

APPETIZERS

CHIPS AND SALSA ... 6

CHIPS AND OUR HOMEMADE
GUACAMOLE ... 7

QUESO ... 7

a mixture of pepper jack and cheddar cheese with jalapeños, peppers, onions and tomato served with fresh tortillas chips

♥ HUMMUS ... 6

traditional hummus served with fresh cut vegetables and warm pita

FLATBREADS

BBQ CHICKEN ... 10

smoked chicken breast, bbq sauce, red onion, mozzarella and cheddar cheese

WALNUT PESTO ... 10

artichoke hearts, caramelized onions, walnuts, roasted garlic and bacon

NACHO BITES ... 6

homemade tortilla chips topped with guacamole, beans, chihuahua cheese, tomato, red onion, sour cream and cilantro
your theory: chicken ... 7 grilled steak ... 8

QUESADILLAS ... 7

melted chihuahua cheese, onions and peppers in corn tortillas served with pico de gallo, salsa verde, guacamole and sour cream
your theory: chicken ... 8 steak ... 10

FAJITA LETTUCE WRAPS ... 7

bell peppers, onion, chihuahua cheese, pico de gallo, black beans, corn, guacamole and sour cream served with a lettuce leaf cup
your theory: chicken ... 9

BAKED MAC 'N CHEESE ... 7

with provolone and cheddar, topped with bread crumbs

BUFFALO BLUE CHEESE STICKS ... 6

buffalo blue cheese sticks served with ranch dipping sauce

CALAMARI ... 10

regular—breaded and served with a chipotle aioli and marinara sauce
buffalo—breaded and served with ranch or blue cheese dressing

CHICKEN TENDER BASKET ... 8

choice of wing sauce, served with fries or tater tots

DA WINGS

single (7) ... 7 double (15) ... 12

wings tossed in your choice of:

buffalo feta garlic
bbq spicy chipotle
teriyaki

served with carrot and celery sticks with blue cheese or ranch dressing

SLIDERS

minimum of 3 per order

(3) ... 9 (6) ... 16

benji's cheese steak

with merks cheddar, green pepper and sautéed onions

cheeseburger

oliver's turkey burger

pulled pork

buffalo chicken

(grilled or breaded)

SALADS

♥ THE GOAT ... 10

walnut encrusted goat cheese over a bed of fresh spinach with candied walnuts, dried cranberries, grilled pineapple and a raspberry vinaigrette on the side

♥ THE CHOPPER ... 9

romaine, cucumbers, tomatoes, bacon, carrots, celery, red onion and bell peppers chopped and served with your choice of dressing

SOUTHWEST ... 11

smoked and pulled chicken, roasted corn, black beans, fanned avocado and pico de gallo over greens tossed in a salsa ranch dressing

BUFFALO CHICKEN ... 12

breaded or grilled buffalo chicken served on a bed of lettuce with celery, cherry tomatoes, red onion, cucumber and carrots with your choice of ranch or blue cheese dressing

TACO ... 11

ground beef, sour cream, shredded lettuce, pico de gallo, guacamole and a salsa ranch dressing served in a taco bowl

SOUPS

chili cup ... 5 bowl ... 7

pasta e fagioli cup ... 4 bowl ... 6

♥ GARBAGE ... 11

three types of lettuce, two types of cheese, broccoli, bacon, turkey breast, garbanzo beans, onions, tomatoes and a whole lot more with your choice of dressing

♥ MEDITERRANEAN ... 11

kalamata olives, cucumbers, tomatoes, red onion, chickpeas, roasted red peppers, capers and feta cheese over a bed of greens, served with your choice of dressing

CHICKEN CAESAR ... 10

crispy romaine lettuce with chicken, shaved parmesan, homemade croutons and classic caesar dressing

YOUR THEORY:

chicken (grilled or breaded) ... 3

shrimp (5) ... 4

SALAD DRESSING OPTIONS:

raspberry vinaigrette • ranch • blue cheese • salsa ranch • balsamic vinaigrette • caesar • honey mustard • whole-grain mustard vinaigrette • herb vinaigrette (house)

