



Grunow's Kitchen

4336 George Washington Memorial Hwy
Yorktown, VA 23692
757-988-0900
grunowskitchen.com

Soups

Vegetarian Chili

crushed tomatoes, black beans, onions, red bell peppers, & mozzarella topped w/ sour cream 6

Cheddar Potato Bacon

homemade recipe with russet potatoes, cheddar cheese & bacon 6

Greens

Dressings: ranch, blue cheese, balsamic vinaigrette, mango vinaigrette, strawberry vinaigrette, dijon honey mustard

Soup & Salad Combo

side caesar or house salad w/ choice of dressing & choice of soup 10

Crispy Buffalo Salad

buffalo fried chicken, greens, carrots, feta cheese, seasoned tomato wedges, blue cheese dressing 16

Citrus Glazed Salmon Salad*

grilled salmon, greens, feta, strawberries & sunflower seeds w/ choice dressing 15

Grande Caesar Salad

romaine, onions, parmesan cheese, croutons 10
Add chicken \$5, shrimp \$6, salmon \$7, steak \$8

Grilled Chicken Salad

grilled marinated chicken breast, greens, grilled pineapple, crumbled bacon, shredded mixed cheese, red onion & tomatoes w/ house mango vinaigrette 16

Shrimp Cobb

grilled shrimp, greens, avocado, bacon, red peppers, hardboiled egg, feta 16

Chicken

Lemon Zest Chicken

marinated grilled chicken breast served over rice with choice of one side 15

Ms. Patricia's Chicken Salad

tender chicken salad w/ red grapes topped with crisp apples, sunflower seeds & dried cranberries with your choice of soup 15

Chicken Picatta

pan-fried chicken in lemon butter caper sauce served over rice & your choice of one side 15

Chicken Bites

hand breaded chicken bites tossed in choice buffalo or honey fire, served with two sides 11

Vegetarian

Grilled Portobello

two grilled portobello, tomatoes, mozzarella topped with balsamic reduction served with choice of soup 10

Eggplant Cacciatore

roasted eggplant in light white wine tomato sauce with mushrooms, garlic & peppers served w/ gluten free pasta 14

Sandwiches & Melts

served with one choice of side

Bacon Bliss Melt

grilled beef patty, caramelized onions, honey smoked country bacon, american cheese & bacon aioli 14

Classic Melt

grilled beef patty, caramelized onions, yellow & white american cheese & garlic aioli 12

CBT Sandwich

grilled or fried chicken breast, smoked bacon, tomatoes, swiss cheese & garlic aioli 14

Mushroom Swiss Melt

grilled beef patty, caramelized onions, portobello mushroom, swiss, & chipotle aioli 13

Grunow's Club

sliced natural turkey & ham, lettuce, smoked bacon, yellow & white american cheese & honey dijon mustard 13

Chicken Wrap

grilled or fried chicken breast, coleslaw, bacon, avocado, cajun ranch in a gluten free wrap 13

Seafood

Caribbean Mahi

house seasoned mahi mahi, mango salsa over a bed of rice with a choice of one side 22

Shrimp Platter

grilled, fried, or honey fire jumbo shrimp over a bed of a rice with a choice of one side 15

Parm-Crusted Flounder

hand parm-breaded flounder, lightly fried, over a bed of rice with choice of one side 18

Grilled/Blackened Salmon*

perfectly seasoned salmon served with a choice of two sides 18

Carne

Chicken Alfredo

grilled chicken, sauteed broccoli & mushrooms in our creamy alfredo sauce topped with sweet red peppers 15

Grilled Pork Chops

house marinated grilled pork chops, mushroom & onion gravy, mashed potatoes, seasonal vegetables 13

Grunow's Sides: mixed seasonal vegetables, loaded mashed potatoes, sweet potato wedges, seasoned rice, broccoli, corn on the cob, coleslaw, cauliflower mac & cheese side house or caesar salad \$4

