

APPETIZERS

CHIPS + GF BY REQUEST

homemade guacamole ... 12 homemade queso ... 11
loaded homemade queso ... 13
queso, guacamole, cajun ground beef

WALKING TACO ... 8 AN IOWA CITY FAVORITE!

nacho cheese doritos, ground beef, romaine, tomato, sour cream, red salsa, cheddar

BBQ NACHO BITES ... 13

individual homemade tortilla chips, tater tot, slow-smoked bbq brisket, jalapeño, pepper jack, pickled red onion

‘KILL BILL’ SHRIMP ... 15

crispy shrimp, ‘bang bang’ thai-chili sauce

NACHO BITES GF BY REQUEST

plain ... 11 chicken ... 13 steak ... 14
individual homemade tortilla chips, beans, homemade guacamole, pico de gallo, chihuahua, sour cream

HERKY STICKS ... 12 AN IOWA CITY FAVORITE!

our version of a gumby’s classic! homemade dough, italian seasoning, mozzarella, cheddar, pepper jack, pepperoni

QUESADILLAS +

smoked chicken GF BY REQUEST ... 14
chihuahua, onion, pepper, flour tortilla

bbq brisket ... 14

slow-smoked bbq brisket, chihuahua, cheddar, flour tortilla

SOFT PRETZEL STICKS with queso ... 12

HUMMUS GF BY REQUEST ... 11

cherry tomatoes, cucumbers, peppers, pita

FRIED PICKLES with chipotle aioli ... 10

TOTCHOS ... 10

tater tots, homemade queso, jalapeño, pico de gallo, cheddar, homemade guacamole, sour cream

MAC & CHEESE WEDGES with ranch ... 9

TENDERS + WINGS

CHICKEN TENDERS ... 11

fries or tater tots

BONELESS WINGS ... 11

carrots, celery, ranch or bleu cheese

WINGS sm ... 11 lg ... 18

carrots, celery, ranch or bleu cheese

SAUCES

BUFFALO • BBQ • KILL BILL
HONEY SRIRACHA • GENERAL TSAO’S
GARLIC PARMESAN

SALADS

FULL ... 14 HALF ... 8 IN A WRAP ... 14

with fries or tater tots

DRESSINGS ranch, salsa ranch, caesar, honey mustard, bleu cheese, balsamic vinaigrette, lemon bacon vinaigrette, herb vinaigrette (house), oil & vinegar

BUFFALO CHICKEN GF BY REQUEST

romaine, breaded or grilled buffalo chicken, celery, cherry tomato, red onion, cucumber, carrot

KALE CAESAR GF BY REQUEST

tuscan kale, grilled chicken, hardboiled egg, parmesan, croutons, caesar dressing

SOUTHWEST

romaine, house-smoked + pulled chicken, corn, black beans, avocado, tortilla strips, pico de gallo, salsa ranch dressing

BRUSSELS SPROUTS GF

brussels sprouts, tuscan kale, bacon, dried cranberries, parmesan, lemon bacon vinaigrette

THE CHOPPER

romaine, cucumber, tomato, carrot, celery, red onion, bell peppers, corn, macaroni, feta

TACO

romaine, seasoned beef or grilled chicken, cheddar, pico de gallo, black beans, corn, avocado, sour cream, tortilla bowl (full size only)

EVERYDAY LUNCH SPECIAL \$10 HALF SALAD + CUP OF SOUP

add chicken ... +2 add shrimp ... +4

DAILY SOUPS 5

MONDAY
creamy chicken & wild rice

TUESDAY
chicken tortilla

WEDNESDAY
pasta fagioli

THURSDAY
broccoli cheddar

FRIDAY
tomato

SATURDAY
chicken & dumpling

SUNDAY
tomato bisque

FLATBREADS 13

BBQ CHICKEN

house-smoked chicken breast, bbq sauce, caramelized onion, mozzarella, cheddar

TACO

refried beans, ground beef, pico de gallo, chihuahua, salsa verde, romaine, tortilla chips

CHICKEN PARMESAN

breaded chicken, marinara, fresh basil, mozzarella, parmesan

BURGERS

served with fries or tater tots. substitute to a side of your choice + \$2;
add cheese +50¢: american, bleu, provolone, cheddar, swiss, pepper jack,
mozzarella; add bacon + \$2; substitute **GF** bun \$1

