

Starters:

Roasted Red Pepper Tomato Bisque or Soup of the Day

Cup | 5 Bowl | 7

Stuffed Banana Peppers | 15

Banana peppers halved, stuffed with a blend of spicy and mild sausage, topped with marinara, mozzarella, and asiago cheese. Served with a side of warm marinara.

Shrimp Cocktail Dip | 13

A blend of shrimp, tomatoes, avocado, celery, cucumbers and onions mixed in a semi-spicy house cocktail sauce. Served with tortilla chips.

Spinach Artichoke Dip | 14

Spinach and artichokes simmered in a creamy cheese sauce, topped with melted cheddar jack. Served with grilled pita and tortilla chips.

Truffle Fries | 12

Shoestring fries topped with romano cheese and truffle oil.

Pierogies | 11

Six potato and cheddar pierogies, sautéed with butter and onions, garnished with sour cream and green onions.

add bacon | 2

Ben's Bangin Shrimp | 13

Tempura fried shrimp with a Thai chili glaze over Asian slaw.

Tacos:

Two flour tortilla tacos served with a side of chipotle ranch (GF upon request).

Blackened Shrimp - lettuce, tomato, cheddar jack | 13

Blackened Chicken - lettuce, tomato, mozzarella | 13

Blackened Fish - tomato lime slaw | 13

Beer Battered Fish - tomato lime slaw | 13

Pork Carnitas - lettuce, tomato, cheddar jack | 13

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

***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.*

Salads:

Gluten free upon request

Ben's Classic | 9

Mixed greens, cucumbers, tomatoes, carrots, and red onion.

Super Food Salad | 12

Spinach, quinoa, tomatoes, garbanzo beans, toasted almonds, and feta cheese.

Suggested dressing - lemon vinaigrette.

Power Protein | 12

Mixed greens, farro grains, pickled onions, lemon aioli, sweet potato, tomatoes, and avocado.

Suggested dressing - citrus vinaigrette.

Greek | 10

Mixed greens, olives, feta, tomato, cucumbers, red onion. Suggested dressing - feta vinaigrette.

Pittsburgh:

Blackened Chicken | 14

Steak** | 22

Mixed greens, cucumber, tomatoes, and red onion served in a tortilla bowl and topped with shoestring fries and mozzarella.

BBQ Chicken Salad | 14

Mixed greens, tomatoes, onions, black beans, gouda, chicken, and bbq sauce.

Add Protein To Any Salad

add grilled chicken or blackened chicken | 4

add shrimp | 7

add blackened tilapia | 7

add flat iron steak** | 13

add 8 oz grilled salmon** | 12

Dressing choices: creamy Italian, creamy blue cheese, French, citrus vinaigrette, balsamic vinaigrette, feta vinaigrette, ranch, oil & vinegar

Please do your best to keep bills to one per table. Thank you.

Pizza's and Flatbreads:

Make it a 12" pizza for \$2.00 more

Make it a 10" gluten free seasoned cauliflower crust pizza for \$2.00 more

Portabella | 13

Garlic and oil brushed crust topped with portabella's, green peppers, onions, diced tomatoes, spinach, feta, and mozzarella.

Traditional | 12

Traditional marinara topped with mozzarella.

BBQ Chicken | 13

Grilled chicken, BBQ sauce, red onion, gouda, and mozzarella cheese.

Buffalo Chicken | 13

Grilled chicken, buffalo sauce, red onion, mozzarella, and cheddar jack cheese. Served with ranch.

Margherita | 11

Garlic and oil brushed crust topped with fresh basil, tomatoes, and mozzarella.

Additional Toppings \$2 each
pepperoni, mushrooms, hot peppers, onions, roasted red peppers, bacon, Sausage

Burgers**

6 Oz. beef on a kaiser roll with lettuce, tomato, and pickle on the side. Served with shoestring or beer battered fries (gf upon request).

Classic | 14

Bacon Cheddar | 16

Mushroom Swiss | 16

Black & Bleu | 16

Beyond Burger® | 16

Plant-Based Vegan Burger

Mac N' Cheese:

Penne pasta in our creamy three cheese sauce.

Buffalo Chicken | 12

Chicken Gouda Broccoli | 12

Pulled Pork & Gouda | 12

Hand Helds:

Served with chips, coleslaw, or daily side add a cup of soup | 3

1/2 Sandwich & Soup | 12

Toasted Italian or rye (no sides)

Turkey: provolone, lettuce, tomato, garlic aioli

Chicken salad: dried cranberries, apples

Tuna: tuna salad, lettuce, tomato, honey mustard

Tuna Melt | 13

Tuna salad, melted provolone, honey mustard, toasted Italian or rye.

BBQ Pulled Pork Panini | 13

Pulled pork, sautéed onions, cheddar jack cheese, and bbq sauce on toasted Italian bread.

Grilled Chicken Pesto Panini | 13

Grilled chicken, tomato basil pesto, asiago cheese on toasted Italian bread.

Fall Chicken Salad Croissant | 12

Chicken salad, apples, dried cranberries, topped over lettuce and swiss cheese.

