

Eat Healthy

# SALADS

Add protein to your salad with grilled, crispy chicken, or falafel for \$2.25! Or add Gyro for \$2.35

- Crispy Tortilla Salad** **\$7.29**  
Fried flour tortilla shell stuffed with shredded lettuce and topped with tomatoes, green peppers, onions and a mixed blend of cheeses. Served with sour cream and salsa.
- Garden Salad** **\$7.55**  
Lettuce, cucumber, tomatoes, onions and shredded cheddar cheese served with garlic toast.
- Greek Salad** **\$7.55**  
Lettuce, tomatoes, onions, cucumbers, black olives and feta cheese served with Greek salad dressing and pita chips.
- Caesar Salad** **\$6.80**  
Romaine lettuce, parmesan cheese, croutons served with Caesar dressing.

# WRAPS

- Veggie with Fries** **\$8.60**  
Hummus, spinach, roasted red peppers, grilled onions, grilled bell peppers and mixed cheese.
- Chicken Salad w/ Fries** **\$9.35**  
Chicken, apples, pecans, grapes, mayo, lettuce & tomatoes.
- Chicken Caesar w/ Fries** **\$8.90**  
Chicken, lettuce, shredded parmesan, tossed in dressing.
- Spicy Buffalo Chicken w/ Fries** **\$9.35**  
Crispy lettuce, tomatoes, cheddar cheese, ranch dressing & grilled chicken tossed in Buffalo sauce.

# BASKETS

- Fish & Chips** **\$9.35**  
Two pieces of flounder fish served with fries & tartar sauce.
- Shrimp & Fries** **\$9.35**  
Seven pieces of breaded shrimp served with fries and cocktail sauce.
- Fish & Shrimp** **\$11.45**  
Two pieces of flounder and four pieces of shrimp served with fries, tartar sauce & cocktail sauce.

# BREAKFAST Served all day

- Pancake Breakfast** **\$8.35**  
2 scrambled eggs, 2 pieces of bacon, 2 pancakes
- Pancakes & Waffles**  
Served with butter and syrup. Add strawberries, pecans or chocolate chips for 1.00
  - Short Stack (3 Pancakes) **\$6.25**
  - Full Stack (5 Pancakes) **\$7.55**
  - Belgian Waffle **\$4.90**
- Breakfast Wrap** **\$8.35**  
Eggs, bacon, potatoes, onions, cheddar cheese. Served with fries.
- Egg Spinach Wrap** **\$8.35**  
Eggs, spinach, onions Swiss cheese. Served with fries.

## Call Ahead for Ordering

Delivery available through



Independence Mall  
3500 Oleander Dr.  
Unit FC 5  
Wilmington, NC 28403  
**910. 833. 5059**

Coastal Grand Mall  
2000 Coastal Grand Cir.  
Unit FC 5  
Myrtle Beach, SC 29577  
**843. 213. 1232**

Cross Creek Mall  
419 Cross Creek Mall  
Unit FC-3  
Fayetteville, NC 29577  
**910. 354. 1564**

Monday-Saturday: 10am - 9pm  
Sunday: 11am - 6pm  
Subject to seasonal mall hour schedule changes

### Follow Us!



[WWW.EATATWINGSCO.COM](http://WWW.EATATWINGSCO.COM)

Join our rewards card program at any of our locations to receive free food!



# HOME OF THE REAL FLAVORS



## Call Ahead for Ordering

# SIDES



Fries	\$2.35
Onion Rings	\$4.15
Cheesy Fries	\$3.38
Loaded Fries	\$6.25
Fries, green peppers, onions, cheese & bacon.	
Mozarella Sticks	\$6.25

# DRINKS

Pepsi Products-Iced Tea	
24 Oz.	\$2.35
32 Oz.	\$2.59
Lemonade-Fruit Punch	
20 Oz.	\$2.59
Refill	\$0.65

# KIDS 12 and under, Includes drink \$5.49

- Mac and Cheese with Fries
- Jr. Chicken Tenders  
2 chicken tenders with fries.
- Jr. Chicken Wings  
3 boneless or classic wings with fries.
- Jr. Grilled Cheese with Fries
- Jr. Chicken & Waffle  
2 chicken tenders with 2 triangle shaped waffles.

