

Loaded Fries

GARLIC PARMESAN  4.89 | 510 Cal

crispy fries tossed with fresh garlic and parmesan cheese

FULLY LOADED 6.69 | 740 Cal

top off your 'taters with cheddar cheese, bacon, crispy fried onions, sour cream, and scallions

BUFFALO CHEDDAR 7.79 | 940 Cal

tangy buffalo chicken bites meet crispy fries, bacon, slaw and ranch, drizzled with cheddar cheese sauce

CINNAMON CHIPOTLE 4.89 | 250 Cal

sweet potato waffle fries dusted with spicy cinnamon sugar

VEGAN LOADED FRY   7.29 | 530 Cal

topped with veggie chili, vegan protein, and vegan cheese

LOADED BEEF TACO FRY 7.79 | 720 Cal

french fries loaded with taco beef, tomato, scallions, sour cream, and cheese sauce

BBQ CHICKEN RANCH 7.79 | 690 Cal

french fries loaded with BBQ chicken, ranch, scallions, roasted corn, and cheese sauce

FRY FACTORY

Sides

FRENCH FRIES 

Sm. 2.79 | 280 Cal

Lg. 3.99 | 400 Cal

SWEET POTATO FRIES

Sm. 3.89 | 230 Cal

Chicken

3-PIECE TENDERS 

4.89 | 340 Cal

5-PIECE TENDERS

7.29 | 570 Cal

VEGAN NUGGETS  

6.99 | 270 Cal

Toss The Sauce

BUFFALO

THAI SWEET CHILI

HONEY BARBECUE

Gluten Allergy? Scan Here



semolina's

pick a pasta \$9.19

cavatappi VG (50 cal) | whole wheat penne VG (50 cal)

zucchini noodles VG (5 cal) | +\$2.09 gluten free pasta VG (50 cal)

select a sauce

marinara VG (10 cal) | pesto V (40 cal) | alfredo V (50 cal)

oil & garlic VG (135 cal) | pesto alfredo V (45 cal)

pack in protein

meatballs (80 cal) | grilled chicken (40 cal) | fried chicken (70 cal)

shrimp (35 cal) | sausage (90 cal) | +\$2.39 double protein

+\$2.39 vegan protein VG (210 cal)

veg out

tomato VG (5 cal) | broccoli VG (10 cal) | mushrooms VG (5 cal)

onions VG (10 cal) | peppers VG (10 cal) | spinach VG (5 cal)

zucchini & squash VG (5 cal)

If protein-based, choose 3 veggies. If vegetarian, choose 5.

Additional veggies are \$0.79 each.

GLUTEN ALLERGY? SCAN HERE:



SLICES

PERSONAL PAN PIZZA

\$6.09

hand-stretched dough +
marinara, pesto, or alfredo +

5-cheese blend +

your choice of toppings 1.49 ^{each}

TOPPINGS INCLUDE ALL ADD-ONS AT SEMOLINA'S

PIZZA BY THE SLICE

cheese 2.99 | 340 cal V 3

pepperoni 3.09 | 350 cal 3

daily special 3.09 3

CALZONE

daily special 6.79

VEGAN

personal cheese pizza 9.19 | 560 cal VG

personal CYO pizza 6.09 VG
+ 1.49 per topping

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request. Before placing your order, please inform your server if anyone in your party has a food allergy. *Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

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TACOS

BEEF

- 1 2.79 | 220 cal
- 2 4.19 | 440 cal **3**
- 3 5.19 | 660 cal

CILANTRO CHICKEN

- 1 3.29 | 150 cal
- 2 4.49 | 300 cal **3**
- 3 5.59 | 450 cal

BAJA VEGGIE



- 1 2.79 | 180 cal
- 2 4.09 | 360 cal **3**
- 3 5.09 | 540 cal

Gluten Allergy? [Scan Here](#)



QUESADILLAS

- Cheese 3.59 | 330 cal
- Baja Veggie 4.29 | 390 cal
- Beef or Chicken 5.09 | 550 cal

BURRITOS *Try it as a bowl!*

- Bean 4.09 | 370 cal
- Beef 5.19 | 450 cal
- Chicken 5.19 | 490 cal

NACHOS

- with Cheese **3** 3.19 | 170 cal
- Supreme Beef 5.19 | 510 cal
- Supreme Chicken 5.19 | 460 cal

TACO SALAD

- Beef 5.09 | 290 cal
- Chicken 5.09 | 260 cal
- Baja Veggie 4.19 | 230 cal

TOPPINGS (cal per 1 oz)

- Lettuce | 5 cal
- Diced Onions | 10 cal
- Jalapenos | 5 cal
- Jack Cheese | 110 cal

SIDES

- Rice 1.79 | 100 cal
- Sour Cream 0.89 | 55 cal
- Salsa Verde 0.99 | 10 cal
- Roasted Tomato Salsa 0.99 | 10 cal
- Fresh Guacamole 1.59 | 175 cal

