

THE MEAT UP GRILL

RIIS PARK BEACH, ROCKAWAY, NY

SNACKS

"CHIPWRECK" 12

Loaded Crinkle Cut BBQ Fries +
Cheese Sauce + Smoked Bacon +
Onion Ranch + Scallions

"SALTY DOG" 7

JUMBO Beef + Sweet-Pepper Relish +
Onion Fries

BISTRO ONION RINGS (V) 10

Horseradish dip

CREAMY MAC N CHEESE (V) 11

3 Cheese Mac + Scallions + Cotija

ULTIMATE TRUFFLE- HONEY

GRILLED CHEESE (V) 10

Fontina + Gruyere + Aioli + Truffle
Honey Drizzle

SIMPLY FRIES (V) 7

Basket of Hickory BBQ Idaho Fries

M.U.G. CAESAR 11

Kale & Chicory Greens + Jicama +
Radish + Everything Pretzel Croutons
+ Parmesan-Lemon Dressing

CRAFT BURGERS & STUFF

burgers are served on non-gmo potato rolls, GF Buns available upon request

THE MEATUP BURGER 12

A Single 1/4lb. Flattop Brisket
Burger+ House Pickles + Crack-
House Sauce

THE O.G. BURGER 16

Double 1/4lb. Flattop Brisket
Burger+ House Pickles + Crack-
House Sauce

SUPER CRISPY CHICKEN 14

Buttermilk Fried Breast + Red Pepper
Jam + White BBQ Sauce + House
Pickles + Potato Bun

CRISPY BUFFALO CHICKEN 14

Buttermilk Fried Breast + Crispy Veg
Slaw + Blue-Ranch Sauce + Pickles

add: American or Gruyere \$1 Mushrooms or Onion Fries \$1 each Smoked Bacon add \$2

ROCKA-PHILLY CHEESE STEAK 16

Shaved Angus Ribeye Beef + Mushrooms + Onion Fries + Cheese Sauce

HOMEMADE QUINOA-VEGGIE BURGER (V) 11

Mushrooms + Black Beans + Avocado + Onion Fries + Vegan Chipotle Aioli

BUCATINI A LA CARBONARA 18

The Real Deal... Egg Yolk + Cracked Pepper + Lardons + Parmigiano Reggiano

WARM QUINOA BUDDHA BOWL (V,GF) 16

Sautéed Kale + Quinoa + Spicy Chickpeas + Roasted Squash + Lemon-Tahini
Dressing + Radish + Pumpkin Seeds + Sumac

THE MEATUP TOWER (serves 4) \$69

4 MeatUp Cheeseburgers + Chipwreck + Bistro Onion Rings + House Slaw

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