

# GRINDERS

Choice of whole or half freshly baked white or rye grinder bun.

## ★ THE ORIGINALS ★

**ORIGINAL EASTERN** OUR SIGNATURE GRINDER SINCE 1976! Capicola, ham, hard salami, provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 🍷5.05 ★ 🍷8.6

**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. 🍷5.05 ★ 🍷8.6

**THE CLUB** Ham, applewood smoked bacon, turkey, Swiss, lettuce, tomatoes, onions, mayo and our Italian dressing served cold. 🍷6.25 ★ 🍷11.2

**CHICKEN SALAD** Our housemade chicken, apple and walnut salad, lettuce, tomatoes, onions, mayo and our Italian dressing. 🍷5.65 ★ 🍷9.8

**BLT & SWISS** Applewood smoked bacon and Swiss oven baked, with lettuce, tomatoes and mayo oven baked. 🍷5.9 ★ 🍷10.3

**SOUTHERN STACK®** Turkey, fresh avocado, applewood smoked bacon, cheddar, lettuce, tomatoes, onions, mayo and our Italian dressing on rye. 🍷6.45 ★ 🍷11.4

**REUBEN** Choice of corned beef or turkey, grilled sauerkraut or cole slaw with Swiss and Honey French or 1000 Island on rye. 🍷6.15 ★ 🍷10.8

**PEDRO'S PICK®** Mesquite turkey, cheddar, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 🍷6.2 ★ 🍷10.9

**ITALIAN MEATBALL** Italian style meatballs in our pasta sauce with melted provolone. 🍷5.55 ★ 🍷9.6

**DC3** Swiss, provolone and cheddar, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 🍷4.75 ★ 🍷8

## ★ THE SPECIALTIES ★

**SOUTHWESTERN** Mesquite turkey, applewood smoked bacon, cheddar, spicy chipotle mayo, lettuce, tomatoes and onion oven baked on rye. 🍷6.6 ★ 🍷11.7

**CHICKEN TENDER LOVIN'** Chicken tenders, plain or buffalo, on our oven baked garlic bun with applewood smoked bacon, provolone, lettuce, tomato, onion, mayo and our Italian dressing. 🍷6.10 ★ 🍷10.7

**SKY HIGH** Housemade meatloaf or seasoned pot roast served open faced with garlic mashed potatoes and gravy. 9.5

**POT ROAST** Pot roast, caramelized onions and mushrooms oven baked with Swiss or cheddar. 🍷6.65 ★ 🍷11.8

**FISH** Beer battered Icelandic cod with lettuce and tartar. 🍷6.4 ★ 🍷11.3

## ★ OFF THE GRILL ★

**STEAK** Black Angus steak, melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 🍷6.05 ★ 🍷10.6

**STEAK & MUSHROOM** Black Angus steak, melted provolone, grilled mushrooms, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 🍷6.5 ★ 🍷11.45

**STEAK & BACON** Black Angus steak, applewood smoked bacon, melted cheddar, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 🍷6.85 ★ 🍷12.2

**NEW PHILI** Black Angus steak with grilled onions, green peppers and melted provolone. 🍷5.9 ★ 🍷10.3

**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 on a challah bun. 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. 10

**MISO GLAZED SALMON\*** Grilled miso salmon, house Asian pickled cucumbers, grilled pineapple, pickled ginger, lettuce, tomato and teriyaki aioli on a challah bun. 14.2

# 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. 24.95

**PORK CHOP\*** Simply grilled 9 oz, bone-in pork chop served with garlic mashed potatoes. 17.95

### ★ SIMPLY GREAT ON STEAKS & CHOPS ★

Roasted Garlic Peppercorn ★ Montreal ★ Kentucky Bourbon ★ Simply Grilled

### ★ DELICIOUS ADDITIONS ★

Grilled Garlic Mushrooms or Caramelized Onions \$1.5 ★ Crispy Shrimp \$4.5

**MONTEREY CHICKEN** Grilled all natural chicken with melted cheddar jack, grilled garlic mushrooms and caramelized onions. Served with garlic mashed potatoes. 15

**HONEY BBQ CHICKEN** Marinated all natural chicken breast glazed with our honey BBQ sauce and served with our housemade cheesy baked hash browns. 15.25

**TERIYAKI BOWL** Teriyaki glazed, roasted vegetables on a bed of rice pilaf. 9.95  
Teriyaki Salmon 21.95 Teriyaki Chicken 13.95 Crispy Shrimp 13.95

## ★ SEAFOOD ★

**FAROE ISLANDS SALMON\*** Kentucky Bourbon, blackened or simply grilled salmon with rice pilaf. 19.5

**MISO GLAZED SALMON BOWL\*** Grilled miso salmon with maple miso glazed brussels sprouts atop a bed of edamame beans and rice pilaf. 19.5

