

THEORY

RESTAURANT & LOUNGE

APPETIZER

Theory Wings \$12
Bacon maple bbq, lemon pepper, jerk, hot, mild,
& Theory Spicy Asian sweet chili w/roasted cashew, cilantro
10pc---dressing: ranch or blue cheese

Grilled Jamaican Jerk Shrimp \$8
Mango & Black bean salsa

Theory Tacos \$8
Choice of Chicken, Fish(grilled or fried), or Shrimp

Fried Calamari \$8
Roasted Garlic Aioli & marinara sauce

SALADS

Mix Green Salad \$7
Cucumber, roasted red pepper, almonds, Goat Cheese
White Balsamic Vinaigrette

Strawberry Greek salad \$9
Strawberry, sliced red onion, feta cheese, glazed walnut, white balsamic vinaigrette---Add Chicken---\$5
Salmon, Shrimp---\$8

SEAFOOD

Grilled/Blacken Salmon \$16
Garlic mash, sautéed spinach, cream butter sauce

Shrimp& Grits \$16
Tomato, beef andouille sausage, spinach, cream sauce

Red Snapper \$18
Sautéed filet Red Snapper w/ fresh basil, chop tomato, white wine sauce
With garlic mash and Sautéed spinach

PASTA

Shrimp fettuccine \$15
Sautéed jumbo shrimp w/ light plumb tomato; fresh mix herb sauce, and fettuccine

Parmesan Crusted Chicken \$15

Fresh marinara sauce, fettuccine top w/fresh mozzarella and cheddar Cheese

Chicken Alfredo \$13

Portabella Mushroom, Spinach, Parmesan cream sauce

BURGER / SANDWICHES

Theory Burger / 9oz Angus beef ** \$11

Fresh mix greens, tomato, smoked gouda and white cheddar cheese, Beef bacon & Our special Theory Sauce, gourmet bun, pickle spear

Salmon Club \$10

Mix greens, tomato, Beef bacon, caper mayo, and gourmet bun

Grilled chicken sandwich \$10

Mix greens, tomato, and theory fresh basil mayo, toasted gourmet bun

*All sandwiches/burger are served with French fries

ENTREES

Southern Fried chicken breast \$16

Braised collard greens, stone ground grits, sage gravy

Theory Rib eye 12oz ** \$21

Marinated in Asian bulldog sauce, one (1) choice of a side

Sirloin 10oz ** \$18

cognac peppercorn cream sauce, one (1) choice of a side

Baby Back Ribs \$17

Theory BBQ sauce, one (1) choice of a side

Half a rack- \$11

SIDES

Garlic green beans \$5

Sautéed kale \$5

Sautéed spinach \$5

Braised collard greens \$5

Mac & cheese \$5

Sweet corn on the cob \$4

French Fries \$3

Garlic Mash Potatoes \$5

Stone ground grits \$5

DESSERT

Cheesecake cream brulee \$6

Apple pie top w/cherry glaze, vanilla ice cream \$6

THEORY

Chocolate fudge cake w/vanilla ice cream \$6

*****MAY BE COOKED TO ORDER, CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.***

NOTE: 18% Gratuity will be added to all checks for parties over (5) five people