SOUPS

chili cup ... 5 bowl ... 7

pasta e fagioli cup ... 4 bowl ... 6

soup of the day cup ... 4 bowl ... 6

see daily specials

PIZZAS

MAKE YOUR OWN ... 11.50

12 inch cheese pizza

your theory (limit 3): 1.75 per item ... mushrooms • mixed bell peppers • jalapeños • garlic red onion • black olives • tomatoes • artichoke hearts sausage • pepperoni • bacon

SANDWICHES

all sandwiches served with a pickle spear and choice of fries, terra vegetable chips or tater tots. sub a side of your choice for \$2. your theory: add american, blue cheese, provolone, cheddar, merks, swiss, or mozzarella to any sandwich for 50¢

CAESAR WRAP ... 9

grilled chicken, romaine lettuce and parmesan tossed with caesar dressing in a spinach wrap

♥ TURKEY WRAP ... 10

turkey, avocado, tomato, lettuce, swiss and bacon with a honey dijon dressing in a whole wheat wrap

CAJUN SHRIMP WRAP ... 14

cajun-style sautéed shrimp, lettuce, tomato and a jalapeño-honey sauce served in a wrap

PESTO PANINI ... 9

grilled chicken, sun dried tomatoes, melted provolone and romaine topped with a pesto sauce grilled to perfection and served on classic panini bread

THEORY BEEF ... 9

thinly sliced roast beef, provolone cheese and your choice of hot giardinara or sweet peppers on a french roll, au jus on the side

THE CHEESEBURGER ... 10

homemade ½ pounder with all the trimmings and your choice of cheese served on a pretzel bun

♥ TURKEY BURGER ... 10

½ pound of lean ground turkey with all the trimmings and your choice of cheese served on a pretzel bun

♥ VEGGIE BURGER ... 10

homemade, served on multi-grain toast with tomato, avocado, lettuce, pesto aioli and your choice of cheese

SEAFOOD SALAD ... 14

lump crab meat and shrimp, chipotle, onions, scallions and celery served on a brioche bun

PULLED ... 11

pork shoulder smoked in our house smoker, pulled, smothered in BBQ sauce and piled high on a brioche bun served with lettuce, tomato and onion

♥ GREEK CHICKEN ... 10

marinated and grilled chicken breast with roasted red peppers, feta cheese and an olive tapenade on pita

BUFFALO CHICKEN ... 10

choice of grilled or breaded buffalo chicken, served with lettuce, tomato, choice of ranch or blue cheese dressing and celery on a brioche bun

♥ CALI ... 9

marinated and grilled chicken with avocado, tomato, onion and romaine served on your choice of toasted multi-grain bread or pita

IOWA'S FINEST ... 9

glazed pork belly, caramelized onions, baby greens and a sunny side up egg served on a brioche bun

DELUXE GRILLED CHEESE ... 10

our favorite comfort food—made with cheddar, provolone and swiss, topped with bacon, tomato, grilled onion and avocado

ENTREES

all entrees served with side salad (except tacos)

BABYBACKS

half slab ... 11 full slab ... 17

a house speciality, these top notch ribs are rubbed, smoked, and served with our house bbq sauce, coleslaw and choice of side

TACOS

your theory: veggie ... 8 chicken ... 9

pork ... 10 steak ... 11 fish ... 12

three taqueria style tacos in a soft shell with tri-bell peppers, jalapeños, onions, cilantro, cheddar cheese and tomatoes served with guacamole, sour cream, pico de gallo, and salsa verde

SIDES

tater tots ... 3
fries ... 3

sweet potato fries ... 4

terra vegetable chips ... 3

♥ sautéed broccoli ... 4

♥ side salad ... 3

DESSERT

SKILLET COOKIE ... 8

a large peanut butter oatmeal cookie baked in a cast iron skillet, garnished with 2 scoops of vanilla ice cream, chocolate syrup and topped with whipped cream

SPECIALTY DRINKS

THEORYADE ... 10

skyy cherry, soda, sierra mist, sour and fresh squeezed lime juice

CUCUMBER MARTINI ... 10

effen cucumber shaken served with a cucumber garnish

ANGRY NERD ... 7

absolut citron, red grapefruit juice, ginger ale and fresh squeezed lime

BLAME IT ON THE GOOSE ... 9

grey goose vodka, lemonade and fresh raspberries

BLOOD ORANGE COSMO ... 10

skyy blood orange, cranberry, triple sec and lime juice

MR. BELVEDERE ... 9

belvedere grapefruit vodka, pineapple juice, a splash of sierra mist topped with grenadine

