mac and Cheese ✓

Topped with crispy garlic bread crumbs and perfectly baked. Served with our homestyle green beans. 10.6

- Chicken Fingers

Breaded chicken strips and french fries with choice of dipping sauce. 11.25 ★ 14.25

Meatloaf

Our housemade meatloaf served with garlic mashed potatoes and gravy. 13.45

Four Cheese Baked Spaghetti ✓

Baked four cheese spaghetti smothered in our pasta sauce and served with garlic bread. 11.45

Add Meatballs 3.4

CLASSIC SIDES

- Applesauce 1.89

Fruit Cup 2.75

Green Beans 2.3

Cole Slaw 2.5

Garlic Bread 3.1

Montreal Grilled Vegetables 3.5

Fries 3.25

Rice Pilaf 2.75

Garlic Mashed Potatoes 3

House Potato Chips 2.95

Baked Potato 3.4

SIGNATURE SIDE

- Grilled Brussels Sprouts 5.25

Sweet Potato Fries 4.95

Smoked Gouda Mac & Cheese 6.5

Loaded Baked Potato 5.1

Baked Sweet Potato 4.85

Cheesy Baked Hash Browns 4.99

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. 7/23