

# THEORY

RESTAURANT & LOUNGE

*Join the Excitement, thanks for dining with us!*

## APPETIZER

### THEORY WINGS \$12

MAPLE BBQ, LEMON PEPPER, JERK, HOT, MILD,  
& THEORY SPICY ASIAN SWEET CHILI  
1 OPC---DRESSING: RANCH OR BLUE CHEESE

### GRILLED JAMAICAN JERK SHRIMP \$8

GRILLED SHRIMP W/JAMAICAN JERK SEASONING, MANGO & BLACK BEAN SALSA

### THEORY BUFFALO CHICKEN ROLLS \$9

GRILLED CHICKEN, BUFFALO SAUCE, CHEDDAR CHEESE, HAND ROLLED DEEP FRIED ROLL, SERVED  
W/ RANCH OR ZESTY BLEU CHEESE

### THEORY TACOS \$8

CHOICE OF CHICKEN, FISH (GRILLED OR FRIED), OR SHRIMP

### FRIED MUSHROOM \$8

FRIED MUSHROOMS IN OUR SPECIAL BLENDED BATTER, FRIED TO A GOLDEN BROWN SERVED W/ OUR  
SPECIAL DIPPING SAUCE

### FRIED CALAMARI \$8

CRISPY GOLDEN CALAMARI SERVED W/ ROASTED GARLIC AIOLI & MARINARA SAUCE

## SALADS

### MIX GREEN SALAD \$7

CUCUMBERS, RED PEPPERS, TOMATOES, SLICED RED ONIONS TOSSED IN WHITE BALSAMIC  
VINAIGRETTE

### STRAWBERRY GREEK SALAD \$9

STRAWBERRIES, SLICED RED ONION, FETA CHEESE, GLAZED WALNUT, WHITE BALSAMIC VINAIGRETTE  
ADD TO ANY SALAD CHICKEN—\$5 SALMON, SHRIMP—\$7

### THEORY SPICY CHICKEN CRISP \$9

GRILLED CHICKEN, BUFFALO SAUCE, MIX GREENS, DICE TOMATOES, FETA CHEESE, WITH WHITE  
VINAIGRETTE SERVED ON A FRIED TORTILLA

## SEAFOOD

### THEORY GRILLED/BLACKEN SALMON 7oz \$18

GRILLED OR BLACKEN SALMON, GARLIC MASH, SAUTÉED SPINACH, CREAM BUTTER SAUCE

### GRILLED HAWAIIAN SALMON 7oz \$18

GRILLED SALMON, PINEAPPLE TERIYAKI BLEND SAUCE, BROCCOLI, SERVED OVER A VEGETABLE RICE  
MEDLEY

### SHRIMP & GRITS \$18

GRILLED SHRIMPS, BEEF ANDOUILLE SAUSAGE, SAUTÉED RED PEPPERS AND SPINACH, SERVED IN A  
RED WINE SAUCE ON TOP OF A BED OF STONE GROUND GRITS MIXED WITH SMOKED GOUDA CHEESE

### TIPIA AND SHRIMP \$15

GRILLED FRESH TIPIA TOPPED WITH GRILLED SHRIMP, SAUTÉED ONIONS, PEPPERS AND  
MUSHROOMS AND A SWEET BROWN TERIYAKI SAUCE SERVED OVER JASMINE RICE

### BIG BANG SHRIMP \$14

SUCCULENT SHRIMPS LIGHTLY BREADED AND FRIED TO A GOLDEN CRISP, TOSSED IN OUR SPECIAL  
THEORY SAUCE SERVED, WITH HAWAIIAN COLESLAW & FRIES

## **PASTA**

### **JAMBALAYA PASTA \$16**

GRILLED SHRIMP, GRILLED CHICKEN, SMOKED BEEF SAUSAGE, ONIONS, PEPPERS AND MUSHROOMS IN A SPICY CREOLE TOMATO SAUCE TOSSED WITH RED WINE AND PENNE PASTA TOP W/FRESH PARMESAN CHEESE

### **BLACKEN CAJUN SHRIMP PASTA \$16**

BLACKEN SHRIMP, SMOKED BEEF SAUSAGE, PEPPERS AND MUSHROOMS IN A CREAMY ALFREDO SAUCE, SERVED W/ PENNE PASTA TOP W/FRESH PARMESAN CHEESE

### **CHICKEN ALFREDO \$13**

GRILLED CHICKEN, MUSHROOM, SPINACH, PARMESAN CREAM SAUCE

## **BURGER / SANDWICHES**

### **THEORY BURGER / 9oz ANGUS BEEF \*\* \$10**

FRESH MIX GREENS, SLICED TOMATO, WHITE CHEDDAR CHEESE, & ROASTED PEPPER AIOLI SAUCE, GOURMET BUN

### **BLACK & BLUE BURGER / 9oz ANGUS BEEF \*\* \$12**

FRESH MIX GREENS, SLICED TOMATO, SAUTÉED RED ONION, CRUMBLED BLUE CHEESE, SERVED ON A TOASTED GOURMET BUN

### **TURKEY MUSHROOM AND ONION BURGER \*\* \$10**

FRESH MIX GREENS, TOMATO, WHITE CHEDDAR CHEESE, ROASTED PEPPER AIOLI SAUCE &, SAUTÉ MUSHROOMS AND ONIONS ON A TOASTED GOURMET BUN

### **BLACKENED/GRILLED SALMON SANDWICH \$11**

GRILLED OR BLACKEN SALMON, MIX GREENS, TOMATO, CAPER MAYO, ON A TOASTED GOURMET BUN

### **GRILLED CHICKEN SANDWICH \$10**

MIX GREENS, TOMATO, PEPPER JACK CHEESE, AND THEORY FRESH BASIL MAYO, ON A TOASTED GOURMET BUN

\*ALL SANDWICHES/BURGER ARE SERVED WITH FRENCH FRIES

## **ENTREES**

### **SOUTHERN FRIED CHICKEN BREAST \$16**

HAND BATTERED FRIED CHICKEN BREAST, SERVED W/ BRAISED COLLARD GREENS, STONE GROUND GRITS, SAGE GRAVY

### **THEORY RIB EYE 12oz \*\* \$25**

12oz TOP USDA CHOICE RIB EYE SEASONED WITH OUR SPECIAL HERBS AND SPICES COOKED TO TEMPERATURE OF YOUR CHOICE, SERVED W/ CHOICE OF TWO (2) SIDES

### **SIRLOIN 10oz \*\* \$18**

10oz TOP USDA CHOICE SIRLOIN SEASONED WITH A SECRET BLEND OF SPICES, SERVED W/ OUR COGNAC PEPPERCORN SAUCE AND CHOICE OF TWO (2) SIDES

## **SIDES**

SAUTÉED SPINACH \$5

BRAISED COLLARD GREENS \$5

FRESH STEAMED BROCCOLI \$5

MAC & CHEESE \$5

JASMINE STEAMED RICE \$5

SWEET CORN ON THE COB \$4

FRENCH FRIES \$3

FRIED ONION STRAWS \$4

HAWAIIAN COLESLAW \$4

GARLIC MASH POTATOES \$5

STONE GROUND GRITS \$5

## **DESSERT**

APPLE PIE TOP W/VANILLA ICE CREAM \$6

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 of (5) five or more people.