**CRISPY SHRIMP** Seven pieces of crispy shrimp served with french fries and cocktail. 12.75

**BEER BATTERED FISH** Beer battered Icelandic cod served with french fries and tartar. 12.95

**SEAFOOD COMBO** Two pieces of beer battered Icelandic cod with four crispy shrimp. Served with french fries, cocktail and tartar. 17.45

## ★ HOMESTYLE ★

**ITALIAN STUFFED PEPPERS** Our housemade Italian stuffed peppers on a bed of capellini with our pasta sauce. Served with garlic bread. 13.25

**POT ROAST** Perfectly seasoned and served with garlic mashed potatoes and gravy. 13.5

**SPAGHETTI & MEATBALLS** Cappellini, pasta sauce and Italian meatballs served with a side of garlic bread. 10.95

**MEATLOAF** Our housemade meatloaf served with garlic mashed potatoes and gravy. 13.75

**SMOKED GOUDA MAC & CHEESE** Topped with crispy garlic bread crumbs and perfectly baked. Served with our homestyle green beans. 10.75

**CHICKEN TENDERS** Breaded chicken tenders and french fries with choice of dipping sauce. 13.95

**FOUR CHEESE BAKED SPAGHETTI** Baked four cheese spaghetti smothered in our pasta sauce and served with garlic bread. 11.7 Add Meatballs 3.4

# CLASSIC SIDES

Applesauce 1.89

Green Beans 2.4

Fruit Cup 2.85

Cole Slaw 2.5

Montreal Grilled Vegetables 3.5

Garlic Bread 3.1

Rice Pilaf 2.75

Fries 3.25

Garlic Mashed Potatoes 3.25

House Potato Chips 3

Baked Potato 3.5

# SIGNATURE SIDES

Grilled Brussels Sprouts 5.25

Sweet Potato Fries 5

Smoked Gouda Mac & Cheese 6.75

Loaded Baked Potato 5.2

Cheesy Baked Hash Browns 5.1

Baked Sweet Potato 4.95

**ASK ABOUT OUR 7TH HEAVEN DESSERTS! PIES ★ CAKES ★ BROWNIES ★ SUNDAES**

**★ Gift cards available 24/7 at [www.grinders.net/giftcards](http://www.grinders.net/giftcards) ★**

\* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase risk of food-borne 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. 1-24

# APPETIZERS

**SPINACH & ARTICHOKE DIP** Baked housemade spinach and artichoke dip.  
Choose two: Tortilla chips, garlic flatbread or veggies. 11.5

**SLIDERS** \* Mini burgers with housemade onion, bacon jam with rosemary mayo, cheddar cheese and french fries. 8.25

**HUMMUS** Housemade garlic hummus. Choose two: Garlic flatbread, veggies or tortilla chips. 7.25

**POTATO SKINS** Crispy potato skins with melted cheddar, provolone or both and crispy bacon. Served with Honey French or Sour Cream. 6.95 ★ 9.95

**CHICKEN SKINS** Crispy potato skins with housemade garlic butter, chicken tenders, mushrooms and provolone cheese. Served with Honey French or sour cream. 8.75 ★ 12.95

**SPUDNIKS** Crispy potato wedges with melted provolone, cheddar or both and crispy bacon. Served with Honey French or sour cream. 9.75

**TEX MEX EGG ROLLS** Spicy chicken, corn, black beans, peppers, onions and melted cheeses fried in a crisp wrapper. Served with housemade avocado cream sauce. 7.95

**BREADED MUSHROOMS** Fried and served with creamy horseradish sauce. 6.85

**CHEESE STICKS** Breaded provolone served with pasta sauce or Honey French. 7.5

**BONELESS WINGS** Kentucky Bourbon, Carolina Gold, Buffalo or Honey BBQ boneless wings with Ranch or Blue Cheese. 10.95

**ONION RINGS** Beer battered onion rings. 7.25

**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. 9.5

**CHICKEN TENDERS** Breaded chicken tenders served with Honey French, Honey BBQ or House Honey Mustard. 7.95

**ITALIAN STUFFED PEPPERS** Baked cubanelle peppers filled with spicy Italian sausage and Monterey Jack cheese then topped with our pasta sauce and provolone. 8.4

# SALADS

**CHOPPED SIDE SALAD** Tomatoes, egg, housemade garlic croutons and cheddar. 5.99

**SPINACH** Baby Spinach, fresh strawberries, blueberries, applewood smoked bacon, goat cheese, housemade cinnamon walnuts and cinnamon croutons. Served with Blueberry Pomegranate Vinaigrette. 11.65

**STRAWBERRY WALNUT** Fresh strawberries, garlic chicken, raisins, housemade cinnamon walnuts and croutons, goat cheese and cucumbers. 11.9

**JUMBO POPCORN CHICKEN** Kentucky Bourbon, Buffalo, Honey BBQ or plain popcorn chicken, cucumbers, tomatoes and cheddar. 11.2

