

# LUNCH/DINNER

#SouthpawsGrill

## Starters

**Soup of the Day**  
cup \$5.45 bowl \$6.45

**Hummus/Tabbouleh/House Bread or Veggies** \$5.45

**Apple Slices with Agave Peanut Butter** \$5.45

**Seasonal Fruit Bowl with Agave Yogurt Dip** \$5.45

### Fruit & Granola Parfait

almond granola, vanilla yogurt, dried cranberries, grapes and strawberries  
16oz. \$5.95

### Covered Cantaloupe (seasonal)

cantaloupe with cottage cheese, dried cranberries, grapes, and pecans \$6.75

### Tiffany's Avocado Bowl

half an avocado filled with your choice of hummus, tabbouleh, and/or tuna with baby spinach and balsamic vinaigrette on the side \$7.15

extra tuna \$3.75/ea

extra hummus or tabbouleh \$1.50/ea

whole avocado \$1.95

### Chicken Thai Lettuce Wraps

sliced deli chicken and spicy peanut butter spread on romaine lettuce \$8.75/\$10.75

## Salads

**DRESSINGS:** balsamic vinaigrette, herb vinaigrette, raspberry vinaigrette, ranch, caesar, oil/vinegar

**ADD:** sliced oven-gold turkey, sliced deli chicken, sliced baked ham, sliced roast beef \$2.25/ea or tuna, grilled chicken \$3.75/ea)

### The Kinsler

grilled chicken breast, white albacore tuna mix, tabbouleh, quinoa mix, avocado, cherry tomatoes, and pickles with your choice of dressing on the side \$11.95

### Grilled Chicken Quinoa Salad

kale, grilled chicken breast, quinoa mix, spicy black beans, tabbouleh and avocado with your choice of dressing on the side \$10.95

### Tuna Salad

white albacore tuna mix, mixed greens, black olives, pickles, and cherry tomatoes with your choice of dressing on the side \$9.95

### Scott's Spicy Tuna Salad

spicy white albacore tuna mix, baby spinach, cherry tomatoes, and avocado with your choice of dressing on the side \$9.95

### Cobb Salad

sliced oven gold turkey and roast beef, mixed greens, feta cheese, cucumbers, mushrooms, and cherry tomatoes with your choice of dressing on the side \$10.95

### Power Salad

baby spinach, feta cheese, hearts of palm, black olives, artichokes, mushrooms, red onions, and pumpkin seeds with your choice of dressing of the side \$9.45

### Refresher Salad

mixed greens, feta cheese, black olives, cucumbers, garbanzo beans, cherry tomatoes, and pecans with pesto and your choice of dressing on the side \$9.45

### Berries & Spinach Salad

baby spinach, feta cheese, dried cranberries, grapes, strawberries, and almonds with your choice of dressing on the side \$9.45

### Caprese Salad

baby spinach, basil, mozzarella, and tomatoes with pesto and your choice of dressing on the side \$9.45

### Greek Salad

mixed greens, feta cheese, mex mix, black olives, cucumber, and cherry tomatoes with your choice of dressing on the side \$9.45

### Caesar Salad

romaine, parmesan cheese, avocado, and mushrooms with caesar dressing on the side \$9.45

### Side Salad

baby spinach, feta cheese, cherry tomatoes, and black olives with your choice of dressing on the side \$5.45

## Sandwiches/Wraps

(choice of cold/hot; served with fresh fruit)

PICK A BREAD or WRAP

breads- whole wheat, whole grain, sourdough, rye

wraps- wheat, spinach, tomato, lettuce

### Green Gobbler

sliced oven gold turkey, swiss cheese, baby spinach, avocado, tomatoes, and hummus on your choice of bread/wrap \$9.95/\$11.95

### Pavo Guacamole

sliced oven gold turkey, swiss cheese, mixed greens, tomatoes and spicy guacamole on your choice of bread/wrap \$9.95/\$11.95

### The Hickory

sliced oven gold turkey, swiss cheese, mixed greens, pickles, red onions, dijon, and hummus on your choice of bread/wrap \$9.95/\$11.95

