

(203) 924-0200
Call to pick up
www.GROWshelton.com



434 Howe Avenue Shelton, CT
Tues.-Thurs. 11-9
Fri., Sat 11-10 / Sun. Brunch 10-3
Lunch

Starters

~ We offer a flavorful selection of local wine and beer ~

Featuring "Liquid Lunch" Soup 8oz./16.oz See today's Liquid Lunch specials on our Soup Board			
Arancini	9.95	Meatball Sampler	10.95
Rice balls filled with beef, peas, & cheese, marinara sauce		A trio of Italian chicken, Moroccan beef & Jamaican pork	
Seafood Arancini	11.95	Shrimp & Corn Fritters	9.95
Rice balls filled with lobster, shrimp, apples, saffron cream sauce		Locally sourced corn, tender shrimp, lightly fried, served with a creamy pepper relish	
		Brussels Sprouts & Leeks	8.95
		Tossed in a sweet roasted garlic vinaigrette	

Seven Layer	9.79
Spinach, turkey, bacon, avocado, tomato, egg, cheddar, red onion, with honey mustard dressing	
Caesar	8.49
Romaine, parmesan cheese, croutons, homemade dressing	
Beet & Apple	9.79
Marinated in a sweet white vinaigrette topped with feta cheese croutons. Served atop Romaine leaves	

Salads

Nantucket	9.49
Spinach tossed in balsamic vinaigrette and topped with granny smith apples, goat cheese, candied almonds	
House	7.99
Seasonal vegetables over romaine, sun-dried tomato dressing	
Add: Chicken~3.00 Steak~8.00 Shrimp~5.00 Salmon~10.00	

Sandwiches ~ Served with hand-cut fries

Venice	9.79
Marinated Portobello, basil pesto, fresh mozzarella and spinach	
Denver	9.99
Grilled chicken, sliced bacon, lettuce, tomato, roasted garlic aioli	
Charlotte	9.99
Pulled BBQ pork, cheddar cheese and fresh apple coleslaw	
Portland	9.49
Turkey, fresh apple coleslaw and sharp cheddar cheese	
Jackson	9.49
Chicken salad with walnuts, cheddar cheese, lettuce and bacon	
Santa Fe	9.79
Chili garlic chicken, red onion, roasted peppers, pepper jack cheese, chipotle aioli	

Burgers ~ Served with hand-cut fries

Salmon Patty	16.99
Wild salmon patty, pineapple cantaloupe salsa, wasabi mayo, greens	
Broccoli Burger	14.99
Broccoli Parmesan patty, mushroom tapenade, red onions, greens, cheddar and balsamic aioli. Served crunch-wrap style.	
Black Bean Burger	14.99
With avocado, paprika mayo, a cilantro lime corn salsa, lettuce, tomato, and sweet potato fries. Served crunch-wrap style.	
Bleu Cheese Beef Burger	13.99
Fresh bacon, bleu cheese, roasted leeks, greens, bacon aioli	
Greek Chicken Patty	12.99
Free range, in-house ground chicken, topped with lettuce, onions, sweet cucumber feta sauce & olive tapenade	
BBQ Beef Burger	13.99
Frizzled red onions, cheddar cheese, Guinness BBQ sauce	

Entrées

Drenched Chicken ~ Chicken breast, sautéed spinach, sundried tomatoes and pepper medley in a sherry mascarpone sauce	23.95
Chicken Marsala ~ Our classic, sautéed with local mushrooms, served over pasta	17.95
Balsamic Glazed Salmon ~ Topped with a balsamic reduction served with, black rice, seasonal vegetables	21.95
Eggplant Lasagna ~ Lightly fried, thin layers of eggplant layered with ricotta cheese. Served lasagna style	16.95
Pan Seared Sea Bass ~ Alberto takes this beautiful fish and creates something different every week. Ask your server	MVP
Bacon Wrapped Meatloaf ~ Fred's famous meatloaf served with seasonal vegetables, gravy and mashed potatoes	16.95
Chicken Fried Chicken ~ Served with mashed potatoes, country gravy and a handmade buttermilk biscuit	17.95
Chipotle Shrimp Burrito ~ Whole wheat tortilla, refried local beans, imported black rice, Pico de Gallo, Monterey jack cheese, creamy roasted chipotle sauce. Served with a side of homemade guacamole	21.95

* Thoroughly cooking meat, poultry, seafood, eggs and shellfish reduces the risk of food borne illness

We feed people. Feed them well. From our hearts. From our souls.
We are so proud of what we have created and are humbled by the amount of love that flows through our door every day.
Thank you for being a part of our community. Part of our family. ~ Michele and Fred