MAC & CHEESE

CREATE YOUR OWN

- Pepperoni Add 120 cal
- Sausage Add 140 cal
- Chicken Add 170 cal
- Shrimp Add 70 cal
- Bacon Add 80 cal
- Feta Add 30 cal
- Cheddar Add 110 cal
- Goat Cheese Add 70 cal
- Provolone Add 100 cal
- Parmesan Add 60 cal


grape tomatoes, croutons.
pecans and red onions with mixed greens,
Tossed with lemon basil vinaigrette. Adds 290 cal

Atlantic salmon

with shrimp

with all-natural chicken

Grilled Steak

Signatures made with grilled sirloin steak, caramelized onions, provolone, horseradish sauce.

Turkey Avocado

Turkey, bacon, avocado, celery, tomatoes, mayonnaise on 11-grain bread.

Shrimp Po' boy

Shrimp, olive oil, lettuce, tomatoes, pickles, red onion. Cocktail sauce on the side. 710 cal

CREATE YOUR OWN

PREMIUM

Newk’s Q

Newk’s Salad

Served in house-made Italian dressing, white BBQ sauce, and barbecue sauce.

Served with Caesar dressing. Adds 450 cal

The Italian

Atlantic salmon with shrimp, red and yellow bell peppers, basil pesto, red pepper flakes, basil, and lemon juice. Served with whole wheat penne.

Pesto Chicken

All-natural chicken, red and yellow bell peppers, goat cheese, basil pesto on 5-grain bread. 800 cal

CREATE OWN PIZZA CRUST

UPGRADE TO CAULIFLOWER PIZZA CRUST

PREMIUM

Chicken Bacon Club

All-natural chicken, bacon, lettuce, tomatoes, mayonnaise, olive oil, honey mustard. 1070 cal

Grilled Steak

Medium-rare, all-natural sirloin steak, caramelized onions, provolone, horseradish sauce.

Turkey Avocado

Turkey, bacon, avocado, celery, tomatoes, mayonnaise on 11-grain bread.

Shrimp Po’ boy

Shrimp, olive oil, lettuce, tomatoes, pickles, red onion. Cocktail sauce on the side. 710 cal

CREATE YOUR OWN