

# Nichols & Beal

## Appetizers

**Nichols Nachos** \$10.95  
Tortilla chips mounded high with homemade chili, shredded lettuce, black olives, diced tomatoes, jalapeños, melted cheddar cheese, salsa, scallions, and sour cream.

**Raider Tenders** \$9.95  
Yes these tenders tossed in Raider sauce smothered in melted cheddar cheese can probably clog those arteries, but trust me just the thought of taking them off the menu could stop the heart of the healthiest person.

**Bacon Cheddar Fries** \$9.95  
Not the most original item on the menu but hey, if it aint broke don't fix it, besides how can you go wrong with French fries, cheddar cheese, ranch dressing and scallions.

**Panko Goat Cheese** \$8.95  
Truffle and herb seasoned goat cheese rolled in panko coating and deep fried, served over greens with a sweet balsamic reduction.

**Jumbo Wings** \$8.95  
There's no messing around with our wings. They are big and they are saucy, choose between Hot, Medium, Mild, Barry Sauce, Garlic, Tuckers Tangy BBQ, Raider, Nichols Sweet& Spicy or my personal favorite Wasted sauce.

**Beer Battered Pickles** \$6.95  
Beer battered dill pickles deep fried and served with a Cajun ranch for dressing.

**Fried Mozzarella** \$7.95  
Hand breaded wedges of mozzarella cheese deep fried and served on a pool of tomato cream sauce garnished with fried spinach.

**Crazy Onions** \$6.95  
Shaved onions tossed in Cajun seasoned flour and deep fried till crispy served in a haystack with tiger dipping sauce.

**Cheese Quesadilla** \$9.95  
Flour tortilla stuffed with diced tomatoes, scallions, jalapeños, cheddar cheese, salsa and sour cream.

**Chicken Tenders** \$8.95  
Our all time best seller, how can you go wrong with chicken tenders and fries.

**Homemade Black Bean Cake** \$7.95  
Vegetarian or not this is a fabulous appetizer; topped with sweet chili sauce anyone would love this.

## Soups

**Nichols Chili** \$4.95  
A nice hot crock of homemade chili topped with melted cheddar cheese.

**Home-style Chicken Noodle** \$3.95 bottomless cup  
A nice hearty cup of chicken noodle soup can warm you up on even the dreariest Central NY day.

**Soup Du Jour** \$3.95 bottomless cup  
Whatever the chef chooses to make for the day, our soup of the day could be anything from chilled gazpacho to piping hot New England clam chowder.

**French Onion Gratin** \$3.95  
This classic is topped off with croutons and bubbly melted cheese.

Disclaimer:  
Information found in this menu is for enjoyment purposes only. If proofreading truly makes you happy go ahead, however hearing about it is not one of our favorite things so please feel free to just make fun of us behind our backs.

## Salads

**Caesar Salad** \$8.95  
*Smaller portion \$5.95*  
Crisp Romaine, red onion, roasted red pepper, and homemade croutons tossed in a creamy Caesar dressing.

**Charlotte's Cosmo Salad** \$8.95  
*Smaller portion \$5.95*  
Fresh greens, sun dried cranberries, pineapple, candied walnuts, crumbly bleu cheese, pineapple, and homemade cranberry vinaigrette.

**Cobb Salad** \$9.95  
*Smaller portion \$6.95*  
Fresh lettuce, grilled chicken, black olives, hardboiled egg, diced tomato, bacon, crumbly bleu cheese, and homemade balsamic vinaigrette.

**Spinach Salad** \$8.95  
*Smaller portion \$5.95*  
Baby spinach topped with hardboiled egg, red onion, sun dried tomato, bacon, crumbly bleu cheese, and homemade balsamic vinaigrette.

**Taco Salad** \$9.95  
*Smaller portion \$6.95*  
A tortilla bowl filled with lettuce, diced tomato, cheddar cheese, black olives, chili, salsa, scallions and sour cream.

