

BREAKFAST · LUNCH · DINNER ON THE OUTER BANKS OF NC TRISCOUPE CAPE HATTERAS

1262

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2114

CARRO

MATTERA

Table feally

COKE

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CONT

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BREAKFAST AT THE BEACH

SERVED 7AM TIL 1 PM DAILY

THE CAPTAIN*

Two eggs fried or scrambled Select One: Bacon or sausage (link, patty, or turkey) 9.29 City ham 9.99 Country ham 12.99 Pork chop 10.99 **Corned beef hash 11.99** Fish Roe (scrambled) 12.99 Select One: home fries, grits, or baked apples Select One: toast, biscuits, or hotcakes

THE MATE*

Two eggs fried or scrambled Select One: home fries, grits, or baked apples Select One: toast, biscuits, or hotcakes 7.29

FRIED CATFISH OR TROUT & EGGS*

Two eggs fried or scrambled Select One: home fries, grits, or baked apples Select One: toast, biscuits, or hotcakes 13.99

STEAK & EGGS*

Two eggs fried or scrambled and 7 oz. ribeye served with Select One: home fries, grits, or baked apples Select One: toast, biscuits, or hotcakes 15.99

EGGS BENEDICT*

Toasted English muffin, two poached eggs, Canadian bacon, topped with creamy hollandaise sauce served with your choice of home fries, grits, or baked apples 11.99

CRAB BENEDICT*

Toasted English muffin, two poached eggs, crab meat, topped with creamy hollandaise sauce served with your choice of home fries, grits, or baked apples 13.99

NOR'EASTER*

Start with homemade buttermilk biscuit topped with home fries, cheddar cheese, your choice of crumbled bacon or sausage, 2 eggs fried or scrambled, and smothered in sausage gravy 13.99 No substitutions

VEGGIE EGGS BENEDICT

Toasted English muffin, two poached eggs, tomato, spinach, topped with creamy hollandaise sauce with your choice of home fries, grits, or baked apples 10.99

POACHED EGGS*

Two eggs poached to order, served with your choice of toast, English muffin, or hot cakes 7.99 Add your choice of home fries, grits, or baked apples 8.99 Add bacon or sausage (link or patty or turkey sausage) 10.99

EGGS WITH*

Two eggs fried or scrambled with your choice of toast, biscuits, or a single hotcake 4.79

SAUSAGE GRAVY BISCUIT

Large homemade biscuit smothered in sausage gravy 6.49 Add home fries, grits, or baked apples 8.59

CREAMED CHIPPED BEEF

Served on toast or homemade biscuits 8.59 Add home fries, grits, or baked apples 10.59

ADD BLUEBERRIES,

PECANS OR

CHOCOLATE CHIPS

to hotcakes 2.00

🕑 TOAST OPTION AVAILABLE

BUILD YOUR OWN*

3 Egg Omelette 7.29

swiss, or feta) 1.29



All omelettes served with Select One: home fries, grits, or baked apples Select One: toast, biscuits, or hotcakes.
 toast option available add 1.00

WESTERN OMELETTE*

Ham, green peppers, onions, tomatoes, and cheddar cheese 11.99

CORNED BEEF HASH OMELETTE*

Our famous corned beef hash and cheddar cheese folded into a three-egg omelette 11.99

GARDEN VEGGIE OMELETTE*

Spinach, tomato, and swiss 9.99

CRAB AND CHEESE OMELETTE*

This coastal classic starts with our three egg omelette and adds fresh crab meat and cheddar cheese for a true taste of the outer banks 14.99

MEXICAN OMELETTE*

Ham, onion, tomato, green pepper, cheddar cheese, into our classic omelette- then we top it with salsa, sour cream, and chives 12.99

SANDWICHES

EGG SANDWICH* 3.29 • GRILLED CHEESE 4.29 COUNTRY HAM 5.99 • BACON. LETTUCE. & TOMATO 4.99 **SAUSAGE, BACON OR BAKED HAM 3.99 AVOCADO TOAST**

(fresh avocado spread, grape tomatoes, and balsamic glaze) 7.99 Add Egg 1.29 or Cheese 1.29 Add lettuce or tomato to any sandwich .79 bread available add 1.00

HOMEMADE **BUTTERMILK BISCUITS**

Select One **SAUSAGE, BACON, OR BAKED HAM BISCUIT 3.99** BUTTERMILK Hotcakes A True Favorite!