Rachel | 13

Turkey, swiss, coleslaw, and 1000 island on toasted rye.

Chicken Parmesan | 13

Breaded chicken, marinara, and mozzarella on a toasted Kaiser roll.

Three Grilled Cheese & Tomato Soup | 12

American, swiss, and provolone on Italian bread with a cup of our tomato bisque (no sides).

Whale of a Fish Sandwich | 15

Oversized fried piece of cod on a Kaiser with coleslaw and shoestring fries.

Wraps and Quesadilla:

Vegetable Wrap | 12

Sautéed mushrooms, onions, roasted red peppers with lettuce, mozzarella and balsamic glaze.*

Blackened Chicken Wrap | 12

Blackened or grilled chicken, lettuce, tomatoes, chipotle ranch, and mozzarella.*

Turkey Bacon Wrap | 12

Turkey, bacon, lettuce, tomato, garlic aioli, and provolone.*

Chicken Quesadilla | 13

Grilled chicken, black beans, tomato, scallions, and cheddar cheese (no sides).*

*Wrap choices: wheat, jalapeno cheddar or seasonal

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Chicken Gouda Broccoli | 12

Pulled Pork & Gouda | 12

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Due to limited capacity in an effort to accommodate more of our guests, we must implement

time limits for the following 1-4 guests 90mins. 5-8 guests 120mins.

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add shrimp | 7
add blackened tilapia | 7
add flat iron steak** | 13
add 8 oz grilled salmon** | 12

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Two flour tortilla tacos served with a side of chipotle ranch (GF upon request)

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Pastas:

Add a house salad for \$3.00

Sage Brown Butter Ravioli | 18

Butternut squash ravioli tossed in a brown butter sage sauce, sautéed with spinach and pecans.

Spicy Sausage Sicilian Linguine | 19

Sautéed sausage, roasted red peppers, onions, and mushrooms in a spicy marinara, topped over linguine.

Cheese Tortellini | 18

Mushrooms, red peppers, garlic, and basil simmered in a red pepper tomato alfredo sauce.

Bangin' Shrimp Pasta | 19

Sautéed shrimp and red peppers over linguine in a creamy bangin alfredo sauce.

Build Your Own | 14

Pasta:

Penne, Linguine, | 0

Cheese Tortellini | 3

Sauce:

Marinara, Alfredo,

Amelia, Arrabiata | 0

Tomato Basil Pesto,

Spicy Alfredo | 2

Protein:

Chicken | 4

Sausage | 5

Shrimp | 6

Pizza's and Flatbreads:

Make it a 12" pizza for \$2.00 more

Make it a 10" gluten free seasoned cauliflower crust pizza for \$2.00 more

Portabella | 13

Garlic and oil brushed crust topped with tomatoes, green peppers, onions, spinach, portabella's, feta, and mozzarella.

Traditional | 12

Traditional marinara topped with mozzarella.

BBQ Chicken | 13

Grilled chicken, BBQ sauce, red onion, gouda, and mozzarella cheese.

Buffalo Chicken | 13

Grilled chicken, buffalo sauce, red onion, cheddar jack cheese, and mozzarella. Served with ranch.

Margherita | 11

Garlic and oil brushed crust topped with fresh basil, tomatoes, and mozzarella.

Additional Toppings \$2 each
pepperoni, mushrooms, hot peppers, onions, roasted red peppers, bacon, sausage

Seafood**

Served with house salad as well as penne marinara or potato & vegetable

Honey Ginger Glazed Mahi | 27

8 oz grilled and baked mahi glazed with a sweet and savory honey ginger sauce.

Tuscan Mahi | 28

6 oz seared mahi topped with a creamy sundried tomato and spinach sauce.

Cedar Plank Salmon | 26

8 oz salmon with a sweet and spicy cajun rub, tomato plum salsa, topped with lemon pesto (gf upon request).

Maple Whiskey Salmon | 28

8 oz salmon in a sweet and spicy rub, served with pecans and asparagus drizzled in a whiskey maple glaze (gf upon request).

Herb Crusted Cod | 25

A seasoned breadcrumb rub topped with a light white wine cream sauce.

Fish Platter | 18

Whale of cod served with fries or potato & vegetable.

Seafood of the Day | Market Price

Chicken and Beef**

Served with house salad as well as penne marinara or potato & vegetable

Chicken Lafayette | 19 | 23

Chicken sautéed with tomatoes, artichoke hearts, mushrooms, and asparagus in a light herbal white wine sauce.

Josh's Spicy | 21 | 25

Chicken, crab, and red peppers, over penne in a spicy alfredo sauce (gf upon request).

Chicken Parmesan | 19 | 23

Chicken seasoned in bread crumbs, topped with marinara, and mozzarella.

Chicken Romano | 19 | 23

Chicken with seasoned bread crumbs, topped with a romano cream sauce.

Chicken Marsala | 19 | 23

Chicken with mushrooms, shallots, and basil simmered in a Marsala demi sauce.

8 oz. Flat Iron | 33

Add mushrooms and onions \$2 (gf upon request)