

Welcome To Grunow's!



4336 George Washington Mem HWY
Yorktown, VA 23692
757-988-0900

www.facebook.com/grunowskitchen757

Website: www.grunowkitchen.com

TOAST ORDERING AVAILABLE

<https://www.toasttab.com/grunows-kitchen/v3>

STARTERS AND SOUPS

Loaded Waffle Fries (Popular!)

Extra Large sized order of our waffle fries. Topped with Monterrey jack, colby jack cheese, sour cream, scallions and bacon. Perfect for sharing. \$10.95

*Thai Bang Shrimp

6 jumbo shrimp breaded in our new light GF breading topped with a sweet, spicy and creamy sauce. Served on a bed of slaw vinaigrette. \$14.95

Spinach and Artichoke Dip w/ House made chips

Baked Spinach and artichoke dip with parmesan cheese. Served with house made tortilla chips. \$12.95

Vegetarian Chili

Mildly spicy vegetarian chili with black beans, crushed tomatoes, red bell peppers, onions. Topped with shredded jack cheese, sour cream and scallions. \$8

New England Clam Chowder

Bowl of New England style Clam Chowder. \$8.00

French Onion Soup

House made French onion soup with gruyere cheese baked on top and served with toast points. (Not available for takeout) \$10

Roasted Pepper Tomato Bisque

Roasted red peppers and roma tomatoes and spices blended into a creamy bisque. \$9

Soup du Jour Special

Daily/Weekly available house made soups. Ask your server if available. \$9

Soup and Salad

Choice of soup and a Garden or Caesar Salad \$14.95

SEAFOOD AND PORK

*Fish and Chips (Popular!)

Crispy fried cod filets with a choice of side and a side of our creamy house made coleslaw. \$17.95

*Grilled Salmon

Choice of Lightly seasoned grilled salmon, citrus honey glazed or Blackened. Served with two sides. \$23.95

*Shrimp Platter

Fried or grilled shrimp served with a choice of two sides. \$17.95

Grilled Pork Chop

Our thick cut pork chop, well seasoned and served with mashed potatoes, gravy and choice of one side. \$14.95
– Add Grilled mushrooms \$1

FROM THE GARDEN

ADD/EXTRA 5 oz Grilled Chicken \$5 * Jumbo Shrimp (6) \$6 6 oz Flank Steak \$6.50 * 8 oz Grilled Salmon \$9

Garden Salad Small 6 Large 9

Fresh Greens, carrots, cucumbers, tomatoes and Bermuda onion

– Add cheese \$1

Greek Salad Small 8 Large 11

Tomatoes, Cucumbers, onions and bell peppers tossed with romaine, Feta cheese and kalamata olives. Choice of dressing

Caesar Salad Small 6 Large 9

Fresh romaine Lettuce, grated parmesan cheese, Cherry tomatoes and house made GF croutons. Served with Caesar dressing

Crispy Buffalo Salad

Buffalo fried Chicken, greens, carrots, feta cheese, cucumbers and seasoned tomato wedges choice of dressing \$15.95

*Citrus Glazed Salmon Salad

Perfectly grilled 8 oz salmon in a honey citrus glaze. Served on a bed of greens, fresh strawberries, sunflower seeds, feta cheese w/ creamy strawberry dressing \$18.95

*Grunow's Cobb

Choice of grilled seasoned shrimp or grilled chicken breast on a bed of our house greens, cucumber, avocado, bacon, Feta cheese, cherry tomatoes, red bell peppers, hard boiled egg \$16.95

Chimichurri Steak Salad

Grilled flank steak, gorgonzola cheese, red onion, corn, seasoned black beans, tomatoes, sliced avocado on a bed of romaine topped with chimichurri sauce served with lemon garlic vinaigrette \$16.95

Apple Gorgonzola Salad (Popular!)