### The Dallas

sliced oven gold turkey, swiss cheese, mixed greens, tomatoes, jalapenos, hummus, and guacamole with spicy herb vinaigrette on the side on your choice of bread/wrap \$9.95/\$11.95

### Dr. Luke

sliced roast beef, feta cheese, baby spinach, tabbouleh, mex mix, jalapenos, and hummus toasted on your choice of bread/wrap \$9.95/\$11.95

### Spiced Beef

sliced roast beef, provolone cheese, mixed greens, mex mix, tomatoes, jalapenos and horseradish toasted on your choice of bread/wrap \$9.95/\$11.95

### Simply Ham

sliced baked ham, provolone cheese, mixed greens, tomatoes, pickles, and dijon on your choice of bread/wrap \$9.95/\$11.95

### Chicken Caesar

sliced deli chicken, parmesan cheese, mixed greens, avocado, mushrooms, and caesar dressing on your choice of bread/wrap \$9.95/\$11.95

### Lone Star

sliced deli chicken, bacon, provolone cheese, mixed greens, avocado, and tomatoes with a side of ranch on your choice of bread/wrap \$9.95/\$11.95

### Tunita

white albacore tuna mix, mixed greens, black olives, pickles, and tomatoes on your choice of bread/wrap \$9.95/\$11.95

### Tuna Melt

white albacore tuna mix, provolone cheese, tabbouleh, and herb vinaigrette toasted on your choice of bread/wrap \$9.95/\$11.95

### Rocky Balboa

sliced rotisserie chicken and baked ham, provolone cheese, mixed greens, tomatoes, red onions, light mayo, and oil & vinegar toasted on your choice of bread/wrap \$10.95/\$12.95

### V

swiss cheese, mixed greens, avocado, tomatoes, carrots, black olives, mushrooms, red onions, and hummus on your choice of bread/wrap \$9.95

### Fruit-wich

peanut butter, golden raisin, sliced apple, banana, and agave nectar on your choice of bread/wrap \$8.25

### Crazy Mike

chef's choice/creation; please specify if you don't care for a certain option \$9.95/\$11.95

## From The Grill

### The Birdman

grilled chicken breast, provolone cheese, mixed greens, tomatoes, and red onions with dijon on your choice of bread/wrap; served with spicy herb vinaigrette and fresh fruit on the side \$11.95  
extra grilled chicken \$3.75/ea

### The Truth

grilled chicken breast, bacon, provolone cheese, mixed greens, avocado, and tomatoes on your choice of bread/wrap; served with spicy herb vinaigrette, ranch and fresh fruit on the side \$11.95  
extra grilled chicken \$3.75/ea or extra bacon \$1.50

### Smart Burger

portabello mushroom, swiss cheese, avocado, bell peppers, red onions, carrots, and hummus on your choice of bread/wrap; served with spicy herb vinaigrette and fresh fruit on the side \$11.95  
add grilled chicken or ground turkey patty \$3.75/ea

### The Turk

ground turkey burger patty, provolone cheese, mixed greens, tomatoes, and red onions on your choice of bread/wrap; served with dijon and spicy herb vinaigrette and fresh fruit on the side \$11.95  
extra ground turkey patty \$3.75/ea

### Zaza Rice Bowl

grilled chicken breast, brown rice, baby spinach, red onions, mushrooms, tomatoes, and bell peppers  
pick two sauces- soy, balsamic, sriracha, olive oil \$11.95  
extra sauces \$.50/ea  
extra veggies \$1.50  
extra chicken \$3.75/ea

### Lexi Wraps

grilled chicken breast, baby spinach, red onions, mushrooms, tomatoes, and bell peppers on romaine lettuce; served with spicy vinaigrette and fresh fruit on the side \$11.95

### Quinoa Wraps

quinoa mix and grilled chicken breast on romaine lettuce; served with spicy herb vinaigrette and fresh fruit on the side \$11.95