# DESSERTS

Funnel Cakes	\$4.80
Add Strawberry/Chocolate Glaze	\$0.65
Baklava	\$5.20
Rich Greek pastry with chopped nuts, butter & cinnamon, baked and soaked in sugar syrup.	

# SMOOTHIES Any flavor \$5.20

- Strawberry • Mango • Lemonade • Banana  
Pina Colada • Or Mix 2 Flavors

# SAUCES

<b>Buffalo</b> mild hot flaming	<b>Dry Rub</b> lemon pepper garlic parmesan cajun	<b>Other</b> Teriyaki glaze Or Mix your Favorites!
<b>BBQ</b> honey smoked golden	<b>Sweet 'n Spicy</b> mango habanero sweet chili	

# WINGS

## Classic or Boneless

Served with fries and celery 6pc ..... \$8.35 10pc ..... \$11.45 12pc ..... \$12.50 Our wings are made fresh and never frozen	Served with celery only 20pc ..... \$19.75 30pc ..... \$29.25 40pc ..... \$38.50 50pc ..... \$47.90 75pc ..... \$67.90 100pc ..... \$88.25
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Fresh, hand breaded chicken tenders in any of our signature sauces!

5 Pc Chicken Fingers	\$9.35
Chicken fingers served with fries & Texas toast, ranch, blue cheese or honey mustard.	
Chicken & Waffles	\$9.35
4 crispy chicken strips & a Belgian waffle.	
Sampler Basket	\$9.65
Mozzarella sticks, onions rings and 3 crispy hand-breaded chicken strips served with marinara and choice of any dip.	



# SANDWICHES

Beef-n-Lamb Gyro	\$9.35
Beef & lamb thinly sliced, topped with lettuce, tomatoes, onions and Tzatziki sauce on pita bread. Served with fries.	
Chicken Kabob	\$9.35
Marinated chicken topped with grilled tomatoes, grilled onions, feta cheese, drizzled Tzatziki sauce and lettuce. Served on pita bread with a side of fries.	
Chicken Clubhouse Stacker	\$9.35
Grilled chicken breast strips, green peppers, onions, provolone cheese, crispy bacon, ranch dressing, lettuce, tomatoes and mayo on a grilled roll. Served with fries.	
Falafel Sandwich	\$8.59
Pita bread, lettuce, falafel, tomato, onion, cucumber and cucumber sauce. Served with fries.	
Greek Pita Sandwich	\$8.35
Fresh romaine lettuce, tomato, red onion, cucumber, hummus, olives, feta cheese topped with Greek dressing on pita bread. Served with fries.	

# BURGERS

All burgers served with fries.  
 Upgrade to onion rings ..... \$1.25  
 Make it a double ..... \$3.00

Fresh, never frozen hand patted burgers

Classic Cheese Burger	\$9.35
Topped with American cheese, lettuce, tomatoes, onions, pickles and mayo on a toasted bun.	
Egg Bacon Cheese Burger	\$9.95
Fried egg, American cheese, lettuce, tomatoes, apple wood smoked bacon & mayo.	
Spicy Burger	\$9.35
Jalapeño, pepper jack cheese, lettuce, tomatoes, chipotle mayo & grilled red onions.	
Smokehouse BBQ Burger	\$9.95
A THICK, juicy beef burger topped with cheddar cheese, bacon, tangy BBQ sauce, crispy onion rings, lettuce & tomatoes on a toasted bun.	
Veggie Burger	\$10.39
Plant based burger patties topped with lettuce, tomatoes, onions and hummus spread.	

# GRILLED

Spinach & Four Cheese Quesadillas	\$7.59
Fresh spinach, onion with provolone cheese, sharp cheddar cheese, colby and Monterey cheese.	
Chicken Quesadilla	\$8.90
Grilled chicken breast, onions, green peppers, tomatoes and blended cheeses in a flour tortilla, served with sour cream & salsa.	