Grilled chicken, fresh greens, Bermuda onion, granny smith apples, sunflower seeds, gorgonzola cheese, dried tart cherries served with our house Shallot mustard dressing \$16.95

Dressings: Balsamic, Buttermilk Ranch, Blue Cheese, Strawberry vinaigrette, Honey Mustard, Thousand Island, Creamy Caesar, Oil and Red wine vinegar and House Dressing.

*Consuming raw or undercooked meats, poultry, fish, shellfish or eggs can may increase your risk to foodborne illness.

20% Gratuity added to parties of 8 or more. Reservations required for large parties. We cannot guarantee seating for walk ins. Call 757-988-0900

BURGERS

Bacon Bliss Burger (Popular!)

6 oz Sirloin beef patty seasoned and grilled. Topped with cheddar cheese, caramelized onions, smoked bacon and bacon aioli w/one side \$15.95

Grunow's Classic Burger Melt

6oz sirloin beef patty with yellow and white American cheeses, caramelized onions and garlic aioli. w/one side \$14.95

Mushroom and Swiss Burger

6 oz sirloin beef patty, Seasoned and grilled, swiss cheese, onions, mushrooms and garlic aioli w/one side \$15.95

California Burger

6 oz Grilled and seasoned sirloin patty topped with pepper jack cheese, sliced avocado, smoked bacon, on a bed of Lettuce, tomato and our bacon aioli. w/one side \$16.85

new Jalapeno Cheddar Jack Burger

6 oz seasoned and grilled patty, topped with pepper jack and cheddar cheese, grilled jalapenos, onions, bacon with creamy chipotle spread. w/one side \$16.25

Vegan Beyond Burger \$15.95

Beyond Vegan burger With Daiya cheddar cheese, lettuce, tomato, red onion, pickle w/one side
– You may add regular cheese at no charge.

EXTRAS

+ Bacon \$1.50 +Grilled Jalapenos \$1.25 +Grilled Onions \$1 +Grilled Bell Peppers \$1 + Mushrooms \$1
Let/Tom/Raw Onion/Pickle (no charge).

Replace a Beef patty with a beyond patty at no charge

CHICKEN ENTRÉES

Chicken Alfredo

Pan seared chicken breast, broccoli, red bell peppers, mushrooms tossed in a creamy alfredo sauce topped with grated parmesan and served with penne. \$16.95

Ms. Patricia's Chicken Salad

Tender chicken breasts with celery, red grapes with a hint of curry topped with sunflower seeds and dried cranberries on a bed of arugula. Served with a choice of one side or soup.
– Half Plate \$12 Full plate \$15 On multigrain bread \$16

Chicken Bites Entrée'

Hand breaded and fried or grilled and seasoned Bites with choice of plain, Honey Fire, Buffalo or Garlic Parmesan flavored. Comes with choice of two sides \$16.95

Chicken Picatta

Sautéed chicken breast medallions in a lemon butter caper sauce. Served with two sides. \$16.95
– Can be made dairy free

SANDWICHES

CBT Sandwich

Hand breaded and fried or grilled chicken breast w/smoked bacon, swiss cheese, fresh sliced tomato and garlic aioli on our GF Kaiser bun. w/one side \$15.95

Grilled Cheese Melt w/ one side

Grilled cheese sandwich on soft white or multigrain with choice of cheese. Comes with one side or soup \$11.95
– Add Bacon \$1.35 +Smoked Ham \$2 +Smoked Turkey \$2 + Roast Beef \$3

Grunow's Club Sandwich

Smoked ham, smoked turkey, smoked bacon, white and yellow American cheese, lettuce, tomatoes and honey mustard on soft white or multigrain bread served with one side or soup. \$15.95

The "Paulie" Italian Sub (Popular!)

