

APPETIZERS

chips + queso 🍷 ... 12

chips + homemade guac ... 13

hummus

carrot, cucumber, red pepper, pita ... 13

nacho bites

(pulled smoked chicken +4, grilled chicken +6, steak +10)

individual homemade tortilla chips, refried beans, homemade guac, pico de gallo, chihuahua, sour cream ... 12

loaded waffle fries

seasoned waffle fries, smoked chicken, queso, bacon, ranch ... 13

pretzel sticks

served with queso ... 14

taquitos

pulled smoked chicken, cheddar, mozzarella, pico de gallo, beans, sour cream, guac ... 15

mac & cheese wedges

homemade mac & cheese beer battered, fried, served with ranch ... 13

cheeseburger sliders (3)

cheddar, brioche bun ... 16

bbq chicken sliders (3)

pulled smoked chicken, bbq ... 16



JOIN US FOR MARCH MADNESS

watch the games at our house

championship game • monday 4/4 • 7:45pm

reserve your table at theorychicago.com

🍷 staff favorites

MAIN DISHES

(served with a choice of tots, or fries. substitute any side ... 2)

carne asada 🍷

grilled skirt steak, pepper jack, guacamole, pico de gallo, chipotle aioli, brioche bun ... 20

rueben

house cooked many corned beef, seasoned kraut, theory sauce, swiss on toasted rye ... 18

fish & chips

kona big wave beer battered, homemade tarter sauce ... 19

mac & cheese (broccoli +3, fried buffalo chicken +4)

trust us, you'll love it... 11

turkey wrap

house-smoked turkey, avocado, bacon, cheddar, tomato, romaine, honey mustard, wheat wrap ... 14

mask melter

cajun grilled chicken, grilled jalapeño, avocado, pepper jack cheese, romaine, brioche bun ... 16

buffalo chicken

fried chicken, buffalo sauce, lettuce, tomato on brioche bun ... 16

theory burger

two flattop patties, american cheese, lettuce, tomato, onion, pickle, brioche bun ... 16

italian beef

italian beef, mozzarella, giardiniera, hoagie bun, side of au jus ... 16

FROM THE FRYER

BONELESS WINGS ... 13

WINGS ... 16

CHICKEN TENDERS ... 15

served with choice of tator tots or french fries

CHOICE OF SAUCE

buffalo
bbq
kill bill
garlic parm
honey sriracha

SALADS

(make it a wrap +3)

add pulled smoked chicken +4, grilled chicken +6, steak +10

southwest 🍷

romaine, roasted corn, black beans, avocado, tortilla strips, pico de gallo, salsa ranch dressing ... 12

the chopper

chopped romaine lettuce, cucumber, tomato, carrot, celery, red onion, corn, macaroni, bacon, feta cheese, herb vinaigrette ... 16

fruit & nut salad

spinach arugula mix, toasted walnuts, goat cheese, dried cranberries, mandarin oranges, pickled red onion, raspberry vinaigrette ... 16

FLATBREADS ... 16

mac + cheese

trust us, you'll love it!

chicken parmesan

marinara, mozzarella, breaded chicken, parmesan

margherita

tomato and basil

bbq chicken

smoked chicken, caramelized onions, bbq sauce, cheddar, mozzarella

happy joe's taco « an ode to iowa city »

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

BRUNCH ALL DAY & NIGHT

amelia's skillet

omelette with tomato, broccoli, cheddar, avocado, white toast, served with quinoa hash ... 15

alex's avocado toast*

two poached eggs, sourdough, avocado, feta, dried cranberries, served with quinoa hash ... 14

blake's burrito

eggs, quinoa hash, broccoli, pico de gallo, cheddar cheese, queso, served with quinoa hash ... 15

winston's egg sandwich

2 eggs scrambled, cheddar, bacon, avocado on brioche, served with quinoa hash ... 14

challah french toast

challah bread, dipped in home-made batter and grilled, topped with powdered cinnamon sugar, butter, syrup ... 12

corned beef hash

red potato, house cooked many corned beef, eggs your way ... 14

SIDE DISHES

french fries	...4
tator tots	... 4
quinoa hash	... 5
sweet potato fries	... 5
broccoli	...5
tomato soup	... 6

DESSERTS

cookie skillet ... 12

*please allow 20 min cook time

Please advise the restaurant of any dietary restrictions and allergies when dining in or placing a carry out order.

*Items can be served raw or undercooked or contain undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.