SERVES 10-12 PEOPLE \$99.95

half tray of salad includes: spring mix, carrots, cucumber, tomatoes, croutons, black olives and balsamic vinaigrette dressing

8 assorted wraps OR 8 assorted sandwiches

4 assorted wraps & 4 assorted sandwiches (all sandwiches cut and displayed on trays)

SERVES 15-20 PEOPLE \$139.95

full tray of salad

includes: spring mix, carrots, cucumber, tomatoes, croutons, black olives and balsamic vinaigrette dressing

12 assorted wraps OR

12 assorted sandwiches OR

6 assorted wraps & 6 assorted sandwiches (all sandwiches cut and displayed on trays)

soup |

quart of soup

comes with spoons, crackers & cups

12.95

soda 2 liter of soda 2.50 20 oz. beverage (assorted) 2.25

cookies, rice krispie treats, brownies

wraps

pesto grilled chicken, california club, chicken spinach salad, roast beef, turkey bacon, veggie, ham and cheese, chicken pharaoh or chicken caesar

sandwiches

new yorker, don corleone, hot tamale

| sandwiches | choice of white, wheat or rye albacore tuna salad, chicken salad, egg salad, roast beef, turkey, ham



soups

{ everyday }

chicken & vegetables with pastine or broccoli and cheese

call for our additional daily soup specials

4.95 8 oz cup 12 oz bowl 5.95 13.95 1 full quart

burritos

chicken / pork / veggie served with salsa & chips

pequeño 9.95 . grande

- includes -

rice, black beans, onions, cheese, mushrooms, peppers, corn, salsa, sour cream

- extras add .95 each

avocado, quacamole, extra meat, extra cheese, extra sour cream

8.95

7.95

12.95

8.95

9.95

8.95

8.95

8.95

burrito bowl

cheese quesadilla

tortilla filled with mexican cheese, served with sour cream and salsa { add chicken or pork 2.95 }

bennu burgers

1/2 lb. certified Angus Beef burgers served on a kaiser roll with lettuce, tomato, onion with fresh cut fries

basic burger 10.95 cajun burger, cajun seasoning 11.95 bleu burger with melted crumbly bleu 11.95 mushroom & swiss burger 11.95 bacon & cheddar burger

salads

we toss to order - just ask to make any salad a chopped salad

spring mix / romaine / baby spinach 6.95

toss-ins / no charge carrots, croutons, cucumber, red onion

"A" toppings / 1.00 ea

grape tomatoes, cranberries, corn, raisins, green peppers, kalamata olives, black olives, chopped egg, chickpeas

"B" toppings / 1.50 ea

sunflower kernels, walnuts, feta, roasted red peppers, cheddar, crumbly bleu, sliced almonds, shaved parmesan cheese

"C" toppings / 1.75 ea

sundried tomatoes, artichoke hearts, bacon, goat cheese

"D" toppings / 3.45 ea

grilled shrimp, albacore tuna (dry) grilled chicken, lemon chicken, blackened chicken

- dressings -

house, caesar, creamy bleú, balsamic vinaigrette, russian, ranch, olive oil & vinegar, honey dijon, raspberry vinaigrette

- fat free -

raspberry vinaigrette, honey dijon, sundried tomato

8.95

9.95

8.95

8.95

9.95

house salads

ahi tuna salad

spring mix, cranberries, walnuts, mandarin oranges, grilled veggies, chow-mein noodles, seared ahi 13.95 tuna, sesame ginger dressing

apple spinach salad

baby spinach, cranberries, walnuts, red onions, gorgonzola, apple 8.95 wedges, house dressing

classic caesar

romaine, shaved parmesan, caesar dressing, croutons { add chicken 3.45 }

fresh mozzarella salad fresh mozzarella, roma tomatoes,

kalamata olives, red onion, fresh basil, house dressing with a balsamic reduction

taco salad

Your choice of chicken or pork, on a bed of lettuce with sour cream, shredded cheddar, homemade salsa and crushed tri-colored corn chips

nutty mixed up

spring mix, grapes, grilled chicken, goat cheese, walnuts, cranberries, sunflower seeds, raisins, apple wedges with 12.95 balsamic vinaigrette

cobb

grilled chicken, avocado, smoked bacon, crumbled egg, crumbled bleu cheese, tomato, iceberg and romaine lettuce with house dressing or steakhouse bleu cheese 12.95

buffalo chicken salad

romaine, tomatoes, chopped egg, bacon, black olives, fried buffalo 11.95 chicken, creamy blue

filet salad

romaine, tomatoes, chopped egg, crumbly bleu, fried onions, filet, house dressing

12.95

9:95

9:95

9.95

9.95

5.95

8.95

6.95

7.95

7.45

9.95

10.95

sandwiches

All sandwiches come with a deli pickle and your choice of homemade chips or tri-color chips and salsa or our side of the week.

