

BAR SNACKS

CHIPS & QUESO ... 12 **GF**

CRAB RANGOON (7)

made fresh daily, fresh lump crab, sweet thai chili sauce ... 17 *limited quantity available*

PRETZEL STICKS

served with queso and grain mustard ... 18

CRAB DIP

lump crab, old bay, orange peppers, tortilla chips ... 22

HUMMUS PLATTER **GF**

purple cauliflower, cherry tomato, cucumber, carrot, pita ... 16

NACHO BITES **GF**

individual homemade tortilla chips, refried beans, homemade guac, chihuahua, sour cream ... 13
(pulled chicken +4, grilled chicken +6, skirt steak +12)

HOLY LOADED **👍**

choice of seasoned waffle fries or tots, topped with smoked chicken, queso, bacon, ranch ... 16

QUESADILLAS

chihuahua cheese, bell peppers, onion, flour tortilla, side of pico and sour cream ... 14
(pulled chicken +4, grilled chicken +6, skirt steak +12)

FROM THE FRYER

TRADITIONAL WINGS (8) ... 17

BONELESS WINGS (12) ... 17

CHICKEN TENDERS

served with choice of waffle fries or tots ... 21

CHOICE OF SAUCE

traditional bbq, honey hot bbq, buffalo, kill bill, hot hoisin, garlic parmesan

THEORY CLASSICS

MAC + CHEESE FLATBREAD

trust us, you'll love it ... 17

TACO FLATBREAD

an ode to happy joes in iowa city
chorizo, chihuahua, refried beans, pico de gallo, salsa verde, topped with lettuce and crushed doritos ... 20

RICE BOWL

white rice, carrots, green + red pepper, broccoli, onion, mushroom, hot hoisin sauce ... 16 *(grilled chicken +6, skirt steak +12)*

RIGATONI ALLA VODKA

rigatoni pasta, in house made vodka sauce, chili flakes, basil, mozzarella ... 21

SALADS

SOUTHWEST **👍 GF**

mixed greens, romaine, roasted corn, black beans, avocado, tortilla strips, pico ... 13

MEDITERRANEAN

mixed greens, romaine, kalamata olives, tomato, cucumber, red onion, feta, pita, side of hummus ... 17

CAESAR **GF**

romaine hearts, croutons, parmesan cheese ... 14

DRESSING

champagne vinaigrette, caesar, salsa ranch, ranch, bleu cheese, honey mustard, balsamic vinaigrette

ADD-ON'S

pulled chicken +4, grilled chicken +6, skirt steak +12 *make it a wrap with fries +3*

SANDWICHES & WRAPS

SERVED WITH a choice of seasoned waffle fries or tots *(substitute any side +2)*

THEORY BURGER

two flat top patties, american cheese, shredded lettuce, tomato, onion, pickle, brioche ... 16
Sub cheese +1 (cheddar, merkt's cheddar, pepperjack)

TURKEY STACK **👍**

in-house smoked turkey, thick cut bacon, sliced cheddar, shredded lettuce, tomato, chipotle aioli ... 20

HERKY CHEESESTEAK

philly steak, onion, green pepper, merkt's cheddar, french loaf ... 24

BUFFALO CHICKEN WRAP

crispy or grilled chicken, buffalo, shredded lettuce, shredded cheddar, tomato, side of ranch, honey wheat wrap ... 17

GRILLED CALI WRAP

grilled chicken, avocado, tomato, red onion, shredded lettuce, chipotle aioli, honey wheat wrap ... 17

SPICY CHICKEN

grilled chicken, grilled jalapeño, avocado, pepper jack, shredded lettuce, brioche ... 18

SLIDERS

CHEESEBURGER (3)

merkt's cheddar, shredded lettuce, brioche ... 16

BUFFALO CHICKEN (3)

crispy chicken, buffalo ... 16

SIDES

WAFFLE FRIES ... 6.5

TOTS ... 6.5

SWEET POTATO FRIES ... 7.5

MAC + CHEESE ... 6

SIDE SALAD ... 6

BROCCOLI ... 6

DESSERTS

COOKIE SKILLET

served with two scoops of vanilla ice cream and chocolate sauce ... 13

FRIED OREOS (5)

better than your grandma's, served with vanilla ice cream ... 13