

INSIDE OUT

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JUMBO CHICKEN WINGS 10.95

Eight golden-fried chicken wings served with coleslaw, carrot and celery sticks, garlic or regular fries, blue cheese or ranch dipping sauce and tossed with your choice of:

BUFFALO SPICY: *Classic heat*

HONEY BBQ: *Sweet BBQ sauce*

SWEET & SPICY: *Smoky and sweet with chili pepper seasoning*

JAMAICAN JERK: *Red*

peppers and island spices

HONEY GARLIC SAUCE: *Honey with a hint of garlic*

CHICKEN
WINGS

SALADS

½ SIZE SALADS
AVAILABLE FOR 6.50

CHICKEN CAESAR SALAD 9.95

Grilled chicken breast, romaine lettuce, Parmesan cheese and croûton tossed in classic Caesar dressing

GRILLED CHICKEN SALAD 9.95

Grilled chicken breast with tomato, cucumber, carrot, red onion, black olive and hard-boiled egg over romaine lettuce

CRISPY CHICKEN SALAD 9.95

Golden-fried chicken tenderloin, honey-cured bacon, cheddar-jack, tomato, black olive and green onion over romaine lettuce

HAND-DIPPED BEER-BATTERED FISH & CHIPS 10.50

Three beer-battered golden fried Alaskan cod fillets served with coleslaw and tartar. **ADD A FILET 2.00**

SHRIMP BASKET 10.50

Twelve golden-fried shrimp served with coleslaw and cocktail sauce

CHICKEN STRIPS BASKET 10.25

Three golden-fried chicken tenderloins served with coleslaw and ranch dipping sauce

BASKETS

SERVED WITH GARLIC FRIES,
REGULAR FRIES OR SIDE SALAD.
SUBSTITUTE ONION
RINGS 2.00

WRAPS

½ SIZE WRAPS
AVAILABLE FOR 6.50

SERVED WITH GARLIC FRIES,
REGULAR FRIES OR SIDE SALAD.
SUBSTITUTE ONION
RINGS 2.00

CHICKEN CAESAR WRAP 9.25

Grilled chicken breast, romaine lettuce and Parmesan tossed with classic Caesar dressing and wrapped in a garlic herb tortilla

CHICKEN BACON RANCH WRAP 9.95

Golden-fried chicken tenderloin, honey-cured bacon, Monterey Jack, cheddar, lettuce and tomato with ranch dressing wrapped in a spinach tortilla

SMOKED TURKEY, HAM & BACON CLUB WRAP 9.25

Smoked turkey, ham, honey-cured bacon, cream cheese, Monterey Jack, cheddar, tomato and lettuce wrapped in a spinach tortilla.

CHIPOTLE CHICKEN WRAP 9.25

Grilled chicken breast, guacamole, Monterey jack, cheddar, black bean, diced tomato and romaine lettuce tossed with ancho cilantro ranch dressing wrapped in a chipotle tortilla



COWBOY BURGER 10.50

1/3 lb. burger topped with honey-cured bacon, BBQ sauce, cheddar, frizzled onion, lettuce, tomato and pickle.

INSIDE OUT CHEDDAR BURGER 9.25

1/3 lb. burger topped with cheddar, red onion, lettuce, tomato and pickle

GUACAMOLE BURGER 10.95

1/3 lb. burger topped with guacamole, honey-cured bacon, Monterey jack, cheddar, red onion, tomato, lettuce and pickle

BACON CHEDDAR BURGER 10.95

1/3 lb. burger topped with honey-cured bacon, cheddar, red onion, lettuce, tomato and pickle

BUFFALO CHICKEN BURGER 9.25

Golden-fried chicken tenderloins tossed in spicy buffalo sauce topped with Monterey jack, cheddar, lettuce, tomato, red onion, pickle and chipotle mayo

CAJUN BURGER 9.95

1/3 lb. burger topped with sliced Andouille sausage, cheddar, Cajun seasoning, red onion, lettuce, tomato and chipotle mayo

JACK DANIELS BURGER 9.95

1/3 lb. burger topped with Jack Daniels BBQ sauce, cheddar, frizzled onion, lettuce, tomato and pickle

MAC 'N CHEESE 4.50

GRILLED CHEESE 3.95

CHICKEN TENDERLOINS 4.50 CHEESEBURGER 3.95



ROAST BEEF & CHEDDAR SANDWICH 9.25

Roast beef with melted cheddar on a ciabatta roll served with au jus

REUBEN SANDWICH 9.75

Corned beef, Swiss, sauerkraut and Thousand Island dressing on grilled rye bread

ZESTY CALIFORNIA CHICKEN SANDWICH 10.25

Grilled chicken breast, guacamole, honey-cured bacon, Monterey Jack, cheddar, red onion, lettuce, tomato and pickle on brioche sesame seed bun

BANGOR CLUB SANDWICH 9.95

Turkey, honey-cured bacon, ham, cheddar, lettuce, tomato and mayo on toasted white bread

GRILLED CHEESE SANDWICH 6.50

Cheddar on grilled panini bread

TURKEY CRANBERRY 8.95

Turkey breast, cranberry sauce, lettuce, tomato and cream cheese on toasted whole wheat bread

B.L.T. 8.25

Honey-cured bacon, lettuce and tomato on toasted panini bread



GLUTEN-FREE BUNS AND DRESSING OPTIONS AVAILABLE!