THREE LARGE HOTCAKES 6.99 Add Bacon, Sausage, or City Ham 9.59 Add Country Ham 13.99

THREE BLUEBERRY, PECAN OR CHOCOLATE CHIPS HÓTCAKES 8.99 Add Bacon, Sausage, or City Ham 10.79

FRENCH TO

We start with three slices of Texas toast dipped in our house made batter and grilled to order until its a light golden brown 7.59 Bacon or Sausage or City Ham 9.99 Country Ham 13.99 Add Fresh Strawberries 3.99 Fruit Topping 2.00

Bacon or Sausage or City Ham 8.99

Country Ham 13.99

AFFLE 6.99

add 1.00

Add your choice of toppings:

tomato, onion, mushroom, green pepper,

Cheese (American, cheddar, provolone,

Egg whites .99 / No substitutions

bacon, ham, sausage 1.59

spinach, jalapeno .99 each

COUNTRY HAM BISLUIT 5.99 CHICKEN BISCUIT 6.99 • EGG OR CHEESE BISCUIT 3.19 Add Egg 1.29 or Cheese 1.29

SIDES

BACON (3 Slices) 2.99 SAUSAGE (2 Pieces) 2.99 **TURKEY SAUSAGE (2 Pieces) 2.99 BAKED HAM 2.99 CANADIAN BACON 2.99 COUNTRY HAM 6.99 CORNED BEEF HASH 4.99 CHIP BEEF** 4,99 **SAUSAGE GRAVY 3.99 DATMEAL 2.99**

GF = **GLUTEN FREE**

HOME FRIES, GRITS OR APPLES 2.79 TOAST OR BISCUITS 2.19 GLUTEN FREE TOAST 2.99 ENGLISH MUFFIN 2.99 SLICED TOMATO 1.99 BAGEL & CREAM CHEESE 3.59 **ONE EGG*** (Fried or Scrambled) 1.29 FRUIT Cup 3.99 / Bowl 4.99 **ASSORTED CEREALS W/ MILK 3.99 ONE HOT CAKE 2.99**

Add Fresh Strawberries 3.99 Fruit Topping 2.00 CHICKEN & WAFFLES 12.99 *Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness. *Our seafood is fresh catch we do advise caution when consuming, *May contain bones or shells.

*Items contain ingredients that may be

severed raw or undercooked.

*Home fries contain bacon grease.

SEE OUR BEVERAGE SELECTION ON BACK

SHRIMP COCKTAIL ()

Local shrimp chilled & served with cocktail sauce 8.99

POTATO SKINS

Potato wedges topped with bacon, melted cheddar cheese and topped with chives 9.99

MOZZARELLA STICKS (6) 6.99

DNION RINGS Beer battered onion rings 6.99

SERVED 11 AM TIL 4PM APPETIZERS CHICKEN TENDERS (3) 5.19

LUNCH

STEAMED SHRIMP

1/2 lb 11.99 / full lb 19.99 STUFFED JALAPENOS

Stuffed with cream cheese battered and fried 6.99

FRIED OYSTER

Fresh oysters lightly breaded & served with tartar sauce 8.99

FRIED PICKLES

Chips served with buttermilk ranch 6.99

WINGS

Jumbo crispy fried chicken wings tossed in buffalo sauce with ranch or blue cheese 10.99

BUFFALO SHRIMP

Local shrimp lightly breaded and fried tossed in buffalo sauce with ranch or blue cheese 10.99

COCONUT SHRIMP 10.99

HUSHPUPPIES (6) 2.99

CHICKEN & WAFFLES 1 side 15.99

SOUP/SALAD -

NEW ENGLAND CLAM CHOWDER Cup 4.99 / Bowl 6.99

SHE CRAB BISOUE

Creamy rich bisque with sherry and crab Cup 6.99 / Bowl 8.99

GRILLED OR FRIED CHICKEN SALAD 🚳

Mixed lettuce, cucumbers, tomato, red onion, shredded carrots, either grilled or fried chicken tenders, and your choice of dressing 12.99

CHEF'S SALAD 🚯

Mixed lettuce, cucumbers, tomato, red onion, shredded carrots, shredded cheese, ham, turkey, and your choice of dressing 12.99

BUFFALO CHICKEN SALAD

Fried chicken tenders, mixed lettuce, cucumbers, tomato, red onion, shredded carrots, shredded cheese, crumbled bacon, and your choice of dressing 13.99

BUFFALO SHRIMP SALAD

Mixed lettuce, cucumbers, tomato, red onion, shredded carrots, shredded cheese, topped with 6 fried buffalo shrimp, and your choice of dressing 14.99

