

# TRADITIONS

A T T C N J

## APPETIZERS

### Traditions Chip Bowl

Seasoned house chips \$3.59

### Onion Ring Stack

Colossal cut beer battered onion rings served with a tex mex dipping sauce \$6.19

### Asian Lettuce Wraps (Under 600 cal)

Chicken with caramelized onions and scallions drizzled with sweet and sour vinaigrette served with Boston bibb lettuce \$6.49

### Mac 'n' Cheese

Creamy baked mac 'n' cheese topped with toasted seasoned breadcrumbs \$7.19

### Mediterranean Crudité (Under 600 cal)

Fresh raw carrots, celery, broccoli, and cherry tomatoes served with grilled pita and roasted red pepper hummus \$7.19

### Campus Wings

Crispy chicken wings dripping in Traditions house made Buffalo Ranch Sauce served with carrots, celery, and blue cheese dressing \$6.19

### Irish Nachos

House made chips topped with shredded chicken, crumbled bacon, tomatoes, black olives, nacho and jack cheeses, sour cream, and green onions served with honey mustard and salsa \$10.29

Substitute House-made chips with waffle fries .59¢

### Waffle Fry Bowl

Seasoned fries with honey mustard and sriracha ketchup \$3.99

## SOUPS & SALADS

### Tomato Bisque

Served with a cheddar crouton \$2.29

### Seasonal Soup \$2.29

### Traditions Salad

Iceberg lettuce with tomatoes, carrots, and black olives served with red wine vinaigrette \$6.19

### Caesar Salad

Crisp romaine greens with parmesan cheese and croutons tossed in a creamy Caesar dressing \$8.29

### Mediterranean Couscous Salad

Chilled couscous with cucumbers, tomatoes, bell peppers, and feta cheese tossed with a lemon oregano vinaigrette on a bed of baby greens \$9.89

### Lemon Tuna Salad

Spring mix topped with tuna tossed with olives, capers, tomatoes and feta cheese with lemon vinaigrette \$12.99

### Salad Add-ons

Add Chicken \$2.29 Add Salmon \$2.99

## BURGERS & SANDWICHES

### Buffalo Chicken Wrap

Crispy buffalo chicken tenders wrapped in a spinach tortilla with lettuce, tomato, and bleu cheese dressing \$7.39

### Turkey Burger

Hand formed turkey burger topped with spinach, red onion & cranberry chutney 7.19

Add Bacon .99¢ Add Cheese .99¢

### Smothered Chicken Panini

Crispy chicken, cheddar, pickles and bacon with Garlic Aioli grilled on a ciabatta roll 10.29

Add Bacon .99¢

### Traditions Cheddar Beef Burger

Hand formed beef burger topped with cheddar cheese, lettuce, tomato & pickles \$8.89

Add Bacon .99¢

### Baja Chipotle Fish Tacos

Beer battered cod with shredded lettuce, tomatoes, chipotle sour cream served in 2 flour tortillas \$8.89

### Falafel Wrap

Falafel served in a tortilla with tzatziki, tomatoes, shredded lettuce and feta cheese \$6.99

All burgers and sandwiches are served with house-made chips.

Substitute house-made chips with waffle fries .59¢

## ENTREES & PLATTERS

### Roasted Chicken Dinner

Crispy thigh & leg served with a side of Traditions mac 'n' cheese and seasonal vegetables \$10.29

### Chicken Tenders

Five chicken tenders served with Traditions chips, honey mustard and sriracha ketchup \$7.99

### Ginger Soy Salmon

Salmon with soy ginger glaze served with sautéed broccoli \$12.99

### Chili Stuffed Sweet Potato

Sweet potato stuffed with three bean chili, topped with cheddar cheese and sour cream served with seasonal vegetables \$7.59

### Entrée Add-ons

Add Side Salad \$1.99

Substitute any side with brown rice for a side made without gluten ingredients

## BEVERAGES

Pepsi • Diet Pepsi • Cherry Pepsi • Lemonade • Mountain Dew • Ginger Ale • Sierra Mist • Sweetened Iced Tea \$1.59  
Freshly Brewed Unsweetened \$1.59  
Juice • Tea • Coffee - Regular or Decaf \$1.99

## SHARABLE DESSERTS

### The S'more

Milk chocolate mousse layered with marshmallow fluff, served with graham crackers for dipping \$5.19

### Warm Skillet Cookie

Chocolate chip cookie topped with vanilla ice cream and a drizzle of chocolate sauce \$3.99

### Warm Skillet Brownie

Chocolate brownie topped with vanilla ice cream and a drizzle of chocolate sauce \$3.99

### Traditions Crepes

Choice of Strawberry Hazelnut or Banana Hazelnut

Fresh strawberries or sliced bananas with a chocolate hazelnut spread and a milk chocolate ganache topped with vanilla ice cream

For one \$5.79 For two \$10.69

## MILKSHAKES

Hand scooped vanilla, chocolate, or strawberry ice cream milkshakes \$3.59