



34 oriskany blvd whitestown center 736.2233



BENNU

*To Rise. To Shine.
A Rebirth. A New Beginning.*

The wonderful Bennu, with its brilliant red and golden plumage, was the sacred bird of Heliopolis. The Bennu bird serves as the Egyptian correspondence to The Phoenix. It is said to be the soul of the Sun-God “Ra” and fabulous stories were told about it.

In Heliopolis, the Bennu bird played a major role in Egyptian mythology, for it was in the City of the Sun where the work of creation began. As the ‘soul of Ra,’ the sun rose in the form of the Bennu to shine out across the world renewed each morning. Some of the titles of the Bennu bird were “He Who Came Into Being by Himself,” “Ascending One,” and “Lord of Jubilees.” The name is related to the verb “weben,” which means “to rise brilliantly,” or “to shine.” The Bennu bird being the mythological Phoenix of Egypt, was associated with the rising of the Nile, resurrection, and the sun. Because the Bennu represented creation and renewal, it was connected with the Egyptian calendar. Indeed, the Temple of the Bennu was well known for its time-keeping devices. According to ancient Egyptian myth, the Bennu had created itself from a fire that was burned on a holy tree in one of the sacred precincts of the temple of Ra. Other versions say that the Bennu bird burst forth from the heart of Osiris. The Bennu was said to have rested on the sacred pillar that known as the benben-stone. The Egyptian priests showed this pillar to visitors, who considered it the most holy place on earth.

We hope you enjoy the rebirth of the Cafe.
34 oriskany blvd
whitestown shopping plaza
bennucafe.com

736-CAFE
736-2233

soups

{ everyday }

chicken & vegetables with pastine
or broccoli and cheese

call for our additional daily soup specials	
8 oz cup	4.99
12 oz bowl	5.99
1 full quart	13.99

burritos/nachos

chicken / pork / veggie
served with salsa & chips

pequeño	9.99
grande	10.99

- includes -

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

burrito bowl	10.99
--------------	-------

cheese quesadilla

tortilla filled with mexican cheese,
served with sour cream and salsa
{ add chicken or pork 3.99 }

loaded nachos	9.99
loaded nachos w/meat	13.99

- extras avocado, guac add 2.25 each -

- extras cheese, salsa, sour cream
add 2.25 each -

- extra meat add 3.99 -

bennu burgers

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

basic burger	11.49
cajun burger, cajun seasoning	11.49
bleu burger with melted crumbly bleu	12.99
mushroom & swiss burger	12.99
bacon & cheddar burger	13.49

hickory burger, cheddar, bacon, bbq sauce, onion rings	13.99
-----------------------------------------------------------	-------

salads

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

spring mix / romaine / baby spinach 7.49

toss-ins / no charge

carrots, croutons, cucumber, red onion

“A” toppings / add 1.50 ea

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

“B” toppings / add 2.00 ea

sunflower kernels, walnuts, roasted red
peppers, cheddar, crumbly bleu, sliced
almonds, shaved parmesan cheese, apple
slices, grapes, mandarin oranges

“C” toppings / add 2.25 ea

sundried tomatoes, artichoke
hearts, bacon, goat cheese, feta,
gorgonzola, avocado

“D” toppings / add 3.99 ea

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

fried chicken / add 4.99
filet / add 7.99

- dressings -

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

- fat free -

raspberry vinaigrette,
honey dijon, sundried tomato

house salads

ahi tuna salad

spring mix, cranberries, walnuts,
mandarin oranges, grilled veggies,
chow-mein noodles, seared ahi
tuna, sesame ginger dressing 14.99

apple spinach salad

baby spinach, cranberries, walnuts,
red onions, gorgonzola, apple
wedges, house dressing 9.99

classic caesar

romaine, shaved parmesan,
caesar dressing, croutons 7.99
{ add chicken 3.45 }

fresh mozzarella salad

fresh mozzarella, roma tomatoes,
kalamata olives, red onion, fresh
basil, house dressing with
a balsamic reduction 11.99

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 11.99

nutty mixed up

spring mix, grapes, grilled chicken, goat
cheese, walnuts, cranberries, sunflower
seeds, raisins, apple wedges with
balsamic vinaigrette 13.99

cobb

grilled chicken, avocado, smoked
bacon, crumbled egg, crumbled bleu
cheese, tomato, iceberg and romaine
lettuce with house dressing
or steakhouse bleu cheese 13.99

buffalo chicken salad

romaine, tomatoes, chopped egg,
bacon, black olives, fried buffalo
chicken, creamy blue 13.99

filet salad

romaine, tomatoes, chopped egg,
crumbly bleu, fried onions, filet,
house dressing 14.99

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 9.99

pacino
breaded chicken breast, prosciutto,
pesto mayo, sundried tomato,
artichoke hearts, provolone on
ciabatta bread 11.59