VEGAN

- Baja Veggie Tacos (2) 4.19 | 360 cal
- Vegan Cheese Quesadilla 2.59 | 440 cal
- Vegan Veggie Quesadilla 3.99 | 460 cal

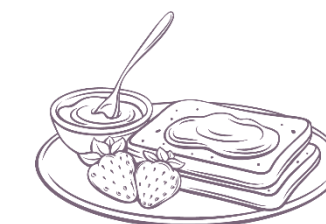
*Substitute any meat with
vegan protein!*



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GLUTEN ALLERGY?
SCAN HERE:



BUTTERMILK PANCAKES *ENTREE

two fluffy buttermilk pancakes made to order and loaded with your favorite mix-in

- CLASSIC **V** **3** \$3.99 | 200 cal
- BLUEBERRY **V** **3** \$4.29 | 230 cal
- BACON BLUEBERRY \$4.29 | 290 cal
- CHOCOLATE CHIP **V** \$4.29 | 380 cal
- BANANA **V** \$4.29 | 210 cal

SIDES * * *

- HOME FRIES **V** **3** \$2.79 | 110 cal
- BACON **3** \$2.99 | 60 cal
- SAUSAGE **3** \$2.79 | 180 cal
- TURKEY SAUSAGE **3** \$2.79 | 80 cal
- TOAST **V** **3** \$1.49 | 140 cal

two slices of toasted wheat and white bread with butter

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SANDWICHES *ENTREE



EGG & CHEESE **V** **3** \$3.69 | 350 cal
served on your choice of english muffin, bagel, or croissant +\$0.19

BACON, EGG & CHEESE **3** \$4.69 | 350 cal
served on your choice of english muffin, bagel, or croissant +\$0.19

SAUSAGE, EGG & CHEESE **3** \$4.69 | 470 cal
served on your choice of english muffin, bagel, or croissant +\$0.19

TURKEY SAUSAGE, EGG & CHEESE **3** \$4.69 | 400 cal
served on your choice of english muffin, bagel, or croissant +\$0.19

FRIED HONEY CHICKEN BISCUIT \$4.69 | 380 cal
hand-breaded fried chicken drizzled with hot honey sauce and served on a freshly baked biscuit

EGGS YOUR WAY **V** **3** \$3.19 *ENTREE

two cage-free eggs made over easy, over hard, sunny-side up, or scrambled

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FRENCH TOAST *ENTREE

rich french toast that's griddled to perfection

CLASSIC **V** \$3.69 | 320 cal

Caramelized Apple **V** \$5.89 | 590 cal
house-made caramelized apple over french toast with whipped topping

VEGAN



SAUSAGE, EGG & CHEESE **3** \$6.19 | 290 cal
served on an english muffin **VG**

SIDE SAUSAGE **VG** \$2.99 | 140 cal

VEGAN FRENCH TOAST **VG** \$3.49 | 470 cal
VEGAN HOME FRIES **VG** \$2.79 | 110 cal

Attention: Plant-based menu items are prepared in a separate kitchen. Please allow additional time to prepare your plant-based order.

BREAKFAST SERVED FROM 7:30
AM to 11:00 AM



GLUTEN ALLERGY?

SCAN HERE:



BURGERS * * *

- HAMBURGER** **3** \$5.09 | 400 cal
- CHEESEBURGER** **3** \$5.39 | 450 cal
your choice of swiss, american, cheddar, pepper jack,
or provolone
- BACON CHEESEBURGER** \$6.89 | 530 cal
- TURKEY BURGER** **3** \$5.69 | 250 cal
- BACON JAM BURGER** \$7.99 | 1020 cal
avocado bacon jam chipotle mayo pepperjack cheese
- BREAKFAST BURGER** \$7.99 | 1080 cal
english muffin , burger , cheddar , fried egg, maple mayo

SIDES

- SMALL FRY** **3** \$2.79 | 110 cal
- LARGE FRY** \$3.79 | 160 cal
- ONION RINGS** \$3.69 | 350 cal
- MAC & CHEESE**..... \$3.99 | 280 cal
- FRESH SIDE SALADS** **3** DAILY SELECTION
- HOME FRIES** **V** **3** \$2.79 | 110 cal
crispy cubed potatoes fried to perfection

MORE * * *

- GRILLED CHICKEN SANDWICH** **3** \$6.99 | 280 cal
balsamic marinated chicken breast grilled to order
- KOREAN CHICKEN SANDWICH**..... \$7.79 | 510 cal
sriracha slaw, korean bbq sauce,
- FRIED CHICKEN SANDWICH** **3** \$7.09 | 440 cal
house-made hand-breaded fried chicken
- CHICKEN PARM SANDWICH** \$8.19 | 640 cal
chicken, sauce and provolone
- CALIFORNIA CHICKEN CLUB** \$7.79 | 650 cal
sundried tomato pesto mayo , lettuce , tomato , avocado on a
ciabatta roll
- GOCHUJANG CHICKEN** \$7.79 | 720 cal
asian slaw , gochujang sauce
- HOT DOG** **3** \$2.99 | 310 cal
classic all-beef frank served on a toasted split roll
- FRIED CHICKEN & MAC MEAL** \$9.09 | 690 cal
crispy fried chicken accompanied by creamy mac & cheese, served
with your choice of beverage