**COBB** Garlic chicken, fresh avocado, egg, diced tomatoes, applewood smoked bacon and cheddar. 12.95

**CHICKEN SUPREME** Housemade chicken salad with apples and walnuts, tomatoes, cucumbers and provolone. 10.6

**GRILLED STEAK** \* Grilled steak, fries, egg, diced tomatoes and cheddar jack. 13

**SANTA FE CHICKEN** Grilled fajita chicken, fresh avocado, diced tomatoes, black beans, corn, red pepper, and cheddar jack with seasoned flatbread. 12.75

**ASIAN** Grilled Teriyaki chicken, house Asian pickled cucumbers, mandarin oranges, edamame beans, honey roasted cashews, pickled ginger and drizzled with spicy peanut sauce. Served with sesame ginger dressing. 12.45 Teriyaki Salmon 18.1

**KEY WEST** Fresh blueberries, strawberries, grapes, mandarin oranges, honey roasted cashews, housemade cinnamon croutons and our house Key West dressing. 9.45

**GRILLED CHICKEN** Grilled chicken, cucumbers, tomatoes, provolone, cheddar and our housemade garlic croutons. 10.75

**CHICKEN CASHEW** Garlic chicken, cucumbers, tomatoes, cheddar, egg and honey roasted cashews. 11.65

## SALAD DRESSINGS

House Balsamic Vinaigrette ★ House Honey Mustard ★ House Key West ★ House Sweet & Sour ★ Blue Cheese ★ Blueberry Pomegranate Vinaigrette  
French ★ Golden lite Italian ★ Ranch ★ Honey French ★ Sesame Ginger ★ Spicy Peanut ★ Thousand Island ★ Vinegar & Oil

# FLATBREADS

**FLATBREAD PIZZA** Pizza sauce, cheese and choice of one topping. 7.25  
Add Cheese, Onions, Green Peppers, Mushrooms, Hot Peppers or Jalapeños 1 ea  
Add Pepperoni, Ham, Salami or Bacon 1.4 ea

**DILL PICKLE FLATBREAD** Crispy flatbread baked with house garlic butter, dill pickle chips, bacon pieces, provolone cheese, crispy garlic bread crumbs and drizzled Ranch. 9.25

**SMOKED GOUDA MAC N CHEESE FLATBREAD** Crispy flatbread baked with house garlic butter, smoked gouda mac and cheese and crispy garlic bread crumbs. 7.95

**OLD WORLD PIZZA** Italian grinder bun baked with housemade garlic butter, provolone and black pepper. 5.75

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

# BURGERS

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

**CHEESE BURGER** \* Your choice of American, Swiss, cheddar, provolone or cheddar jack with lettuce, tomato, mayo and pickles. 12.5

**SWISS & MUSHROOM BURGER** \* Sautéed mushrooms, caramelized onions, Swiss, lettuce, tomatoes, pickles and mayo. 12.95

**BACON CHEESE BURGER** \* Applewood smoked bacon, cheddar, lettuce, tomatoes, pickles and mayo. 13.5

**TEXAS BURGER** \* Applewood smoked bacon, cheddar jack, beer battered onion ring, chipotle mayo, jalapeños, pickles, lettuce, and tomatoes. 13.95

**VEGGIE BURGER** Our housemade veggie burger, cheddar jack, lettuce, tomato, grilled pineapple and mayo. 10.2

# WRAPS

**CHICKEN FAJITA WRAP** Grilled fajita chicken, sautéed mushrooms, melted cheddar, lettuce, tomatoes and ranch dressing in a flour wrap. 9.25

**STEAK WRAP** Black Angus steak, melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing in a flour wrap. 8.4 Add mushrooms .85

**SOUTHWEST WRAP** Black Angus steak, hand shredded chicken, cheddar jack, black beans, red peppers, corn, rice and chipotle mayo in a flour wrap. 9.45

**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

# 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. 9.95

**STEAK CROISSANT** Black Angus steak with melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 10.3 Add mushrooms .85

**CLUB CROISSANT** Ham, turkey, applewood smoked bacon and Swiss with lettuce, tomatoes and mayo. 10.5

# COMBOS

**SOUP & SALAD** Chopped salad and soup. Cup 9.35 ★ Bowl 10.35  
French Onion 11.45

**SALAD & BAKED POTATO** Chopped salad with a baked or sweet potato.  
Baked Potato 8.99 ★ Sweet potato 9.75

## BEVERAGES & ESPRESSO

### FRESHLY BREWED COFFEE

### FRESHLY BREWED ICED TEA & SWEET TEA

### CRAFT FLAVORED ICED TEA & LEMONADE

Mango, Peach, Raspberry, Blackberry,  
Strawberry, Cherry

### FOUNTAIN DRINKS & FLOATS

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

### CRAFT FLAVORED FOUNTAIN DRINKS

Cherry, Chocolate, Vanilla

### HAND DIPPED SHAKES & MALTS

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

### CAPPUCCINO & LATTE

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

### CAFE MOCHA

### GOURMET HOT CHOCOLATE

### ESPRESSO