

Soups & Salads

- 10 oz Soup Bowl with Fresh Pull-a-Part Roll** 4.79
House-made Soups @ www.SheasExpress.com.
- Soup & Salad Combo** 8.29
Choice of Soup & Side Salad & Choice of Dressing.
Served with Pull-a-Part Yeast Roll.
- Caesar Salad (Choose: Chicken or Salmon)** 9.49/10.49
Chicken or Salmon served over Romaine, House-made Croutons, & Roasted-Garlic Caesar Dressing, Parmesan & Grape Tomatoes. Served with Yeast Roll.
- Southwest Cobb Salad** 9.59
Romaine topped with Grilled Seasoned Chicken Breast, Toasted Pumpkin Seeds, Roasted Corn, Black Beans & Tomatoes. With Avocado-Ranch Dressing & Yeast Roll.
- Vermont Maple Salad** 9.59
Dried Cranberries, Applewood Smoked Bacon, Toasted Walnuts & Vermont White Cheddar. On Baby Greens with Maple Balsamic & Yeast Roll.
- Sesame-Seared Salmon Salad** 10.79
Served on a Crispy Bed of Spring Mix and Napa Cabbage with Cucumbers, Sugar Snap Peas & Cucumber-Wasabi Dressing. Yeast Roll.
- Southern Chef's Salad** 9.79
Mixed Greens with Rotisserie Chicken, Latin Porkloin, White Cheddar, Tomatoes & Red Onion. Topped with a Fried Egg. Choice of Dressing. Yeast Roll.
- Cashew Noodle Salad** 8.49
Linguini Noodles tossed with Cashews, Grape Tomatoes, Cilantro & Green onions in an Asian Sesame Dressing. With Yeast Roll.
- Quad Salad (4 Salads in 1)** 9.29
Chicken, Potato, Pasta & Fresh Fruit Salads with Honey-Lime Yogurt. Over Baby Greens. Yeast Roll.
- Add Grilled Shrimp, Salmon, Chicken to any salad** 3.19
- Extra Salad Dressings** .59

Dressings

- | | |
|---------------------|-----------------|
| Avocado-Ranch | Fat-Free Tomato |
| Rst'd Garlic Caesar | Balsamic |
| Cucumber-Wasabi | Maple Balsamic |
| | Goat Cheese |
| | Sesame Ginger |

Specialties

- Fish Tacos** 9.79
Cornmeal-Crusted Tilapia with Iceberg-Dill Slaw & Pico de Gallo served in Warm Flour Tortillas. Offered with choice of (1) Side.
- Memphis Tacos** 9.29
Chopped BBQ Porkloin & Alabama Cabbage Slaw in Warm Flour Tortillas. Offered with choice of (1) Side.
- Latin-Spice Rubbed Porkloin** 9.49
Sliced with choice of (2) Sides & Roll or Cornbread.
- Rotisserie 1/2 Bird** 9.49/10.09
Chef's Spice Blend or BBQ
Half-Chicken with choice of (2) Sides & Roll or Cornbread.
- Vegetable Plate** 10.09
Choose (4) of our Sides. Served with Cornbread.
- Cajun-Spiced Shrimp & Grits** 12.49
With Side Salad and Cornbread.
- Chicken-Mushroom Pot Pie** 9.79
Rotisserie Chicken & Mushrooms, Cream Sauce, Local Farm Veggies in Flaky French Pastry.
- Quiche - (Real Man's or Mediterranean Vegetable)** 9.69/9.49
Loaded with lots of Fresh Spinach, Fresh & Sun-dried Tomatoes, Artichoke & Swiss.
OR Applewood Smoked Bacon, Chunks of Ham & Premium Sausage & Swiss.

Side Items

- | | |
|-----------------------------|-----------------------------|
| Alabama Cabbage Slaw | Fresh Collards |
| Local Farm Veggie | Miss Vickie's Chips |
| Cup of Soup | Pasta Salad |
| Potato Salad | Cheese Grits |
| Fresh Fruit Cup | The Mac & Cheese |
| Mesclun Green Salad | Roasted Baby Bakers |

