

GRINDERS

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

★THE ORIGINALS★

ORIGINAL EASTERN OUR SIGNATURE GRINDER SINCE 1976! Capicola, ham, salami, provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 5.2 ★ 8.95

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. 5.2 ★ 8.95

THE CLUB Ham, bacon, turkey, Swiss, lettuce, tomatoes, onions, mayo and our Italian dressing served cold. 6.95 ★ 11.95

CHICKEN SALAD Our housemade chicken salad with apples and walnuts, lettuce, tomatoes, onions, mayo and our Italian dressing. 5.75 ★ 10.1

BLT & SWISS Bacon and Swiss oven baked, with lettuce, tomatoes and mayo. 6.25 ★ 10.85

SOUTHERN STACK® Turkey, fresh avocado, bacon, cheddar, lettuce, tomatoes, onions, mayo and our Italian dressing on rye. 7.25 ★ 12.5

REUBEN Corned beef, grilled sauerkraut and Swiss with choice of Honey French or Thousand Island on rye. 6.25 ★ 11.4

PEDRO'S PICK® Mesquite turkey, cheddar, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 6.25 ★ 11

ITALIAN MEATBALL Italian meatballs in our pasta sauce topped with melted provolone. 5.75 ★ 9.95

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

★THE SPECIALTIES★

SOUTHWESTERN Mesquite turkey, jalapeño bacon, cheddar, spicy chipotle mayo, lettuce, tomatoes and onion oven baked on rye. 6.95 ★ 12.25

CHICKEN TENDER LOVIN' Chicken tenders, plain or buffalo, on our oven baked garlic bun with bacon, provolone, lettuce, tomato, onion, mayo and our Italian dressing. 6.35 ★ 11.4

SKY HIGH Housemade meatloaf served open faced with garlic mashed potatoes and gravy. 9.95 Add Mushrooms .95 ★ Add Caramelized Onions \$1.55

POT ROAST Pot roast, caramelized onions and mushrooms oven baked with Swiss or cheddar. Served with creamy horseradish sauce. 6.85 ★ 12.5

FISH Beer battered Icelandic cod with lettuce and tartar. 6.5 ★ 10.95

★OFF THE GRILL★

STEAK Black Angus steak, melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 6.15 ★ 10.95

STEAK & MUSHROOM Black Angus steak, melted provolone, grilled mushrooms, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 6.65 ★ 11.95

NEW PHILI Black Angus steak with grilled onions, green peppers and melted provolone. 5.9 ★ 10.6

STEAK & BACON Black Angus steak, bacon, melted cheddar, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing. 6.95 ★ 12.75

GRILLED CHICKEN Grilled all natural chicken breast, choice of simply grilled, Honey BBQ, Buffalo or Carolina Gold sauce, bacon, provolone, house rosemary mayo, lettuce, tomato and pickle on a challah bun. 10.95

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 and grilled to your liking. Served with a baked potato. 26.5

PORK CHOP* Simply grilled 9 oz, bone-in pork chop served with garlic mashed potatoes. 18.75

★SIMPLY GREAT ON STEAKS & CHOPS★

Roasted Garlic Peppercorn ★ Montreal ★ Kentucky Bourbon ★ Simply Grilled

★DELICIOUS ADDITIONS★

Grilled Garlic Mushrooms or Caramelized Onions \$1.55 ★ Crispy Shrimp \$4.6

MONTEREY CHICKEN Grilled all natural chicken with melted cheddar jack, grilled garlic mushrooms and caramelized onions. Served with garlic mashed potatoes. 15.75

HONEY BBQ CHICKEN Marinated all natural chicken breast glazed with Honey BBQ sauce and served with our housemade cheesy baked hash browns. 16.5

TERIYAKI BOWL Teriyaki glazed roasted vegetables on a bed of rice pilaf. 10.25 Teriyaki Salmon 22.5 ★ Teriyaki Chicken 14.75 ★ Crispy Shrimp 14.75

★SEAFOOD★

GRILLED SALMON* Kentucky Bourbon, blackened or simply grilled Norwegian salmon with rice pilaf. 20.25

