



Grunow's Kitchen

4336 George Washington Memorial Hwy, Yorktown VA 23692
757.988.0900 ~ 100% Gluten & Peanut Free Restaurant

Soups

Soup Du Jour

daily offerings prepared by our chef, please ask your server for details **8**

Vegetarian Chili

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

Greens

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

Crispy Buffalo Salad

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

Shrimp Cobb

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

Citrus Glazed Salmon Salad*

grilled salmon, greens, feta, strawberries & sunflower seeds w/ choice dressing **16**

Grilled Chicken Salad

grilled marinated chicken breast, greens, grilled pineapple, crumbled bacon, shredded mixed cheese, red onion & tomatoes w/ house mango vinaigrette **15**

Soup & Salad Combo

side caesar or house salad w/ choice of dressing & choice of soup **13**

Pork & 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 & a hint of curry topped with 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 **14**

Chicken Alfredo

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

Grilled Pork Chop

house marinated grilled pork chop, mushroom & onion gravy, mashed potatoes, seasonal vegetables **14**





Sandwiches & Melts

served with one choice of side

Bacon Bliss Melt

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

Classic Melt

grilled beef patty, caramelized onions, yellow & white american cheese & garlic aioli 13

CBT Sandwich

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

Classic Ryebein

corned beef, sauerkraut, homemade russian dressing, choice of gluten free multigrain or sourdough 14

Seafood

Shrimp Platter

grilled, fried, or honey fire jumbo shrimp over a bed of a rice with a choice of one side 16

Crispy Lemon-Butter Cod

hand breaded, buttered cod over a bed of rice with house lemon butter sauce, served with a choice of one side 16

Grilled/Blackened Salmon*

perfectly seasoned salmon served with a choice of two sides 18



Dessert

Chocolate Flourless Torte 8

Blueberry Mini Cheesecakes 8

Daily House Special Dessert 8

Mushroom Swiss Melt

grilled beef patty, caramelized onions, mushroom, swiss, & chipotle aioli 14

Grunow's Club

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

Grunow's Philly

choice shaved sirloin beef or chicken, sautéed with peppers & onions, topped with white american cheese, gluten free hoagie roll 16

Vegetarian



Eggplant Cacciatore

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

Grunow's Sides:

mixed seasonal vegetables, loaded mashed potatoes, sweet potato wedges, waffle fries seasoned rice, broccoli, corn on the cob, coleslaw, cauliflower mac & cheese side house or caesar \$5

Beverages:

Unsweet & Sweet Tea

Lemonade \$4

Flavor your beverage for \$1

Peach, Mango, Strawberry, Raspberry

(soft drinks not available, sorry :-)