## Salad Bar & Soup

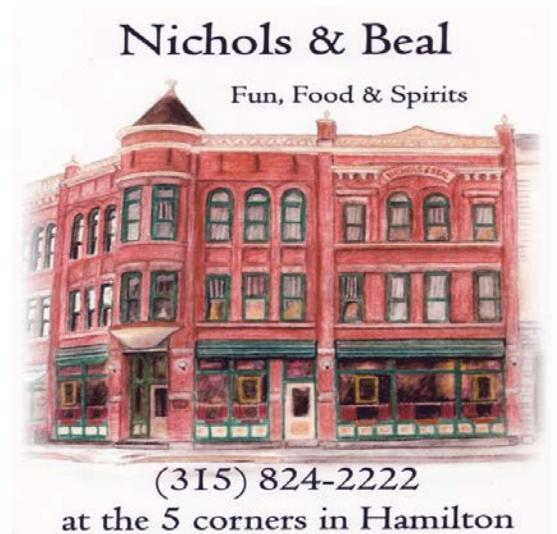
**All You Can Eat Soup & Salad Bar** \$8.95  
We will bring you all you can eat Soup Du Jour, or chicken noodle soup, then help yourself to fresh lettuce, tomatoes, onions, broccoli, carrots, seasonal vegetables, homemade breads, and so much more.

**Express Lunch** \$8.95  
From 11am-3pm our all you can eat soup and salad bar includes a hot item. Your server will tell you what it is, and bring you as many as you like, all still only \$8.95

**As A Side** \$3.95  
If you would like to add soup and salad bar to any menu item it is only \$3.95. Homemade bread, soup, and salad added to what you just ordered, sounds like you just made a snack into a four course meal for under four bucks.

 Denotes vegetarian option.

Terms and conditions:  
Nichols & Beal reserves the right to add 18% gratuity to parties of 6 or more. Separate checks take extra time if you are going to need them it is imperative that you ask your server **before** you order. Nichols & Beal is not and never has been a babysitting service, while we love children we do not have time to watch them for you, therefore if you bring children watch them. If you act like one bring someone to watch you.



## Sandwiches & Wraps

Nichols & Beal LLC is not liable for weight gained by people who choose to order items like our burgers instead of the Mona Lisa. The same rules apply for those who choose to add fries for an extra \$1.99

### **The Mona Lisa** \$9.95

Named after our favorite artistic waitress, this sandwich has hand breaded mozzarella, Portobello mushroom, spinach, artichoke hearts, roasted red peppers and homemade balsamic dressing on a focaccia roll.

### **The Wild Turkey Wrap** \$9.95

Thin sliced turkey breast, lettuce, red onion, pineapple, cheddar, and a spicy raspberry mayonnaise.

### **BLT** \$7.95

Our BLT has all of the essentials, but the bacon, lettuce, tomato and mayo all come on our yummy focaccia bread.

### **Fresh Mozzarella Sandwich** \$9.95

A much funkier version of the good old grilled cheese, this sandwich has fresh mozzarella, sliced tomatoes, and pesto, on grilled focaccia bread.

### **Chicken Caesar Wrap** \$9.95

Crisp romaine, red onion, roasted red pepper, crispy chicken, and Caesar dressing neatly rolled together in a garlic herb wrap.

### **Turkey Brie Sandwich** \$9.95

Thin sliced turkey layered with creamy brie cheese, sun dried tomatoes, romaine lettuce, and honey mustard.

### **Tuna Melt** \$7.95

Nonnie's favorite, every Tuesday after taking my grandmother grocery shopping she would take me to lunch, and she would order a tuna melt.

Open face this classic is served with sliced tomato and melted cheese.

### **Philly Steak or Chicken** \$8.95

Your choice of grilled Philly steak or chicken topped with sautéed onions, mushrooms, and peppers smothered with melted provolone cheese on a steak roll.

### **Cuban** \$8.95

We are far from Cuban but this has been one of our best sellers since we put it on the menu in 2007. Pulled pork, ham, provolone, pickles, dressing and mayo. We know that's not an authentic recipe but people like it, and I did say we weren't Cuban.

### **Pulled Pork** \$7.95

Slow cooked pulled pork served on a white roll topped with our tangy BBQ sauce.