MISO GLAZED SALMON BOWL* Grilled miso salmon with maple miso glazed brussels sprouts atop a bed of edamame beans and rice pilaf. 20.25

CRISPY SHRIMP Fried crispy shrimp served with french fries and cocktail. 13.25

BEER BATTERED FISH Beer battered Icelandic cod served with french fries and tartar. 13.75

SEAFOOD COMBO Two pieces of beer battered Icelandic cod with four crispy shrimp. Served with french fries, cocktail and tartar. 18.25

★HOMESTYLE★

ITALIAN STUFFED PEPPERS Housemade Italian stuffed peppers on a bed of capellini with pasta sauce. Served with garlic bread. 14.5

POT ROAST Perfectly seasoned and served with garlic mashed potatoes and gravy. 14.5

SPAGHETTI & MEATBALLS Cappellini, pasta sauce and Italian meatballs served with garlic bread. 11.5

MEATLOAF Our housemade meatloaf served with garlic mashed potatoes and gravy. 14.5

MACARONI & CHEESE Cheddar macaroni and cheese topped with crispy garlic bread crumbs then perfectly baked. Served with our homestyle green beans. 11.75

CHICKEN TENDERS Breaded chicken tenders and french fries with choice of dipping sauce. 14.5

FOUR CHEESE BAKED SPAGHETTI Housemade four-cheese spaghetti baked and smothered in pasta sauce. Served with garlic bread. 12.2 Add Meatballs 3.5

CLASSIC SIDES

Applesauce 1.99
Green Beans 2.5
Fruit Cup 2.95

Cole Slaw 2.6
Montreal Grilled Vegetables 3.5
Garlic Bread 3.1

Rice Pilaf 2.75
Fries 3.25
Garlic Mashed Potatoes 3.5

House Potato Chips 3
Baked Potato 3.5

SIGNATURE SIDES

Grilled Brussels Sprouts 5.25
Sweet Potato Fries 5

Cheddar Mac & Cheese 7.25
Loaded Baked Potato 5.5

Cheesy Baked Hash Browns 5.25
Baked Sweet Potato 5.1

* 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. We only accept Grinders Above and Beyond Gift Cards. 6-25

APPETIZERS

SPINACH & ARTICHOKE DIP Baked housemade spinach and artichoke dip.

Choose two: Tortilla chips, garlic flatbread or veggies. 12

SLIDERS * Mini burgers with housemade onion bacon jam, rosemary mayo, cheddar cheese and french fries. 8.75

HUMMUS Housemade garlic hummus. Choose two: Garlic flatbread, veggies or tortilla chips. 7.75

POTATO SKINS Crispy potato skins with melted cheddar, provolone or both and crispy bacon. Served with Honey French or sour cream. 9.95

SPUDNIKS Crispy potato wedges with melted provolone, cheddar or both and crispy bacon. Served with Honey French or sour cream. 9.95

TEX MEX EGG ROLLS Housemade egg rolls with spicy chicken, corn, black beans, peppers, onions and cheese fried in a crisp wrapper. Served with housemade avocado cream sauce. 8.5

BREADED MUSHROOMS Fried and served with creamy horseradish sauce. 6.95

CHEESE STICKS Breaded provolone served with pasta sauce or Honey French. 7.7

BONELESS WINGS Kentucky Bourbon, Carolina Gold, Buffalo or Honey BBQ boneless wings with Ranch or Blue Cheese. 11.15

ONION RINGS Beer battered onion rings. 7.25

CRISPY SHRIMP Fried crispy shrimp served with cocktail sauce. 9

ITALIAN MEATBALLS Italian meatballs, pasta sauce and provolone baked to perfection. 9.65

CHICKEN TENDERS Breaded chicken tenders served with Honey French, Honey BBQ or House Honey Mustard. 8.55

ITALIAN STUFFED PEPPERS Baked cubanelle peppers filled with spicy Italian sausage and Monterey Jack cheese then topped with pasta sauce and provolone. 8.75

SALADS

CHOPPED SIDE SALAD Tomatoes, egg, housemade garlic croutons and cheddar. 6.45

STRAWBERRY WALNUT Fresh strawberries, chicken, raisins, housemade cinnamon walnuts and croutons, goat cheese and cucumbers. 12.55