ESPOLON MARGARITA ... 9

choice of blanco or reposado espolon tequila served with grand marnier

JOHN DALY GLASS ... 7 PITCHER ... 25

sweet tea infused vodka mixed with lemonade

BEER

DRAFT BEER

bass ... 6
blue moon ... 5
brooklyn brown ... 5
budweiser ... 4
bud light ... 4
fat tire ... 5
goose island's 312 ... 5
guinness ... 6
shock top* ... 4
stella artois ... 5
summit oatmeal stout ... 5
victoria ... 5

DOMESTIC BOTTLES

budweiser ... 4
bud light ... 4
bud select ... 4
coors light ... 4
michelob ultra light ... 4
miller high life ... 4
miller lite ... 4
miller lite (16oz aluminum pint) ... 4
pbr (16oz can) ... 4
sam adams light ... 5

IMPORT BOTTLES

amstel light ... 5
corona ... 5
corona light ... 5
delirium tremens ... 11
heineken ... 5
heineken light ... 5
negro modelo ... 6
strongbow cider ... 6

NON-ALCOHOLIC

o'doul's ... 4

CRAFT BEER

60 minute dogfishhead ... 7
argus pegasus ipa* ... 6
bell's two hearted ale ... 6

blue moon
harvest pumpkin ale ... 5
half acre daisy cutter can* ... 6

half acre gossamer can* ... 6
leinenkugel's oktoberfest ... 5
magic hat #9 ... 5

* when available

WINES

RED

cupcake red velvet ... 7/23
hob nob pinot noir/france ... 8/28
napa cellars cabernet/napa ... 11/34
casa lapostolle cabernet sauvignon/chile ... 8/26
terrazas malbec/argentina ... 8/26

WHITE

il moscato/italy ... 8/25 bottle
brancott sauvignon blanc/new zealand ... 9/29
rudi wiest rhein river riesling/germany ... 8/25
apaltagua chardonnay/chile ... 7/23
ferrani carano chardonnay/california ... 10/33
a-mano pinot grigio/italy ... 8/24
esperto pinot grigio/italy ... 9/31

SPARKLING WINE

chandon brut classic nv ... 10/40
mionetto prosecco ... 8 split
sergio rosé ... 9 (glass only)

DAILY SPECIALS*

MONDAY

- soup of the day: butternut squash
- ½ price pizzas
- \$3 miller lite (16oz aluminum pint)
- \$5 grey goose cocktails
- \$5 jack daniel's cocktails

TACO TUESDAY

- soup of the day: chicken tortilla
- \$7 tacos—veggie, chicken, pork or fish
- \$6 espolon margaritas
- \$4 victoria drafts

WEDNESDAY

- soup of the day: tomato
- ½ price salads
- ½ price bottles of wine
- \$5 skyy cocktails (all flavors)

THURSDAY

- soup of the day: cream of chicken and wild rice
- \$5 burgers (includes veggie & turkey burgers—until 8pm)
- \$5 absolut cocktails
- \$5 makers mark

FRIDAY

- soup of the day: vegetarian chili
- ½ price appetizers (11am–8pm)
- \$5 22oz bud/bud light drafts
- \$5 belvedere cocktails

SATURDAY

- soup of the day: beef stew
- \$6 absolut peppar bloody marys
- \$5 22oz bud/bud light drafts
- \$16 domestic buckets
- \$5 hawkeye bombs—bacardi o
- \$5 effen black cherry cocktails

SUNDAY

- soup of the day: chicken noodle
- \$6 absolut peppar bloody marys
- \$16 bud family buckets
- ½ price wings (3pm–close)
- \$5 jameson shots/drinks

*specials are valid for dine in only

BEVERAGES

2.50 each

pepsi
diet pepsi
sierra mist
mug root beer
dr. pepper
diet dr. pepper
lipton unsweetened iced tea
coffee
assorted tazo teas

♥ denotes heart healthy options

18% gratuity added for parties of 6 or more.
Reservations accepted for parties of 5 or more.
menu items subject to change.