

# Benjamins Lunch

## Starters

### Roasted Red Pepper Tomato Bisque or Soup of the Day

Cup | 5      Bowl | 7

### Stuffed Banana Peppers | 16

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

### Spinach Artichoke Dip | 15

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

### Ben's Bangin Shrimp | 14

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

### Truffle Fries | 13

Shoestring fries topped with romano cheese and truffle oil.

### Brussel Sprouts | 12

Pan roasted brussel sprouts tossed in a srirachi Sherry Vinaigrette and topped with asiago cheese.  
add bacon | 2

### Pierogies | 12

Onions, sour cream, and scallions over six, three cheese pierogies.  
add bacon | 2

## Salads

### Pittsburgh Blackened Chicken | 16

### Pittsburgh Steak\*\* | 23

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

### BBQ Chicken Salad | 15

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

### Greek | 15

Mixed greens, olives, feta, tomato, cucumbers, red onions, and taragon grilled chicken.

Suggested dressing - feta vinaigrette.

### Roasted Sweet Potato Salad | 12

Kale, sweet potatoes, dried cranberries, goat cheese, and roasted pecan tossed in maple vinaigrette

### Power Protein | 12

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

Suggested dressing - citrus vinaigrette.

### Ben's Classic | 9

Mixed greens, cucumbers, tomatoes, carrots, & onions.

### Add Protein To Any Salad

add grilled chicken or blackened chicken | 5

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**

## Burgers and Tacos

### Burgers\*\*

6 Oz. beef on a brioche bun with lettuce, tomato, and pickle's on the side. Served with shoestring fries. (GF upon request)

### Beer Battered Fries | 2

### Classic | 14

### Bacon Cheddar | 16

### Mushroom Swiss | 16

### Black & Bleu | 16

### Beyond Burger® | 16

Plant-Based Vegan Burger

### Tacos:

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

**Blackened Shrimp** - lettuce, tomato, cheddar jack | 14

**Blackened Chicken** - lettuce, tomato, mozzarella | 14

**Blackened Fish** - tomato lime slaw | 14

**Beer Battered Fish** - tomato lime slaw | 14

**Pork Carnitas** - lettuce, tomato, cheddar jack | 14

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.*

## Pizzas and Flatbreads

Make it a 12" pizza for \$2.00 more  
Make it a 10" gluten free seasoned  
cauliflower crust pizza for \$3.00 more

### **Portabella | 14**

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

### **BBQ Chicken | 14**

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

### **Buffalo Chicken | 14**

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

### **Margherita | 14**

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

### **Traditional | 13**

Traditional marinara topped with mozzarella.

### **Additional Toppings \$2 each**

pepperoni, mushrooms, hot peppers, onions, roasted red peppers, bacon, sausage

## Hand Helds

Served with chips, coleslaw, or daily side  
Add a cup of soup | 4

### **Whale of a Fish Sandwich | 18**

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

### **Chicken Parmesan | 14**

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

### **Asiago Chicken Sandwich | 14**

Blackened chicken, grilled banana peppers, asiago cheese, lettuce, tomatoes, and chipotle ranch. Served on a brioche bun.

### **Chicken Bacon Ranch Panini | 14**

Grilled chicken, bacon, provolone, red onions, tomatoes, and ranch on toasted Italian bread.

### **BBQ Pulled Pork Panini | 13**

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

### **Tuna Melt | 13**

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

### **Chicken Salad Croissant | 13**

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

### **Rachel | 13**

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

### **Three Grilled Cheese & Tomato Soup | 12**

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

### **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

## Wraps & Quesadilla

Wraps served with chips, coleslaw, or daily side  
Add a cup of soup | 4

Wrap choices: wheat, jalapeno cheddar, seasonal, or cilantro chickpea (gluten Free)

### **Chicken Quesadilla | 13**

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

### **Chicken Wrap | 13**

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

### **Turkey Bacon Wrap | 12**

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

### **Vegetable Wrap | 12**

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

## Mac N' Cheese

### **Buffalo Chicken | 13**

Chicken simmered in a creamy cheddar jack cheese with buffalo sauce and penne.

### **Chicken Gouda Broccoli | 13**

Chicken and blanched broccoli simmered in a creamy gouda sauce and penne.

### **Pulled Pork and Gouda | 13**

Carnitas pork simmered in a creamy gouda sauce with bbq sauce and penne.