ALL DAY BREAKFAST * * *

- EGG & CHEESE** **3** \$3.69 | 290 cal
served on your choice of english muffin, bagel,
or croissant +\$0.19
- BACON, EGG & CHEESE** **3** \$4.69 | 350 cal
served on your choice of english muffin, bagel,
or croissant +\$0.19
- SAUSAGE, EGG & CHEESE** **3** \$4.69 | 470 cal
served on your choice of english muffin, bagel,
or croissant +\$0.19
- TURKEY SAUSAGE, EGG & CHEESE** **3** \$4.69 | 400 cal
served on your choice of english muffin, bagel,
or croissant +\$0.19
- VEGAN** **VG** **3**
.....
- VEGAN SAUSAGE, EGG & CHEESE** **VG** **3** \$6.19 | 290 cal
served on your choice of english muffin or bagel
- IMPOSSIBLE BURGER** **VG** \$10.89 | 350 cal
- IMPOSSIBLE PICO BURGER** **VG** \$11.59 | 640 cal
plant-based patty topped with chipotle mayo, avocado, pico
de gallo, and lettuce
- VEGAN CHICKEN PARM** **VG** \$10.89 | 640 cal
vegan cutlet, sauce, vegan shredded cheese on burger bun
- VEGAN FRIES** **VG** \$2.79 | 110 cal

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FRESH JUICES

12oz \$4.19
16oz \$5.19

- calories
- Fresh Apple Juice**  **200 260**
Freshly Squeezed Fuji Apple Juice
- Fresh Orange**  **160 210**
Freshly Squeezed Orange Juice
- Golden Carrot Juice**  **160 200**
Freshly Juiced Orange, Golden Pineapple,
and Sweet Carrot

ADD ONS

Honey +1.09 (65 cal)  | **Chia** +2.29(25 cal)  | **Whey Protein** +2.29 (30 cal)  | **Almonds** +1.09(50 cal) 
Coconut +1.09(50 cal)  | **Matcha** +2.29 (20 cal)  | **Cocoa Powder** +1.09 (25 cal) 

SMOOTHIES

Orange Juice Based

12oz \$6.39
16oz \$7.59

- calories
- Strawberry Banana**  **140 190**
Strawberry, Banana, Fresh Orange Juice
- Strawberry Mango**  **120 160**
Strawberry, Mango, Fresh Orange Juice
- Mango Banana**  **120 230**
Mango, Banana, Fresh Orange Juice

Oat Milk Based

12oz \$6.39
16oz \$7.59

- calories
- Simply Green**  **260 350**
Golden Pineapple, Mango, Baby Spinach,
Kale, Wheat Grass, Fresh Mint, Oat Milk
- Mango Carrot**  **220 280**
Mango, Fresh Carrot Juice, Oat Milk
- Wild Blueberry Chia**  **300 410**
Wild Blueberries, Banana, Fresh Ginger,
Pomegranate Juice, Chia Seeds, Oat Milk

Almond Milk Based

12oz \$6.39
16oz \$7.59

- calories
- Chocolate Almond**  **190 290**
Banana, Toasted Almonds, Cacao, Almond
- Honey Almond**  **230 340**
Banana, Toasted Almonds, Honey, Orange
Zest, Almond Milk

Coconut Water Based

12oz \$6.39
16oz \$7.59

- Tropical Fruit**  **140 210**
Banana, Golden Pineapple, Mango,
Coconut Water

Apple Juice Based

12oz \$6.39
16oz \$7.59

- Cherry Berry**  **160 200**
Strawberries, Blueberries, Sweet Bing
Cherries, Fresh Apple Juice



YOGURT BOWLS

1 Bowl \$5.39



Orange Blueberry Bowl

Fresh Blueberries, Banana Cherry Granola,
Orange Zest | 280 cal

Strawberry Mint

Fresh Strawberries, Banana Cherry Granola,
Orange Zest, Mint | 260 cal



MAKE YOUR OWN TOASTS

\$1.29

Choice of:  White,  Multigrain or  Cinnamon Raisin Bread

with your choice of toppings:

-  • Whipped Butter +\$1.09 | 25 cal
-  • Natural Peanut Butter +\$1.09 | 95 cal
-  • Honey +\$1.09 | 65 cal

-  • Almond Butter +\$2.29 | 170 cal
-  • Avocado Tomato Topping +\$2.29 | 50 cal
-  • Peanut Butter Banana Chia Topping +\$2.29 | 140 cal