Smoked ham, capicola, pepperoni, genoa salami, provolone cheese, lettuce, tomato, red onion, dressing on our exclusive sub roll and one side or soup \$16.95

The Big Philly

Choice of sirloin beef steak or house made seasoned grilled chicken, grilled Vidalia onions, green bell peppers and topped with melted white American cheese on our house sub roll. Served with one side or soup \$16.95
– Add Mushrooms or Jalapenos for \$1.25

The Yorktown

Stacked medium rare roast beef, smoked gouda, caramelized shallots, fresh sliced tomato, creamy mild horseradish cheese spread and arugula on a GF toasted multigrain. Served with one side or soup \$15.95

Classic Reuben

Grilled corned beef, Sauerkraut, swiss cheese, thousand island dressing on choice of white deli bread or multigrain comes with one side or soup \$15.95

PIZZAS

Pesto Vegetarian Pizza

10 inch personal Gluten free pizza crust topped with pesto, Italian cheese blend, mushrooms, caramelized onions, Kalamata olives and balsamic reduction. Comes with a garden salad or Caesar salad. \$16.95

Margherita Pizza

10 inch Gluten Free pizza crust with thick tomato sauce, sliced tomatoes, mozzarella and basil. Comes with a Garden or Caesar Salad \$15.95

CHEESES

Cheddar, White American, Yellow American, Smoked Gouda, Pepper jack, Provolone, Vegan Cheddar, Vegan Mozzarella

KID'S MENU

Age 10 and under, comes with Tea or lemonade

Pizza \$12

10 inch GF pizza crust with thick tomato sauce and mozzarella cheese. Add pepperoni for no charge. Comes with one side

Kid's Cheeseburger \$12

Plain cheeseburger with American cheese comes with choice of side

Penne Pasta with Meat sauce

Penne pasta tossed with our house made marinara meat sauce. choice of one side \$11.25

Chicken Bites

Plain chicken bites with a choice of one side \$11.95

Grilled Cheese Melt

Choice of cheese on our soft white or multigrain bread. Comes with a choice of side \$11.95
– Add Bacon \$1.35 +Smoked Ham +Smoked Turkey \$2
Roast Beef \$3

Alfredo Pasta

Penne pasta tossed in a creamy alfredo topped with parmesan cheese. Choice of one side \$11.55

DESSERTS

Key Lime Pie

House made key lime pie from scratch. Topped with key lime glaze and cream. (We can sell full pies with 48 hour notice) \$9.00

Flourless Chocolate Torte

Rich velvet chocolate torte topped with strawberries and cream \$9.00

Blueberry Mini Cheesecake trio

Trio of GF Blueberry cheesecake tarts, topped with fresh fruit and cream \$9.00

Fresh Baked Cookies (Ask if available)

2 pack of our oversized cookies. We rotate our variety and bake them fresh. With advance notice we can make ½ dozen and full dozen packs. \$8.00

 Dairy Free

 Mildly Spicy/HOT

 Vegetarian Friendly

DELICIOUS SIDES \$6

Coleslaw

Garden Salad or Caesar Salad

Loaded Mashed Potatoes \$1 Upcharge

Summer Squash Blend (Seasonal)

Sautéed with garlic and white wine

Steamed Broccoli

Steamed Cauliflower

Jasmine Rice

Cauliflower Mac-n-cheese

Plain Mashed

Seasonal Vegetable (Ask)

Sweet Potato Fries w/Glaze sauce

Waffle Fries

Loaded Fries \$1 upcharge

DRINKS

Sweet Tea, Unsweet Tea, Lemonade, Brewed Coffee, Nespresso

+\$1 Add Raspberry or Peach flavored \$3.00

Boylan Sodas

Cane Sugar cola, ginger ale, black cherry, orange and crème flavors \$3.50

Hot Tea (Green) \$3

We can try to accommodate all dietary requests whenever possible. We currently use a soy/veg blend based oil in our fryer. We only use low Sodium/no MSG products in our pre-made items. Pre-made soups, sauces, breads and chicken salad cannot be altered. We are 100% Gluten Free and Tree nut/Peanut free. We do not allow any outside food, no exceptions.



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