

# **LOW POINTS**

## **WEIGHT WATCHERS FRIENDLY**

### **GRUMP'S GREAT GRILL**

2417 3RD AVENUE SOUTH

PHONE 328-3232 - CREDIT CARDS ACCEPTED - FAX 324-3597

[www.grumpsgrill.com](http://www.grumpsgrill.com)

WIRELESS CONNECTION SO BRING YOUR LAPTOP - CPU'S AVAILABLE IN-HOUSE  
PLENTY OF PARKING - T.V.'S ALL AROUND -

### **LUNCH MENU**

*ALL FOOD IS PREPARED FRESH. WE WILL TRY TO GET IT TO YOU FAST WITHOUT SACRIFICING QUALITY. PLEASE BEAR WITH US AS GOOD PEOPLE ARE TRYING TO SERVE YOU SOMETHING GOOD!*

### **GRUMP'S SPECIALTY SANDWICHES**

**ALL SANDWICHES**

**\$6.99**

**TURKEY DELIGHT**-4 OZ SMOKED TURKEY BREAST WITH SPICY MUSTARD, LETTUCE, TOMATO, AND LITE ITALIAN DRESSING ON A LITE WHEAT BUN. SERVED WITH A PICKLE SPEAR AND A SIDE SALAD. (3 PTS)

**GRILLED CHICKEN SANDWICH**-3 OZ GRILLED CHICKEN TOPPED WITH MUSTARD, LETTUCE, TOMATO, AND A PICKLE ON A LITE WHEAT BUN. SERVED WITH A PICKLE SPEAR AND A SIDE SALAD. (4 PTS)

**BUFFALO CHICKEN SANDWICH**-FRESH CHICKEN BREAST, FRIED AND DIPPED IN GRUMP'S OWN WING SAUCE. TOPPED WITH LETTUCE, ONIONS, AND PICKLES AND SERVED ON A LITE WHEAT BUN. SERVED WITH A PICKLE SPEAR AND A SIDE SALAD. (5 PTS)

**HAM IT UP**-FRESH HAM. THINLY SLICED. TOPPED WITH TOMATO, LETTUCE, AND PICKLES ON A LITE WHEAT BUN. SERVED WITH A PICKLE SPEAR AND A SIDE SALAD. (6 PTS)

**PAPPA'S LUNCH**-CORNEED BEEF TOPPED WITH GRUMP'S BLEND OF PEPPER FIXIN'S ALONG WITH ONIONS AND HASHTATERS. ALL ON A LITE WHEAT BUN. SERVED WITH A PICKLE SPEAR AND A SIDE SALAD. (9 PTS)

**CHICKEN OR TUNA SALAD SANDWICH**-THE BEST CHICKEN OR TUNA SALAD, SERVED WITH LETTUCE AND TOMATO ON A LITE WHEAT BUN. SERVED WITH A PICKLE SPEAR AND A SIDE SALAD. (6 PTS)

**VEGGIE BURGER**-A VEGGIE BURGER TOPPED WITH LETTUCE, TOMATO, PICKLES, MUSTARD, AND OUR OWN SAUCE. SERVED ON A LITE WHEAT BUN WITH A PICKLE SPEAR AND A SIDE SALAD. (4 PTS)

### **GRUMP'S GREAT CHICKEN TENDERS**

**\$5.29**

GRUMP'S OWN HAND BATTERED TENDERS, FRIED OR GRILLED TO PERFECTION! GET THEM REGULAR OR DIPPED IN GRUMP'S OWN WING SAUCE!!! SERVED WITH A PICKLE SPEAR AND A SIDE SALAD.

**4 PIECE FRIED TENDERS**-(5 PTS)

**4 PIECE GRILLED TENDERS**-(3 PTS)

### **GRUMP'S GREAT WINGS**

**SERVED WITH A SIDE SALAD \$6.99**

DON'T BE SCARED...GO AHEAD...TRUST ME!

**10 PIECE WINGS**

MILD OR SWEATY (3 WINGS/2 PTS)

## GRUMP'S OLD FASHIONED HOT DOGS

SKINNY DOG-A TURKEY HOT DOG WITH MUSTARD, ONIONS, KRAUT, AND GRUMP'S SPECIAL SAUCE. SERVED ON A LITE WHEAT BUN WITH A PICKLE SPEAR AND A SIDE SALAD. (4 PTS) **\$4.29**

SKINNY SLAW DOG-A TURKEY DOG WITH MUSTARD, ONIONS, KRAUT, SPECIAL SAUCE, AND SLAW. SERVED ON A LITE WHEAT BUN WITH A PICKLE SPEAR AND A SIDE SALAD. (5 PTS) **\$4.59**

SKINNY CHILI DOG-A TURKEY DOG WITH MUSTARD, ONIONS, KRAUT, SAUCE, AND CHILI SERVED ON A LITE WHEAT BUN WITH A PICKLE SPEAR AND A SIDE SALAD. (5 PTS) **\$4.59**

SKINNY PEPPER DOG-TURKEY DOG WITH A BLEND OF 3 PEPPERS, ONIONS, MUSTARD, AND SPECIAL SAUCE. SERVED ON A LITE WHEAT BUN WITH A PICKLE SPEAR AND A SIDE SALAD. (4 PTS) **\$4.59**

## GRUMP'S GREAT SALADS

DRESSING NOT INCLUDED IN POINTS CALCULATED

GRILLED CHICKEN SALAD-3 OZ OF GRILLED CHICKEN SERVED ON A CRISP BED OF LETTUCE WITH TOMATOES, CUCUMBERS. (3 PTS) **\$6.69**

GARDEN SALAD-JUST A FRESH, CRISPY BED OF LETTUCE, TOMATOES, CUCUMBERS, CARROTS. (0 PTS) **\$4.99**

4 MEAT SALAD-FRESH TURKEY, HAM, ROAST BEEF, AND GRILLED CHICKEN SERVED ON A GREAT BED OF LETTUCE WITH TOMATOES, CUCUMBERS, AND CARROTS. (6 PTS) **\$7.49**

**DIETER'S DELIGHT**-CHICKEN SALAD OR TUNA SALAD AND TOMATOES SERVED WITH A CRISPY PORTION OF LETTUCE AND A PICKLE SPEAR. (5 PTS) \$6.49

**CHEF SALAD**-FRESH HAM, EGG, CHEESE, AND TOMATOES ON A CRISPY BED OF LETTUCE. THE CHEF WILL LOVE YA!!! (7 PTS) \$6.69

**GRUMP'S GREAT SOUPS**

**\$3.99**

EACH CUP OF SOUP SERVED WITH A SIDE SALAD  
**Seasonal item**

**VEGGIE BEEF SOUP**-(4 PTS)

**BROCCOLI AND CHEESE**-(5 PTS)

**ITALIAN WEDDING**-(3 PTS)

**POTATO SOUP**-(5 PTS)