### Sugar Ray

sweet mashed potatoes, grilled chicken breast, blue cheese, baby spinach, and almonds with blue cheese dressing and fresh fruit on the side \$11.95

### Camacho Wrap

brown rice, spicy black beans, grilled chicken breast, baby spinach, red onions, mushrooms, tomatoes, bell pepper and guacamole in your choice of wrap; served with spicy herb vinaigrette and fresh fruit on the side \$11.95

## Grilled Cheese

(served with fresh fruit)

### Original Grilled Cheese

cheddar cheese on your choice of bread/wrap \$5.99

### Tomato Toastie

cheddar cheese and tomatoes on your choice of bread/wrap \$6.99

### Raging Bull

mozzarella, tomatoes, pepperoni, and basil on your choice of bread/wrap; served with olive oil on the side \$7.99

### Uptown

cheddar cheese, provolone cheese, bacon and avocado on your choice of bread/wrap; served with ranch on the side \$7.99

## PB&J's

(served with fresh fruit)

### Original PB&J

peanut butter and strawberry jelly on your choice of bread/wrap \$5.99

### Cruncher

PB&J with sliced apple and agave nectar on your choice of bread/wrap \$6.99

### Elvis

PB&J with sliced banana and agave nectar on your choice of bread/wrap \$6.99

### Soopaman

PB&J with almond granola, sliced banana and agave nectar on your choice of bread/wrap \$7.75

## Build Your Own Sandwich/Wrap

(served with fresh fruit)

**\$11.95**

Pick a Bread/Wrap

breads- whole wheat, whole grain, sourdough, rye  
wraps- wheat, spinach, tomato, lettuce

Pick a Spread

yellow mustard, dijon, mayo, horseradish, caesar, herb vinaigrette, ranch, oil & vinegar  
specialty- hummus(\$1.49), pesto(\$.95), guacamole(\$1.49)

Pick a Protein (pick ONE/extra \$2.95/ea)

sliced oven-gold turkey, sliced deli chicken, sliced baked ham, sliced roast beef, pepperoni, white albacore tuna mix, ground turkey patty, grilled chicken breast, portobello cap

Pick a Cheese (pick ONE/extra \$.95/ea)

provolone, swiss, blue cheese crumbles, shredded cheddar, parmesan, mozzarella, feta

Pick Your Fillings (pick up to FIVE/extra \$.50/ea)

baby spinach, mixed greens, kale, tomatoes, red onions, pickles, mushrooms, carrots, black olives, jalapeños, garbanzo beans, hearts of palm, artichoke

specialty- avocado (\$1.49), tabbouleh (\$.95), mex mix (\$.95)

## Build Your Own Bowl

(served with fresh fruit)

**\$11.95**

Pick a Base (pick ONE/extra \$2/ea)

quinoa, spicy black beans, brown rice, sweet mashed potatoes, mixed greens, baby spinach, kale

Pick a Protein (pick ONE/extra \$2.95/ea)

sliced oven-gold turkey, sliced deli chicken, sliced baked ham, sliced roast beef, white albacore tuna mix, ground turkey patty, grilled chicken breast, portobello cap

Pick Your Toppings (pick up to FIVE/extra \$.50/ea)

baby spinach, mixed greens, kale, tomatoes, red onions, pickles, mushrooms, carrots, black olives, jalapeños, garbanzo beans, hearts of palm, artichoke

specialty- avocado (\$1.49), tabbouleh (\$.95), mex mix (\$.95), guacamole (\$1.49), hummus (\$1.49)

Pick a Cheese (pick ONE/extra \$.95/ea)

provolone, swiss, blue cheese crumbles, shredded cheddar, parmesan, mozzarella, feta

Pick Your Side Sauce (pick up to TWO/extra \$.50/ea)

soy, sriracha, balsamic, olive oil, herb vinaigrette, spicy herb vinaigrette, caesar, ranch

Ask to see a CATERING MENU

[www.SouthpawsGrill.com](http://www.SouthpawsGrill.com) // [#SouthpawsGrill](https://www.instagram.com/SouthpawsGrill) // "It's a Lifestyle!!"