# APPETIZERS

# CHIPS + QUESO 👍 ... 12

# CHIPS + GUACAMOLE ... 13

# HUMMUS FLIGHT ... 15 -

roasted red pepper • traditional • spinach garlic served with: pita, bell pepper, cucumber, celery, carrot

## NACHO BITES

(pulled smoked chicken +4, carnitas +5, 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 ... 15

# **PRETZEL STICKS**

served with queso ... 14

# TAQUITOS

smoked in house carnitas, cheddar, mozzarella, corn tortilla, pico de gallo, sour cream ... 14

# SALADS (make it a wrap +3)

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

# CHOICE OF DRESSING

ceesar • salsa ranch • herb vinaigrette asian sesame • champagne vinaigrette balsamic vinaigrette

WANT YOUR SALAD DRESSING TOSSED?

# ALEX TURNED 2 📫

spinach and romaine mix, green onion, shaved carrot, sliced almond, bean sprouts, toasted sesame seeds, mandarin oranges, crispy wonton ... 14

# SOUTHWEST

mixed greens and romaine mix, roasted corn, black beans, avocado, tortilla strips, pico de gallo ... 14

# HAND HELDS

served with a choice of tots or seasoned fries. sub any side ... 2

# CARNE ASADA 🖆

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

# **GREEK CHICKEN PITA**

roasted red pepper hummus spread, grilled chicken, pickled red onion, tomato, feta, pepperoncini, served open face ... 17

## **GRILLED CALI WRAP**

grilled chicken, avocado, tomato, red onion, mixed greens, chipotle aioli, honey wheat wrap ... 15

#### **RICE BOWL** (chicken +6, steak +10)

choice of white or brown rice, shaved carrot, broccoli, mushroom, pepper, onion, chili flake, garlic, general tso's sauce on side ... 12

# **SPICY CHICKEN**

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

# **THEORY BURGER**

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

# **TURKEY BURGER**

ground turkey, mixed greens, roasted red pepper, pickled red onion, pepper jack, chipotle aioli, brioche bun ... 16

# TACOS <sup>3</sup> corn tortilla tacos served w/ spanish rice, refried beans, salsa verde, pico de gallo

# **STEAK**

bell peppers, tomato, onion, cilantro ... 18

# CHICKEN

bell peppers, tomato, onion, cilantro ... 16

PORK bell peppers, tomato, onion, cilantro ... 16

# CARNITAS

our grandmother's recipe, you'll love it! served with onion, cilantro, salsa verde ... 16

# VEGGIE

fried avocado, bell pepers, grilled jalapeños and pineapple, roasted onion, corn, black beans, cilantro, chipotle aioli ... 17

# THE FRYER

# **BONELESS WINGS** ... 13

# ADITIONAL WINGS ... 16

# CHICKEN TENDERS ... 15

served with choice of tator tots or seasoned fries

#### CHOICE OF SAUCE:

buffalo • bbq • kill bill • general tso's garlic parm • honey sriracha

# **SIDE DISHES**

seasoned fries	4
tator tots	4
sweet potato fries	5
broccoli	5
mac & cheese	5

# DESSERTS

# **COOKIE SKILLET**

served with two scoops of ice cream and chocolate sauce ... 12

# BRUNCH FRI-SUN OPEN-3PM

### **AMELIA'S SKILLET**

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

### BREAKFAST TACOS (3) (chicken +6, steak +10)

black beans, scrambled eggs, shredded cheddar, chipotle aioli, served with quinoa hash ... 15

# **BLAKE'S BURRITO**

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

# WINSTON'S EGG SANDWICH

scrambled eggs, bacon, avocado, cheddar, chipotle aioli, brioche bun, served with quinoa hash ... 14

## **KALE MEETS FARRO**

shredded kale and spinach mix, farro, red onion, sliced almond, goat cheese, golden raisins ... 16

### **HUBBARD ST. SALAD**

spinach and romaine mix, tomato, dried cranberry, avocado, goat cheese, corn, roasted red pepper, green onion, croutons ... 16

### THE CHOPPER

mixed greens and romaine mix, cucumber, tomato, carrot, celery, red onion, corn, macaroni, bacon, feta cheese ... 16

# **SLIDERS**

# **CHEESEBURGER SLIDERS (3)**

american, brioche bun ... 16

# **BBQ CHICKEN SLIDERS (3)**

smoked in house, tossed in bbq ... 16

# **PULLED PORK (3)**

smoked in house, dusted with bbq ... 16

#### **BASIC B**

egg white omelette, roasted red peppers, spinach, goat cheese, toast, served with quinoa hash ... 15

#### **CHALLAH FRENCH TOAST**

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

**SIDES** quinoa hash ... 5

### 🖆 theory favorites

theorychicago.com

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.