

# B E N ' S UPSTAIRS

## THE RIGHT START

**SHRIMP OR CATFISH FINGER BASKET 13** **NEW**  
southern battered and lightly fried served with remoulade, cajun aioli or cocktail sauce

**CAULIFLOWER 2X 7**  
cauliflower perfectly roasted 1X and pureed 1X = 2X!  
feta cheese, caramelized onions, and kalamata olives

**PIGEON PEA HUMMUS AND  
OLIVE TAPENADE DUO** **V 9**  
with baked pita points

**CRISPY DILLS 8** **NEW**  
crisp and delicious dill pickles with ranch dipping sauce

**AVOCADO TOAST** **V 7** **NEW**  
fresh ripe avo-mash, sliced avocados, and  
heirloom tomato medley on everything wheat bread  
\*add grilled shrimp 6

## SOUPS AND SALADS

**CHEF'S SOUP OF THE DAY**  
\*please ask about our savory selections

**"Z" SALAD 11**  
kale, spinach, arugula, candied almonds, dried cranberries,  
Parmesan cheese tossed with a peach vinaigrette  
w/ fried or grilled chicken 16  
w/ grilled salmon 18

**SUNRISE ENTREE SALAD 14** **NEW**  
this fresh organic blend combines shredded tricolor carrots,  
cabbage, broccoli, kale and farro tossed  
with kale pesto vinaigrette  
w/ grilled chicken 18  
w/ grilled salmon 20

## SANDWICHES AND MUCH MORE

All sandwiches served on a fresh brioche bun  
or everything-wheat bread with lettuce, tomato, red onion  
and choice of fries, pub chips or home-made coleslaw

**BEN'S BIG BURGER 12**  
fresh never frozen angus beef  
choice of american | cheddar | provolone  
served with choice of fries or pub chips  
bacon, blue cheese, avocado, grilled onions, grilled 'shrooms

**COLOSSAL FISH SANDWICH 12**  
lightly battered and fried pollock fillet with tartar sauce  
served with choice of fries or pub chips

**TURKEY CLUB 11** **NEW**  
turkey breast piled high on everything-wheat bread with  
lettuce, tomato, bacon and mayo.  
choice of american | cheddar | provolone

**BLACKENED CHICKEN SANDWICH 11**  
chicken breast grilled to perfection with just the right kick!  
choice of american | cheddar | provolone

**BEN'S "WORLD FAMOUS" 1/2 SMOKE 8** **NEW**  
all the way: mustard, onions, chili

## SWEET SENSATIONS

**SWEET POTATO CAKE 8** **NEW**  
enough said!

**BREAD PUDDING W/HOUSE-MADE BOURBON SAUCE 7**  
buttery and lightly sweet-perfect for sharing

**UPSTAIRS SLIDERS 11**

**BEEF SLIDERS**  
crispy onion straws, ND signature sauce

**FRIED CHICKEN SALAD SLIDERS**  
dill pickle garnish

**BASKET OF PUB CHIPS 5**  
light and crispy house prepared chips dusted with old bay or  
buffalo seasoning and a ranch dip

**LOVE'M CAN'T LEAVE'M WINGS 12**  
our signature seasoned wings will have you wanting more,  
more, more... wet or dry they're DELICIOUS!  
WET: Capital City Mambo or Traditional Buffalo  
DRY: Buffalo or Sweet Chipotle Rub  
carrots and celery  
creamy house-made ranch or bold blue cheese

## ENTICING ENTREES

**BRINED FRIED CHICKEN AND BELGIUM WAFFLE 16**  
Ben's succulent boneless breast & waffle and syrup

**SHRIMP AND ORGANIC WHITE CHEESE GRITS 18**  
large shrimp sautéed with tomatoes, shallots,  
and saffron served on a bed of homemade  
organic cheese grits and a parmesan garnish

**JERK CHICKEN PENNE 15** **NEW**  
chicken breast, penne, bell peppers tossed in  
our signature jerk cream sauce  
**V** vegetable only options available upon request

**CRISPY SKIN SALMON 19**  
8 oz. flaky salmon atop our perfectly mashed potatoes  
and seasonal sautéed vegetables

**STEAK FRITES 21**  
10 oz. strip steak, topped with an herb steak butter  
fries and arugula salad garnish

**CAULIFLOWER AND  
ORGANIC WHITE CHEESE GRITS** **V 14** **NEW**  
roasted cauliflower with tomatoes, shallots, and saffron  
served on a bed of homemade organic white cheese grits  
and parmesan garnish

## SIGNATURE SIDES

**HOMEMADE ORGANIC WHITE CHEESE GRITS 5**

**PERFECT MASHED POTATOES 4**

**BRAISED KALE WITH SMOKED TURKEY 5**

**SAUTÉED GARLIC SPINACH 5**

**IDAHO OR SWEET POTATO FRITES 4**

**LOCALLY SOURCED SEASONAL VEGETABLES 4**

**BROCCOLI 4**

**HOUSE SIDE SALAD 5**

**V INDICATES VEGETARIAN**

Consuming raw or undercooked meat, seafood, shellfish, or eggs may increase the risk of foodborne illness