### **The Swinging Gate** \$9.95

This sandwich is so good it will make you want to sing. Grilled breast of chicken topped with sautéed mushrooms, scallions, havarti cheese and honey mustard on a wheat roll

## The Build Your Owns

Feeling creative? Try our hand pattied 8oz burger (twice the size of a Quarter Pounder) our fresh juicy chicken breast, or our homemade Vegan burger. Then top it off with whatever suites you.

### **Just A Burger , Plain Old Chicken Sandwich or Vegetarian Black Bean Burger.**

\$8.50

**What it is.....**An 8 oz hand pattied flame broiled burger on a bun with fries.

**What It Could Be.....**The bun can be white or wheat

The burger can be cooked however you like it.

It can come with lettuce, tomato, onion, mayo and pickle.

**You Can Add .....**Sautéed mushrooms, sautéed onions, roasted red peppers, salsa, American cheese, cheddar, pepper jack, provolone, Swiss cheese, havarti, crumbly bleu cheese, creamy bleu cheese, bacon or sun dried tomatoes. **\$1.50 each**

## Entrees

Full portions come with all you can eat soup & salad bar. *Smaller portions* come with a choice of salad bar or a cup of soup.

### **Chicken Riggies** \$15.95

*Smaller portion* \$9.95

Chicken breast tossed with peppers, mushrooms, and onions sautéed in a spicy tomato cream sauce over pasta.

 You can also get this as a vegetarian dish. \$12.95

*Smaller portion* \$7.95

### **Grilled Citrus Tuna** \$20.95

Citrus, cilantro tuna with a six bean sweet and sour salsa served on a bed of lemongrass saffron risotto.

### **Sesame Seared Salmon** \$18.95

*Smaller portion* \$14.95

Atlantic salmon rolled in black and white sesame seeds and pan seared served over a bed of mushrooms and spinach sautéed in a white wine garlic butter sauce, topped with a balsamic glaze served with rice.

### **Plain Jane Sirloin** \$22.95

Plain grilled 8oz Black Angus Sirloin served with potato of the day. If you need some excitement in your life or at least your mouth check out our burger toppings, any of them can be added to this steak.

### **Haddock Oreganata** \$15.95

*Smaller portion* \$9.95

Broiled haddock topped with an oregano breadcrumb topping drizzled with a white wine butter sauce.

### **Blackened Chicken Alfredo** \$16.95

*Smaller portion* \$11.95

Cajun seasoned chicken tossed with broccoli in a creamy Alfredo sauce over linguini.

 We would be happy prepare this dish without the chicken as a vegetarian dish. \$12.95

*Smaller portion* \$8.95

### **Potato Crusted Salmon** \$18.95

*Smaller portion* \$14.95

Atlantic salmon with a potato crust topped with a wild berry brandy sauce over rice.

### **Vegetable Scampi** \$15.95

*Smaller portion* \$10.95

Sautéed Portobello mushrooms, artichoke hearts, roasted red peppers, red onions, broccoli, and fresh herbs in a garlic white wine sauce over fettuccini.

### **Mushroom Asiago Sirloin** \$23.95

8 oz Black Angus sirloin topped with a mushroom Asiago crust, served with potato of the day.

### **Chicken Marsala** \$16.95

*Smaller portion* \$11.95

Chicken breast lightly floured and sautéed in a Marsala mushroom sauce served with potato of the day.

Consumer Advisory: Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of food borne illnesses. Alert your server if you have special dietary requirements. We are happy to do anything we can to help out: we even have a separate fryer just for gluten free cooking. If you have no dietary issues but are simply high maintenance please also alert your server, this information can be invaluable to them. This way they can try extra hard to make you happy but take it with a grain of salt when you still aren't pleased.

### **Nichols Burger** \$9.95

Topped with bacon, sautéed mushrooms, onions, and a side of bleu cheese the only thing that could make this burger any better is the side of fries it comes with.

### **The Pittsburger** \$9.95

No you don't have to get this burger "Pittsburgh rare", it is a tribute to the best NFL team of all time. We take an 8oz burger, blacken it to give it some kick, throw a pierogi and sautéed onions on top for that authentic PA flavor then finish it off with some golden pepper jack cheese and honey mustard, then wrap it in a Terrible Towel, (just kidding, you have to go to Heinz field for one of those) we just include some fries.