**albacore tuna, chicken
or egg salad**
lettuce & tomato /choice of albacore
tuna, chicken or egg salad, choice of
rye,white or wheat bread 9.99

don corleone
turkey, salami, pastrami, provolone,
lettuce, tomato, garlic/hot
pepper mayo, on ciabatta 11.59

jimmi
grilled chicken, bbq sauce,
sautéed red onion, bacon, mayo,
lettuce, cheddar on ciabatta 10.99
{ also available buffalo-style }

the warrior
roast beef, sautéed onion, cajun mayo,
and pepper jack cheese served warm on
ciabatta bread 9.99

east utica steak
tenderloin, sautéed green peppers and
onions, demi glaze, provolone cheese on
toasted garlic Italian loaf 14.99

bennu black & bleu
tenderloin, sautéed onion, gorgonzola,
on toasted garlic Italian loaf 14.99

triple decker club
turkey, ham, bacon, lettuce, tomato,
cheddar cheese and 3 pieces of toasted
wheat bread with garlic aioli 11.99

{ sandwiches continued }

hot tamale
cappy, turkey, pepper jack cheese,
lettuce, hot peppers, pesto/cajun mayo,
balsamic vinaigrette on
Italian loaf 11.59

b l t
classic bacon, lettuce, tomato,
mayo on grilled panini bread 9.99

fish sandwich
beer battered haddock, lettuce, tomato,
cheddar, tartar sauce on italian loaf
{ served with fries } 11.99

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 } 9.99

soup & sandwich combo
a cup of soup and a half deli sandwich
tuna, chicken or egg salad combo 11.99
blt or deli combo 11.99
grilled cheese combo 10.99

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,
pepper jack cheese 10.99

omaha
roast beef, provolone, red onion,
horseradish mayo 10.49

tony montana
ham, pulled pork, mustard,
sliced pickle, provolone on rye 10.99

soprano
prosciutto, cappy, provolone, salami,
mixed greens, balsamic vinaigrette
on ciabatta bread 10.99

caprisi
fresh sliced mozzarella, fresh basil,
tomato, mixed greens, balsamic
vinaigrette on focaccia 9.99

{ panini continued }

deniro
salami, prosciutto, roasted peppers,
fresh mozzarella, kalamata olives
on ciabatta bread 10.99

all american
turkey, bacon, cheddar cheese 9.99

reuben or rachel
grilled cornbeef or turkey,
sauerkraut, swiss, russian dressing,
on rye 10.49

osiris
turkey, cheesy spinach, artichoke
spread, caramelized red onions
and provolone cheese on
grilled focaccia bread 10.49

eggplant
fried eggplant, feta cheese, cucumbers,
spinach, garlic aioli on focaccia 10.49

cleo
hot pastrami, deli mustard, swiss
cheese on rye bread 9.99

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 10.49

california club
tomato wrap, bacon, grilled
chicken, lettuce, sliced tomato,
avocado ranch dressing 10.99

chicken spinach salad
spinach wrap, grilled chicken,
spinach, red onion, bacon,
parmesan, rasperry vinaigrette 10.99

roast beef
white wrap, roast beef, horseradish
mayo, tomato, lettuce, red onion,
provolone 10.49

sanzini
fried chicken, bacon, mozzarella cheese
and fry sauce on a grilled white wrap 10.49

{ wraps continued }

turkey bacon
tomato wrap, bacon, artichoke hearts,
turkey, fresh mozzarella, honey
mustard dressing 10.49

veggie
spinach wrap, roasted peppers,
artichoke hearts, mixed greens, tomato,
swiss, provolone, kalamata olives,
red onion, balsamic vinaigrette 9.99

ham & cheese
white wrap, lettuce,
tomato, swiss, dijon mayo 9.99

the pharaoh
lettuce, onion, bacon, cheddar cheese
and cajun mayo in a white wrap with
your choice of chicken or shrimp 10.99

buffalo chicken
fried buffalo chicken, lettuce,
tomato, onion, bleu cheese,
white wrap, grilled 10.49

chicken caesar
chopped romaine, grilled chicken
with classic caesar dressing 9.99

avocado
spring mix, tomatoes, avocado
with house dressing
grilled in a spinach wrap 9.99

twister
grilled roast beef, pickles, hot pepper
mayo, fried onions, cheddar, lettuce,
white wrap 10.99

stir fry wrap
fresh stir fried vegetables and
seasoned rice with sun-dried
tomato dressing in a white wrap 9.99

the phoenix wrap
fried chicken, bacon, lettuce, sautéed
onion, chipolte sauce, pepper jack
cheese grilled in a jalapeño wrap 10.99

kicken’ chicken
grilled chicken, honey garlic sauce, grilled
spinach, sautéed red onion, bacon, mozzarella
grilled in a jalapeño wrap 10.99

bar bites

chicken wing dip
3 cheese dip with a spicy kick
served with tri-colored chips 9.99

spinach artichoke dip
our special spinach, artichoke and
cheese dip served with
tri-colored chips 9.99

chicken tenders
hand breaded chicken with
your choice of dipping sauce 9.99

fresh-cut fries
a generous portion of house cut
potatoes 6.99

garlic fries
a generous portion of house cut
potatoes tossed in our garlic
herb butter sauce 7.99

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 9.99

sweet potato fries
crispy coated sweet potatoes
served with our homemade
honey garlic sauce 6.99

loaded nachos 9.99

loaded nachos w/meat 13.99

- **extras avocado, guac add 2.25 each** -
- **extras cheese, salsa, sour cream
add 2.25 each** -
- **extra meat add 3.99** -

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