CHEESEBURGER ... 13

lettuce, tomato, onion, pretzel bun

TURKEY BURGER ... 14

lettuce, tomato, onion, pretzel bun

VEGGIE BURGER ... 13

lettuce, tomato, onion, avocado, pretzel bun

👍 FRENCH ONION BURGER ... 15

guinness-battered onion rings, mozzarella, garlic aioli, pretzel bun

HOLE IN ONE BURGER ... 15

egg, avocado, bacon, american, brioche bun

SANDWICHES

served with fries or tater tots. substitute to a side of your choice + \$2;
add cheese +50¢: american, bleu, provolone, cheddar, swiss, pepper jack,
mozzarella; add bacon + \$2; substitute **GF** bun \$1

#1 ... 10

two vienna beef dogs, mustard, relish, onion,
tomato, pickle spear, sport pepper, celery salt



👍 AVOCADO TOAST ... 12

sourdough, avocado, two poached eggs, feta, dried cranberries,
kale salad (does not include a side)

👍 CARNE ASADA ... 16

grilled skirt steak, pepper jack, guacamole, pico de gallo,
chipotle aioli, brioche bun

BLACKENED CHICKEN ... 14

blackened chicken, pepper jack, romaine, pico de gallo,
homemade guacamole, french roll

TURKEY WRAP ... 13

house-smoked turkey, avocado, bacon, swiss, tomato, romaine,
honey mustard, wheat wrap

BUFFALO CHICKEN ... 13

breaded chicken breast, buffalo sauce, romaine, tomato, onion,
ranch or bleu cheese, brioche bun

THEORY CLUB ... 14

house-smoked turkey, bacon, swiss, tomato, romaine,
chipotle aioli, triple decker multigrain

THEORY BEEF ... 13

roast beef, provolone, hot or sweet peppers, au jus, french roll

👍 PULLED ... 13

house-smoked pork shoulder, bbq sauce, tomato, onion,
brioche bun

SIDES 4

seasoned fries
sweet potato fries
tater tots

fried pickles
sautéed broccoli
side salad

BEVERAGES

3.75 ... (free refills) pepsi, diet pepsi, mist twist, dr pepper,
diet dr pepper, ginger ale, mug root beer, mountain dew, coffee,
assorted tazo teas, lemonade, lipton brewed tea (unsweetened)

6 ... red bull, red bull sugar-free, red bull—orange, yellow or blue

SLIDERS 3 FOR 14

BENJI'S CHEESEBURGER

american, pretzel bun

ALEXANDER'S BUFFALO CHICKEN

breaded chicken, buffalo sauce, ranch or bleu cheese,
brioche bun

OLIVER'S PULLED PORK

house-smoked pork shoulder, bbq sauce, brioche bun

LARGE PLATES

👍 BABYBACKS ... 17 **A HOUSE SPECIALTY!**

half slab smoked in-house, bbq sauce, bacon, fries or tater tots

FISH & CHIPS ... 15

guinness-battered cod, fries, tartar sauce

NEW! RICE BOWL ... 9

chicken +4 steak +5 shrimp +6

brown rice, homemade general tsao's sauce, carrot, broccoli,
mushroom, bell pepper, onion, chili flake, garlic

🔥 **mild** 🔥🔥 **medium** 🔥🔥🔥 **hot**

TACOS

corn tortillas, 3 per order. add sour cream +50¢

CHICKEN **GF BY REQUEST** ... 13

👍 STEAK **GF BY REQUEST** ... 14

tri-bell pepper, jalapeño, tomato, cilantro, pico de gallo,
homemade guacamole, salsa verde

VEGGIE **GF BY REQUEST** ... 12

roasted red pepper, mushroom, broccoli, tomato,
black bean, corn, avocado, feta

SHRIMP **GF BY REQUEST** ... 14

crispy shrimp, jalapeño salsa, corn, garlic aioli

FISH ... 15

guinness-battered cod, pickled red onions,
romaine, chipotle aioli

12" PIZZAS

👍 MAC & CHEESE ... 16

MAKE YOUR OWN **GF BY REQUEST** ... 13

our traditional hand tossed dough makes for the perfect crust

50¢ each: mushrooms , jalapeños, tomatoes,
tri-bell peppers, red onion, garlic

👍 **cream cheese** *an ode to pizza shuttle*

\$1.50 each: sausage, pepperoni, ground beef, bacon

DESSERT 9

chocolate chip or **peanut butter** cookie baked in a
cast iron skillet and topped with vanilla ice cream