



We are a fresh, local restaurant focusing on creating a fast-casual dining atmosphere that's healthy.

Family-friendly comfort food with a twist!

We source our meats from local family owned farms and butchers.

We use Non-GMO oils and prepare our food fresh daily.  
Gluten free options available.

✓ = Vegetarian  
GF = Gluten Free

## S&F BITES

### CHIPS AND GUACAMOLE- ✓

Fresh guacamole and house-made tortilla chips

\$10.95

### STACKED CHEESE CURDS- ✓

Crispy fried Wisconsin cheese curds with marinara sauce

\$9.95

### S&F QUESADILLA

Blackened chicken, roasted corn, black beans, jalapeño melted cheese, crispy flour tortilla served with guacamole

\$12.95

(extra chicken +4, steak +5, shrimp +7)

### STACKED LOADED TOTS

Crispy tater tots, bacon, scallions, fresh crema, cheese sauce

\$9.95

(chicken +4, steak +5, shrimp +7)

### CRISPY BRUSSEL SPROUTS- ✓

Crispy brussel sprouts, parmesan cheese, tossed in Caesar dressing

\$9.95

(add bacon +2)

## ADD ONS

CHEESE SAUCE	\$2.00
BACON	\$3.00
AVOCADO	\$2.00
PANKO AVOCADO	\$3.00
CHICKEN	\$4.00
PULLED PORK	\$4.00
STEAK	\$5.00
SHORT RIB	\$6.00
SHRIMP	\$7.00
SALMON	\$8.00

## SIDES

RICE	\$3.00
BEANS	\$3.00
FRIES	\$5.00
SWEET POTATO FRIES	\$5.00
HAND CUT CHIPS	\$5.00
TATER TOTS	\$5.00
(Non GMO Sunflower Oil)	
FRESH FRUIT	\$5.00
SIDE SALAD	\$5.00
MAC N' CHEESE	\$6.00

## BEVERAGES

CAN SODAS	\$2.50
COFFEE	\$3.50
ICED TEA	\$3.50
IZZE	\$1.95
JARRITOS	\$3.00
MEXICAN COKE	\$3.00
IBC ROOTBEER	\$3.00
APPLE JUICE	\$2.50

BEER, WINE AND SPECIALTY COCKTAILS AVAILABLE

## KIDS \$9

INCLUDES CHOICE OF SIDE:  
fresh fruit, fries, sweet potato fries,  
house made chips or tater tots

GRILLED CHEESE  
CHICKEN STRIPS  
CHEESE QUESADILLA  
TURKEY BURGER WITH CHEESE  
GRASS FED CHEESEBURGER  
MACARONI AND CHEESE

## STACKED



INCLUDES CHOICE OF SIDE:

fries, sweet potato fries, house made chips, tater tots, fruit or salad

### BULGOGI CHEESE STEAK

Tender marinated ribeye, caramelized onions, red and green peppers, topped with melted provolone, garlic aioli served on a baguette

\$14.95

### STACKED SHORT RIB BANH MI \*spicy

Sweet and tangy boneless short rib, topped with a daikon cilantro slaw served with spicy serrano pepper aioli served on a baguette

\$14.95

### CHICKEN CAPRESE

Marinated chicken breast, fresh mozzarella, pesto, tomatoes, walnut & basil aioli served on a baguette

\$14.95

### PARMESAN CHICKEN

Panko crusted chicken breast, fresh mozzarella, with basil aioli and San Marzano tomato sauce served on a baguette

\$15.95

### THE CUBAN

Tender braised pork, tavern ham, pickles, swiss cheese, creole mustard served on a baguette

\$13.95

### TURKEY AND BRIE

Hand carved oven roasted turkey breast, granny smith apple, brie cheese, cranberry aioli on country walnut raisin bread

\$14.95

## FOLDED



### PANKO CRUSTED AVOCADO- ✓

Panko crusted avocado served with fresh pico de gallo, S&F slaw, queso fresco topped with sriracha aioli in a corn tortilla

\$4.65

### GARLIC SHRIMP- GF

Marinated shrimp served with fresh pico de gallo, avocado, S&F slaw, queso fresco and topped with salsa verde served in a corn tortilla

\$6.65

### AL PASTOR- GF

Tender guajillo chili marinated pork, fresh pineapple pico, S&F slaw, queso fresco topped with cilantro lime crema in a corn tortilla