{ upgrade to fresh cut fries or sweet potato fries for 1.99 }

new yorker

corned beef, pastrami, swiss, deli mustard on rye bread 8.95

pacino

breaded chicken breast, prosciutto, pesto mayo, sundried tomato, artichoke hearts, provolone on 9.95 ciabatta bread

albacore tuna, chicken or egg salad

lettuce & tomato /choice of albacore tuna, chicken or egg salad, choice of rye, white or wheat bread 8.95

don corleone

turkey, salami, pastrami, provolone, lettuce, tomato, garlic/hot 9.95 pepper mayo, on ciabatta

jimmi

grilled chicken, bbq sauce, sautéed red onion, bacon, mayo, 9.95 lettuce, cheddar on ciabatta { also available buffalo-style }

the warrior

roast beef, sautéed onion, chipolte mayo, and pepper jack cheese served 8.95 warm on ciabatta bread

east utica steak

tenderloin, sautéed green peppers and onions, demi glaze, provolone cheese on toasted garlic Italian loaf 12.95

bennu black & bleu

tenderloin, sautéed onion, gorgonzola, on toasted garlic Italian loaf

triple decker club

turkey, ham, bacon, lettuce, tomato, cheddar cheese and 3 pieces of toasted wheat bread with garlic aioli • 10.95

{ sandwiches continued }

hot tamale cappy, turkey, pepper jack cheese, lettuce, hot peppers, pesto/chipotle mayo, balsamic vinaigrette on Italian loaf

blt

classic bacon, lettuce, tomato, mayo on grilled panini bread

fish sandwich

beer battered haddock, lettuce, tomato, cheddar, tartar sauce on italian loaf { served with fries }

deli

classic deli sandwich prepared with mayo lettuce and tomato with your choice of turkey, ham or roast beef { on white, wheat or rye bread } 8.95

soup & sandwich combo a cup of soup and a half

deli sandwich panini

All paninis come with a deli pickle and choice of homemade chips or tri-color chips and salsa

firecracker

breaded chicken breast, roasted peppers, salsa, sautéed onions, 9.95 pepper jack cheese

omaha

roast beef, provolone, red onion, horseradish mayo

tony montana ham, pulled pork, mustard, sliced pickle, provolone on rye

on ciabatta bread

soprano prosciutto, cappy, provolone, salami, mixed greens, balsamic vinaigrette

caprisi

fresh sliced mozzarella, fresh basil, tomato, mixed greens, balsamic 8.95 vinaigrette on focaccia

{ panini continued }

bbq sauce, onion rings

hickory burger, cheddar, bacon,

deniro salami, prosciutto, roasted peppers, fresh mozzarella, kalamata olives 8.95

all american

on ciabatta bread

grilled cornbeef or turkey,

grilled focaccia bread

turkey, bacon, cheddar cheese reuben or rachel

sauerkraut, swiss, russian dressing,

8.95

9.95

8.95

9.95

9.95

osiris turkey, cheesy spinach, artichoke spread, caramelized red onions and provolone cheese on

eggplant

fried eggplant, feta cheese, cucumbers, spinach, garlic aioli on focaccia

hot pastrami, deli mustard, swiss 8.95 cheese on rye bread

wraps

All wraps come with a deli pickle and choice of homemade chips or tri-color chips and salsa

pesto grilled chicken tomato wrap, grilled chicken,

pesto mayo, roasted peppers,

mixed greens, asiago cheese

california club

provolone

tomato wrap, bacon, grilled chicken, lettuce, sliced tomato, avocado ranch dressing

spinach wrap, grilled chicken, spinach, red onion, bacon,

chicken spinach salad

parmesan, raspberry vinaigrette 8.95 roast beef white wrap, roast beef, horseradish

mayo, tomato, lettuce, red onion,

{ wraps continued }

turkey bacon tomato wrap, bacon, artichoke hearts, turkey, fresh mozzarella, honey

veggie

spinach wrap, roasted peppers, artichoke hearts, mixed greens, tomato, swiss, provolone, kalamata olives, red onion, balsamic vinaigrette 8.45

ham & cheese white wrap, lettuce,

mustard dressing

8.95 tomato, swiss, dijon mayo the pharaoh lettuce, onion, bacon, cheddar cheese

and cajun mayo in a white wrap with

your choice of chicken or shrimp

chicken caesar

buffalo chicken fried buffalo chicken, lettuce, tomato, onion, bleu cheese, 8.95 white wrap, grilled

chopped romaine, grilled chicken with classic caesar dressing

avocado spring mix, tomatoes, avocado with house dressing 8.95 grilled in a spinach wrap

twister

grilled roast beef, pickles, hot pepper mayo, fried onions, cheddar, lettuce, 8.95 white wrap

fresh stir fried vegetables and seasoned rice with sun-dried

tomato dressing in a white wrap

cheese grilled in a jalapeño wrap

stir fry wrap

the phoenix wrap fried chicken, bacon, lettuce, sautéed onion, chipolte sauce, pepper jack

kicken' chicken

grilled chicken, honey garlic sauce, grilled spinach, sautéed red onion, bacon, mozzarella grilled in a jalapeño wrap 8.95 bar bites

chicken wing dip 3 cheese dip with a spicy kick

spinach artichoke dip our special spinach, artichoke and cheese dip served with

served with tri-colored chips

chicken tenders

tri-colored chips

your choice of dipping sauce bennu sliders 3 mini-burgers served with lettuce,

hand breaded chicken with

tomato, onion and cheese

fresh-cut fries

served with fries

a generous portion of house cut potatoes

garlic fries a generous portion of house cut

potatoes tossed in our garlic 6.95 herb butter sauce

loaded cheese fries

yet another generous portion of house cut potatoes, topped with cheddar jack cheese and chopped bacon served with a side of sour cream

sweet potato fries

crispy coated sweet potatoes served with our homemade honey garlic sauce

loaded nachos { add chicken or pork 2.95 }

> *all prices subject to change *all prices subject to tax