Hot Sandwiches

- Caprese Panini on Pressed Sour Dough** 8.69
Fresh Red & Yellow Tomatoes, Buffalo Mozzarella Cheese, Fresh Basil Leaves & Pesto.
- Rotisserie Chicken Panini on Pressed Baguette** 8.79
Rotisserie Chicken, Oven-Roasted Mushrooms, Sundried Tomatoes, Fontina & Basil Aioli.
- Latin-Spiced Pork Panini on Pressed Baguette** 8.79
Roast Porkloin & Deli Ham with Garlic Kosher Pickle, Swiss, & Dijonnaise.
- Beef Panini on Pressed French Baguette** 8.79
With Balsamic Bacon-Onion Marmalade & Bleu Cheese Crumbles.
- Chicago Beef on Rosemary Garlic Baguette, Au Jus** 8.79
Sliced Roast Beef with Melted Provolone & Chicago Hot Pepper Vegetable Relish.
- Tuna Melt on Toasted House-Made English Muffin** 8.49
Chef-Made Tuna Salad, Melted Cheddar Cheese.
- Applewood Smoked BLT on Whole Wheat Berry** 8.79
Gourmet BLT with Roasted Garlic Aioli, Shaved Iceberg and Red & Yellow Tomato.
- Grilled Rueben(Choice: Turkey or Cornbeef) on Rye** 9.49
Swiss, Caraway-Sauerkraut, Chef's Russian Dressing on House-Made Rye.
- Grilled Seasoned Shrimp Po-boy on Baguette** 9.49
With Shaved Iceberg, Fresh Tomato & Homemade Cocktail-Mayo.
- Blackened Tilapia on Toasted Multi Grain Bread** 9.79
Roasted Red Pepper Aioli, Shaved Lettuce & Tomato.
- Grilled Maple Chicken & Applewood Bacon** 9.99
Baby Lettuce Leaves, Tomato & Maple Balsamic Vinaigrette on Toasted French Baguette.
- Toasted Turkey Club Croissant** 10.19
Melted Provolone, with Applewood Smoked Bacon Roasted Red Pepper Aioli, Shaved Lettuce & Tomato.
- Smoked Turkey & Granny Smith Apples** 10.49
Warm with Melted Munster & Tarragon Mayo on Orange-Cranberry Bread.

Cold Sandwiches

- Grilled Veggie on Whole Wheat-Berry Bread** 8.29
Zucchini, Squash, Spinach, Mushroom, Roasted Pepper, Red & Yellow Tomato & Basil Aioli.
- Chilled Tuna Salad on Whole Wheat-Berry** 8.49
With Shredded Iceberg and Fresh Tomato.
- Southwest Chicken Salad on Croissant** 8.59
Spiced Just Right, with Shaved Iceberg & Fresh Tomato.
- Roast Turkey on Multi Grain Bread** 8.59
Smoked Turkey, Munster Cheese, Iceberg, Red Onion, Tomatoes, Sundried Tomato Aioli.
- Muffalatta on Fresh Sesame Roll** 8.79
Sliced Deli Ham & Salami, Swiss & Provolone Cheeses topped with House-made Olive Relish.
- Italian Hoagie on Rosemary Garlic Baquette** 9.49
Ham, Salami, Pepperoni & Provolone, Lettuce, Tomato, Onion, Olive & Pepper Relish in Balsamic.

Desserts

- Praline Apple Pie** 4.49 \$20 whole (8-12 servings)
- Cheesecake Du Jour** 6.49 \$45 whole (12 servings)
- Cookies & Brownies** 2.00 each or \$23 dozen
- | | | |
|-----------------------|------------------------|----------------|
| Chocolate Walnut | Black & White | Oatmeal Raisin |
| Sugar | White Choc Pecan | Ambrosia |
| White Chocolate Pecan | Double Chocolate Chunk | |

Beverages

- Fresh Brewed Ice Tea, 32 oz** 2.49
Unsweet or Sweet, Mint Julep
- Gallon, Unsweet, Sweet / Gallon, Mint Julep** 5.59/8.59
- Fountain Drinks, 32 oz** 2.49
Coco Cola, Regular & Diet, Sprite, Dr. Pepper
- Bottled Water, 700 ml** 2.29
- Sprecher Gourmet Sodas, 16oz** 2.99

Breakfast

Breakfast Rolls (Sausage-Mushroom, Ham Cheddar)	2.69
Fresh Fruit & Yogurt Parfait	6.29
Mediterranean Vegetable Quiche	5.69
The Real Man's Quiche	6.19
English Muffin Breakfast Sandwich <i>Toasted, Fried Egg, Canadian Bacon, Cheddar</i>	6.29
Croissant Breakfast Sandwich <i>Scrambled Eggs, Bacon, White Cheddar</i>	6.99
Cranberry-Orange French Toast	7.39
Fresh Blueberry Pancakes	8.39
Huevos Rancheros	8.59
Chef's Choice Breakfast <i>2 Eggs, Baby Bakers, Bacon or Grilled Sausage, Fruit, Toast</i>	9.39
Custom Omelets With Fresh Fruit & Croissant	9.79
Cajun-Spiced Shrimp & Cheesy Grits	12.49
Eggs Benedict With Baby Bakers & Fresh Fruit	11.39
California Benedict With Baby Bakers & Fresh Fruit	11.39
Eggs Sardou With Baby Bakers & Fresh Fruit	11.39
Eggs Florentine With Baby Bakers & Fresh Fruit	10.39
Green Mtn Roaster's Coffee Box <i>Serves (10) with Cups, Sleeves, Cream, Sweeteners</i>	19.59
Fresh Squeezed Orange Juice, 16 oz	4.59
Milk, Whole or Skim	3.59

Fresh Pastries

Muffins , Variety varies daily.	2.69
All-Butter Croissants: French, Chocolate, Almond	2.79/3.29
Sweet Rolls: Cinnamon, Caramel Pecan, Chocolate	4.09

For Your Group

- ◆ Fresh Baked Pastries
- ◆ Morning, Noon & Night Packages
- ◆ Desserts & Cookies
- ◆ Specialty Bread & Cheese Trays
- ◆ Fresh Fruit, Crudites & Cheese Trays



- ◆ Build-Your-Own Sandwich Trays
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