JUMBO POPCORN CHICKEN Kentucky Bourbon, Buffalo, Honey BBQ or plain popcorn chicken, cucumbers, tomatoes and cheddar. 11.75

COBB Diced, fresh avocado, egg, diced tomatoes, bacon, chicken and cheddar. 13.5

CHICKEN SUPREME Housemade chicken salad with apples and walnuts, tomatoes, cucumbers and provolone. 11.45

GRILLED STEAK * Grilled steak, fries, egg, diced tomatoes and cheddar jack. 13.75

SANTA FE CHICKEN Grilled fajita chicken, fresh avocado, diced tomatoes, black beans, corn, red pepper, and cheddar jack with seasoned flatbread. 13.5

ASIAN Grilled Teriyaki chicken, house Asian pickled cucumbers, mandarin oranges, edamame beans, honey roasted cashews and pickled ginger drizzled with spicy peanut sauce. Served with Asian Sesame Ginger dressing. 12.95

KEY WEST Fresh blueberries, strawberries, grapes, mandarin oranges, honey roasted cashews, housemade cinnamon croutons and our house Key West dressing. 10.25

GRILLED CHICKEN Grilled chicken, cucumbers, tomatoes, provolone, cheddar and our housemade garlic croutons. 11.45

CHICKEN CASHWEH Honey roasted cashews, egg, chicken, cheddar, cucumbers and tomatoes. 12.35

SALAD DRESSINGS

House Balsamic Vinaigrette ★ House Honey Mustard ★ House Key West ★ House Sweet & Sour ★ Asian Sesame Ginger ★ Blue Cheese ★ Chipotle Ranch ★ French Golden Lite Italian ★ Ranch ★ Honey French ★ 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, Salsami or Bacon 1.4 ea

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

MAC & CHEESE FLATBREAD Crispy flatbread baked with house garlic butter, cheddar mac and cheese and crispy garlic bread crumbs. 8.25

OLD WORLD PIZZA It's our delicious version of Cheesy Bread! Italian grinder bun baked with housemade garlic butter, provolone and black pepper with pasta sauce for dipping. 5.75

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. 13.2

SWISS & MUSHROOM BURGER * Sautéed mushrooms, caramelized onions, Swiss, lettuce, tomatoes, pickles and mayo. 13.5

BACON CHEESE BURGER * Bacon, cheddar, lettuce, tomatoes, pickles and mayo. 14.2

TEXAS BURGER * Jalapeño bacon, cheddar jack, beer battered onion ring, chipotle mayo, jalapeños, pickles, lettuce, and tomatoes. 14.65

VEGGIE BURGER Our housemade veggie burger, cheddar jack, lettuce, tomato, grilled pineapple and mayo. 10.75

WRAPS

CHICKEN FAJITA WRAP Grilled fajita chicken, sautéed mushrooms, melted cheddar, lettuce, tomatoes and ranch dressing in a flour wrap. 9.45

STEAK WRAP Black Angus steak, melted provolone, lettuce, tomatoes, onions, hot peppers, mayo and our Italian dressing in a flour wrap. 8.85 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. 9.75

STRAWBERRY WALNUT WRAP Fresh strawberries, chicken, raisins, housemade cinnamon walnuts, goat cheese, cucumbers and mixed greens with house balsamic vinaigrette in a flour wrap. 9.95

CROISSANTS

CROISSANT Ham or turkey with Swiss, lettuce, tomatoes, mayo and pickle spear. 9.75

CHICKEN SALAD CROISSANT Housemade chicken salad with apple and walnuts, Swiss, lettuce, tomatoes, mayo and pickle spear. 10

BLT CROISSANT Bacon and Swiss oven baked, topped with lettuce, tomatoes, mayo and pickle spear. 10.5

STEAK CROISSANT Black Angus steak with melted provolone, lettuce, tomatoes, onions, hot peppers, mayo, our Italian dressing and pickle spear. 10.95 Add Mushrooms .95

CLUB CROISSANT Layers of ham, turkey, bacon, Swiss, lettuce, tomatoes, mayo and pickle spear. 11.25

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, Slurpy, 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