\$4.65

### CARNE ASADA- GF

Tender marinated ribeye, chopped romaine, pico de gallo, queso fresco, topped with salsa verde on a corn tortilla

\$5.65

### CHICKEN ADOBO

Braised chicken, S&F slaw, pico de gallo, adobo sauce, cilantro crema

\$4.65

18% gratuity is included for parties of 8 or more

\*prices are subject to change

# FORKED



## STACKED CAJUN SALMON- GF

Cajun salmon served with S&F slaw, avocado, pico de gallo topped with queso fresco, topped with chipotle crema on a bed of mixed greens (Sub Shrimp>>>>)

\$16.95

## FOLDED FALAFEL GF- V

Crispy falafel, feta cheese, pickled red onions, pico de gallo, S&F slaw, topped with tzatziki sauce and spicy chili sauce, served on a bed of mixed greens

\$14.95

## PANKO CRUSTED AVOCADO- V

Panko crusted avocado slices served with fresh pico de gallo, S&F slaw, queso fresco, topped with sriracha aioli on a bed of mixed greens

\$14.95

## STACKED CHICKEN- GF

Blackened chicken with roasted corn, bacon, black beans, cherry tomatoes, red onion, avocado, served on a bed of mixed greens lettuce. Topped with queso fresco and tortilla strips. Served with ranch dressing on the side

\$15.95

### ADD PROTEIN

CHICKEN	\$4.00	SHORT RIB	\$6.00
STEAK	\$6.00	SALMON	\$8.00
PORK	\$4.00	SHRIMP	\$7.00

# VEGETARIAN



## FALAFEL WRAP- V

Crispy falafel, feta cheese, pickled red onions, pico de gallo, S&F slaw, topped with tzatziki and spicy chili sauce served in a flour tortilla

\$10.95

## SIMPLE GRILLED CHEESE AND TOMATO- V

Havarti and cheddar cheese on sourdough bread with choice of a side

\$9.95

## BRUSSEL SPROUT TACO PLATTER GF- V

3 crispy brussel sprout tacos, pickled red onion, pico de gallo, S&F slaw, garlic aioli, served on corn tortillas

\$12.95

## HUMMUS PANINI- V

House made hummus, red pepper, pickled red onion, cucumber, pepperjack cheese, mixed greens served on multigrain bread

\$10.95

# BURGERS



INCLUDES CHOICE OF SIDE:

fries, sweet potato fries, house made chips, tater tots, fruit or salad

## STACKED SOCIAL BURGER

Slagel Family Farms beef patty, avocado, caramelized onion, cheddar cheese, and chipotle aioli, served on a brioche bun

SINGLE \$11.95 DOUBLE \$14.95

## TURKEY BURGER

Fresh ground turkey breast, blended with peppers and onions topped with avocado, caramelized onions, cheddar cheese, chipotle aioli, served on a brioche bun

SINGLE \$10.95 DOUBLE \$13.95

## BACON & BRIE BURGER

Half pound slagel beef patty, bacon, brie, caramelized onions, garlic aioli, served on a brioche bun

\$16.95

## BLACK BEAN OR BEYOND BURGER - V

Black bean and corn patty topped with avocado, caramelized onions, cheddar cheese, chipotle aioli, served on a brioche bun

\$13.95

### ADD ONS

LETTUCE | ONION | JALAPEÑO | TOMATO

BACON	\$3.00	PANKO AVOCADO	\$3.00
AVOCADO	\$2.00	GLUTEN FREE BUN	\$2.00
ONION RING	\$1.50	BRIE CHEESE	\$1.50
CHEESE SAUCE	\$2.00	GARLIC SAUCE	\$0.50
RANCH DRESSING	\$0.50	BBQ SAUCE	\$0.50

# DESSERTS



## PASSION FRUIT PIE- V

Rich, bold tropical custard bursting with sweet and tart flavors baked in a graham cracker crust

\$7.50

## KEY LIME PIE- V

Smooth, mellow key lime custard baked in a graham cracker crust

\$7.50

## FOUR CHOCOLATE BREAD PUDDING- V

Rich and decadent creamy chocolate bread pudding

\*Ask your server about adding ice cream on your bread pudding

\$7.50

## CARROT CAKE- V

Buttery and dense carrot cake with a remarkably flavorful cream cheese frosting

\$7.50

GF indicates gluten free items, V indicates vegetarian items. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness. Please alert server of dietary restrictions, food allergies or intolerances.

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