

BALMY
FUEL

EST. 2000

Plates
Sharing or Solo

Tapas: \$10.95

Cured Meats, Cheese, Marinated Olives,
Almonds, Pickled Veggies, Veggie Dip.
Fresh Baked Baguette. Extra Baguette **\$3**
Veggie Option Available.

Charcuterie Board \$15.95

Cured Meats, Artisanal Cheeses,
Fresh Baked Baguette

Mac & Cheese: \$10.95

Served with a Side Salad
Add Chicken, Bacon or Sausage **\$3**
Add Mushroom, Sun Dried Tomatoes,
Roasted Red Pepper or Red Onion **\$2**

Beef Chili Nachos: \$12.95

Cheddar, Jalapenos, Sour Cream & Salsa
Add Chicken or Extra Cheese **\$4**
Add Extra Salsa/Sour Cream/Jalapenos **\$1**

1lb Baked Chicken Wings: \$10.95

Hot, Medium, Mild, Honey Garlic,
Hot & Honey, Hot & Smokey
Served with Ranch Dip & Veggie Sticks

Cheese & Tomato Quesadilla \$10.95

Served with Salad, Salsa & Sour Cream
Add Chicken or Extra Cheese **\$4**
Add Extra Salsa/Sour Cream/Jalapenos **\$1**

Salads

Tuscan Kale Caesar: Pancetta & Parmigiano
Quinoa Salad: Cranberries, Almonds & Feta
Arugula Salad: Blue Cheese & Mushrooms
Greek Salad: Romaine, Cucumber, Tomatoes,
Onions, Olives & Feta
Large Size \$9.95 Small Size \$6
Add Chicken to any Salad **\$6**

Sandwiches

Roast Beef Panini: Roast Beef, Horseradish
Mayo, Caramelized Onions, Mozzarella

Chicken Panini: Chicken Breast,
Bacon, Chèvre, Sun Dried Tomatoes, Mayo

Veggie Panini: Sun Dried Tomatoes, Roasted
Red Pepper, Mushroom & Chevre

Muffaletta Panini: Salami, Ham, Mozzarella,
Olives, Red Peppers

Chicken Caesar Wrap: Chicken Breast, Bacon,
Romaine, Parmesan

Served with a Daily Salad **\$10.95**

Pizza

Balmy Pizza: Pesto, Chevre, Chicken, Sun Dried
Tomatoes, Red Peppers **\$16.95**

Mozzarella & Tomato Sauce or Pesto \$10.95

Additional Toppings: \$1.50

Mozzarella, Feta, Roasted Red Pepper, Olives,
Red Onion, Bacon, Mushrooms, Pineapple,
Tomato, Banana Peppers, Jalapenos, Garlic

Premium Toppings: \$1.75

Sun Dried Tomatoes, Salami, Chicken, Chevre
Blue Cheese, Sausage, Hot Salami, Arugula,

Small Bites

Chicken Fingers: Small **\$6** Large **\$9.95**

Mini Margherita Pizza: On Flat Bread **\$6**

Beef Chili: Topped with Cheddar & Side of
Nacho Chips **\$8**

Daily Soup Served with Baguette **\$5.75**

Take Out Available for **\$1**

Additional HST

Kitchen Hours: Tues, Wed, Thurs, Fri 5pm - 10pm. Sat & Sun 1pm - 7pm