# Benjamin's

## Starters

### Roasted Red Pepper Tomato Bisque or Soup of the Day

Cup | 5      Bowl | 7

### Stuffed Banana Peppers | 16

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.

### Spinach Artichoke Dip | 15

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

### Ben's Bangin Shrimp | 14

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

### Truffle Fries | 13

Shoestring fries topped with romano cheese and truffle oil.

### Brussel Sprouts | 12

Pan roasted brussel sprouts tossed in a srirachi sherry vinaigrette and topped with asiago cheese.

add bacon | 2

### Pierogies | 12

Onions, sour cream, and scallions over six, three cheese pierogies.

add bacon | 2

## Casual Dining

### Pizza's and Flatbreads:

Make it a 12" pizza for \$2.00 more

Make it a 10" gluten free seasoned cauliflower crust pizza for \$3.00 more

### Portabella | 14

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

### BBQ Chicken | 14

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

### Buffalo Chicken | 14

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

### Traditional | 13

Traditional marinara topped with mozzarella.

### Margherita | 14

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 brioche bun with lettuce, tomato, and pickle's on the side. Served with shoestring fries (gf upon request).

Beer Battered Fries | 2

### Classic | 14

Bacon Cheddar | 16

Mushroom Swiss | 16

Black & Bleu | 16

Beyond Burger® | 16

Plant-Based Vegan Burger

### Tacos:

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

Blackened Shrimp - lettuce, tomato, cheddar jack | 14

Blackened Chicken - lettuce, tomato, mozzarella | 14

Blackened Fish - tomato lime slaw | 14

Beer Battered Fish - tomato lime slaw | 14

Pork Carnitas - lettuce, tomato, cheddar jack | 14

### Mac N' Cheese:

Penne pasta in our creamy three cheese sauce.

Buffalo Chicken | 13

Chicken Gouda Broccoli | 13

Pulled Pork & Gouda | 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.

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# Salads

## **Pittsburgh Blackened Chicken | 16**

### **Pittsburgh Steak\*\* | 23**

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

### **Greek | 15**

Mixed greens, olives, feta, tomato, cucumbers, red onion and tarragon grilled chicken.

Suggested dressing - feta vinaigrette.

### **BBQ Chicken Salad | 15**

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

### **Roasted Sweet Potato Salad | 12**

Kale, sweet potatoes, dried cranberries, goat cheese, and roasted pecans tossed in a maple vinaigrette.

### **Power Protein | 12**

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

Suggested dressing - citrus vinaigrette.

### **Ben's Classic | 9**

Mixed greens, cucumbers, tomatoes, carrots, & onions.

### **Add Protein To Any Salad**

add grilled chicken or blackened chicken | 5

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**

# Pastas

Add a house salad for \$3.00

### **Bangin' Shrimp Pasta | 21**

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

### **Spicy Sausage Sicilian Linguine | 20**

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

### **Sage Brown Butter Ravioli | 19**

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

### **Cheese Tortellini | 19**

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

### **Build Your Own | 14**

#### **Pasta:**

Penne, Linguine | 0

Cheese Tortellini | 3

#### **Sauce:**

Marinara, Alfredo,

Amelia, Arrabiata | 0

Spicy Alfredo | 2

#### **Protein:**

Meatballs (2) | 5

Chicken | 5

Sausage | 5

Shrimp | 7

# Land & Sea\*\*

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

### **8 oz. Flat Iron | 33**

### **6 oz Choice Filet Mignon | 42**

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

### **Josh's Spicy | 23 | 28**

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

### **Chicken Lafayette | 21 | 26**

Chicken sautéed with tomatoes, artichoke hearts, mushrooms, and asparagus in a light herbal white wine sauce (gf upon request).

### **Chicken Parmesan | 21 | 26**

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

### **Chicken Romano | 21 | 26**

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

### **Chicken Marsala | 21 | 26**

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

### **Maple Whiskey Salmon\*\* | 29**

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

### **Firecracker Salmon\*\* | 28**

8 oz salmon baked with a sweet and spicy chili glaze and topped with fresh green onions.

### **Tuscan Mahi | 29**

Grilled mahi topped with a creamy sundried tomato and spinach sauce.

### **Honey Ginger Glazed Mahi | 28**

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

### **Herb Crusted Cod | 26**

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

### **Fish Platter | 19**

Whale of cod served with fries or potato & vegetable.

### **Seafood of the Day | Market Price**