

# Benjamin's



Gluten Friendly options. While we make every effort to ensure our gluten friendly items do not come into contact with other ingredients, we cannot guarantee cross-contamination of gluten does not occur. Please let your server know of any allergies BEFORE ordering!

## Starters

- Roasted Red Pepper Tomato Bisque**  
Cup 4 Bowl 5
- Lynn's Bruschetta**.....9  
Tomatoes, Olives, Feta, Basil, Garlic, Toasted Baguette
- Fried Brie**.....9  
Tempura Battered Brie, Raspberry Melba
- Ben's Bangin' Shrimp**.....11  
Tempura Fried Shrimp, Thai Chili Glaze, Asian Slaw
- Hot Crab and Artichoke Dip**.....12  
Crab, Artichokes, Spicy Cream, Tortilla Chips
- Truffle Fries**.....9  
Shoestring Fries, Truffle Oil, Romano
- A LA CAPRESE**.....9  
Tomatoes, Buffalo Mozzarella, Tomato Oil, Basil Pesto

## Philadelphia Street Mexicano

- Peg's Quesadilla**.....10  
Mushrooms, Scallions, Red Peppers, Artichokes, Tomato, Cheddar Cheese
- "Our Famous Fish Tacos"**.....10  
Cilantro Lime Slaw, Flour Tortillas, Blackened or Beer Battered Tilapia, Chipotle Ranch  
 **Gluten Free corn tortilla upon request**
- Blackened Shrimp Tacos**.....12  
Blackened Shrimp, Lettuce, Tomato, Cheddar, Chipotle Ranch, Guacamole, Flour Tortilla  
 **Gluten Free corn tortilla upon request**
- Chicken Quesadilla**.....10  
Grilled Chicken, Black Beans, Tomato, Scallions, Cheddar Cheese
- Blackened Chicken Tacos**.....10  
Blackened Chicken, Lettuce, Tomato, Mozzarella Cheese, Chipotle Ranch  
 **Gluten Free corn tortilla upon request**

## Salads

- Ben's Classic**.....8  
Cucumbers, Tomato, Carrots, Red Onion  
Add Chicken or Blackened Chicken.....4  
Add Shrimp.....6  
Add Blackened Tilapia.....5
- Power Protein Salmon Salad**.....18  
Grilled Salmon, Farro Grains, Pickled Onions, Lemon Aioli, Sweet Potato, Tomatoes, Citrus Vinaigrette  
**Without Salmon** .....11
- Greek**.....12  
Olives, Feta, Tomato, Cucumbers, Red Onion, Tarragon Chicken
- Santa Fe'**.....12  
Tomato, Cucumber, Black Beans, Tortilla Chips, Cheddar, Grilled Chicken
- Pittsburgh:**  
**Blackened Chicken**.....13  
**Marinated Steak**.....15  
Tortilla Bowl, Cucumber, Tomato, Red Onion, Fries, Mozzarella  
 **Served WITHOUT Tortilla Bowl and Fries**

## Mac N' Cheese

*Penne pasta in our creamy 3 cheese mac n' cheese sauce*

- Buffalo Chicken**.....10  
**Chicken Gouda Broccoli**.....10  
**BBQ Pulled Pork**.....10

**All wraps can be made Gluten-Friendly!**  
**served over a bed of Lettuce**

\* The majority of our vegetables are locally grown from Yarnick's Farm Market.

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## Hand Helds

Served with our daily sides, Chips, or Coleslaw

Soup . . . . .	4
Add Shoestring Fries . . . . .	3
Add Beer Battered Fries . . . . .	3
<b>Albacore Tuna Melt</b> . . . . .	9
Albacore Tuna Salad, Provolone, Pepper Rings, Honey Mustard, Tomato, Toasted Italian or Rye	
<b>Chicken Salad Croissant</b> . . . . .	9
Chicken Salad, Grapes, Havarti Cheese, Pecans, Toasted Croissant	
<b>Rueben</b> . . . . .	10
Corned Beef, Swiss, Sauerkraut, Toasted Rye, 1000 Island	
<b>Chicken Parmesan</b> . . . . .	10
Breaded Chicken, Mozzarella, Marinara, Toasted Kaiser Roll	
<b>Rachel</b> . . . . .	10
Turkey, Swiss, Cole Slaw, Toasted Rye, 1000 Island	
<b>The Italiano</b> . . . . .	11
Turkey, Ham, Salami, Pepperoni, Provolone, Lettuce, Tomato, Pepper Rings, Italian Dressing	
<b>Southwest Turkey Croissant</b> . . . . .	11
Turkey, Provolone, Lettuce, Tomato, Chipotle Ranch	
<b>1/2 Sandwich and Soup</b> . . . . .	9
Toasted Italian or Rye	
<b>Turkey</b> - Turkey, Provolone, Lettuce, Tomato, Garlic Aioli	
<b>Ham</b> - Ham, Swiss, Lettuce, Tomato, Garlic Aioli	
<b>Tuna</b> - Tuna Salad, Lettuce, Tomato, Honey Mustard	

## Grilled Flatbreads

<b>Margarita</b> . . . . .	10
Garlic, Basil, Tomato, Mozzarella, Balsamic Glaze	
<b>Portobella</b> . . . . .	10
Portobella, Spinach, Tomato, Feta, Onion, Green Peppers, Mozzarella	
<b>BBQ Chicken</b> . . . . .	11
Grilled Chicken, BBQ Sauce, Red Onion, Gouda, Mozzarella	
<b>Tre Carne</b> . . . . .	13
Grilled Chicken, Italian Sausage, Ham, Mozzarella, Marinara	

Make your Flatbread a 12" pizzas for \$1.00 more

## Burgers

6 oz. beef, Kaiser roll, served with Shoe String French Fries.  
(all burgers served with lettuce, tomato and pickle on the side.)

<b>*Portobella Swiss Burger</b> . . . . .	11
<b>*Classic</b> . . . . .	9
Add American, Swiss, Cheddar, or Provolone for .75	
<b>*Bacon Cheddar</b> . . . . .	11
<b>*Black N Bleu Burger</b> . . . . .	12

Blackening Seasoning, Bleu Cheese Crumbles



Served without bun with coleslaw

We are not responsible for well done items

\*"Consuming raw or undercooked meats, poultry, seafood, Shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions."

## Wraps

Wheat, Jalapeno Cheddar, Seasonal wrap.

Served with our daily sides, Chips, or Coleslaw

Soup . . . . .	4
Add Shoestring Fries . . . . .	3
Add Beer Battered Fries . . . . .	3
<b>Turkey Bacon</b> . . . . .	9
Turkey, Bacon, Lettuce, Tomato, Garlic Aioli, Provolone	
<b>Chicken Feta Wrap</b> . . . . .	9
Grilled Chicken, Lettuce, Tomato, Red peppers, Feta, Feta Vinaigrette	
<b>Blackened Chicken</b> . . . . .	9
Blackened Grilled Chicken, Lettuce, Tomato, Chipotle Ranch, Mozzarella	
<b>Fiesta Chicken</b> . . . . .	11
Grilled Blackened Chicken, Lettuce, Tomato, Chipotle Ranch, Cheddar Cheese, Guacamole	
<b>Chicken Caesar</b> . . . . .	9
Grilled Chicken, Mozzarella, Caesar, Lettuce, Tomato	
<b>BBQ Pulled Pork</b> . . . . .	9
Pulled Pork, Gouda, BBQ Sauce, Cole Slaw	