FRUIT & NUT SALAD 🚳

Spinach, mixed greens, fruit, nuts, and feta with balsamic vinaigrette 10.99

TRADITIONAL CAESAR SALAD

Romaine lettuce, shredded parmesan cheese, croutons, and caesar dressing 8.99

HOUSE SALAD 🕕

Mixed lettuce, cucumbers, tomato, red onion, shredded carrots, and your choice of dressing Regular 5.99 Large 7.99

Add Grilled Chicken 6 | Shrimp 6 Oysters 8 | Tuna 8 | Salmon 8 | Soft Crab 10

LUNCHEON PLATTER

BROILED LOCAL'S PLATTER

Crab Cake, Shrimp, Scallops & Trout 26.99 Add flounder in place of trout 2.00 No substitutions

FRIED SEAFOOD LOVER'S PLATTER

Shrimp, Scallops, Oysters, & Trout 26.99 Add flounder in place of trout 2.00 No substitutions

SHRIMP (8) (fried or broiled) 13.99 **TROUT** (1 pc) (fried or broiled) 10.99

SCALLOPS (fried or broiled) 15.99

CLAM STRIPS (fried) 10.99

FLOUNDER (1 pc)

(fried or broiled) 14.99 **CRAB CAKE** (fried or broiled) *Market Price*

OYSTERS (fried) 14.99

SOFTSHELL CRAB (fried) 14.99 Seasonal

POPCORN SHRIMP (fried) 11.99

CATFISH (fried or broiled) 12.99

VEGGIE PLATE Pick 3 sides 7.99

10 oz PRIME RIB* 20.99

COCONUT SHRIMP (6) (fried) 14.99 CHICKEN TENDERS (5) 10.99

NC STYLE BBQ 🚳

Vinegar based pulled pork the way we do it in eastern NC 10.99

HAMBURGER STEAK & GRAVY* Grilled 8 oz. choice burger smothered in gravy & onions 11.99

MARINADE CHICKEN BREAST @

Grilled chicken breast topped with mushrooms & swiss cheese 11.99

PORK CHOPS

2 bone in pork chops fried Southern style 11.99

BUILD YOUR OWN SEAFOOD PLATTER

PICK TWO: 20.99 • PICK THREE: 23.99 SHRIMP - TROUT - CATFISH CRAB CAKE - SCALLOPS (Fried or Broiled) POPCORN SHRIMP - CLAM STRIPS OYSTERS - SOFT CRAB (Fried Only) Add Flounder 2.00 NO multiple options of softshell or crab cakes No Substitutions All fried or all broiled

All sandwiches served with French fries and pickle spear. Add your choice of lettuce, tomatoes, onions, or pickles upon request. Substitute onion rings or fruit cup additional 1.99 Substitute Garden Salad additional 2.99 Add cheese 1.29

SANDWICHES

Your choice of salad dressing: House Ranch, House Blue Cheese, House Italian, Raspberry Vinaigrette, Balsamic Vinaigrette, Honey Mustard, or 1000 Island



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STEAK SANDWICH*

6 oz. ribeye steak on sub roll 13.99

OPEN FACED PRIME RIB SANDWICH*

6 oz. prime rib open faced with onions, peppers & melted provolone cheese on Texas toast 13.99

HAMBURGER*

6 oz. choice burger on sesame bun 11.99

HENRY BURGER*

Topped with mushrooms, green peppers, onions, and swiss cheese on sesame bun 12.99

HENRY'S CLUB

Sliced turkey, ham, bacon, cheese, lettuce, tomato layered between 3 slices of toast 12.99

MARINATED CHICKEN BREAST

With swiss cheese and mushrooms on bun 11.99

GRILLED CHEESE

American, swiss, or provolone cheese 7.99

NC STYLE BBQ SANDWICH

Vinegar based pulled pork the way we do it in Eastern NC 10.99

BLT

Crispy bacon, fresh lettuce and tomato sandwich on your choice of bread 8.99

FRIED SHRIMP SANDWICH

Lightly breaded and cooked just right 12.99

CRAB CAKE SANDWICH

Homemade fried crab cake on sesame bun Market Price

OYSTER SANDWICH

Lightly breaded and cooked just right 13.99

SOFT CRAB SANDWICH

Yes, you eat the whole crab, legs and all lightly fried on sesame bun 13.99 *Seasonal*

FRIED CATFISH SANDWICH

Filet of catfish on sub roll 12.99

CORNED BEEF OR TURKEY REUBEN

Topped with sauerkraut, swiss cheese, and 1000 island dressing on grilled rye 11.99

FRIED OR GRILLED BONELESS CHICKEN BREAST SANDWICH

Served on bun 10.99 / Add buffalo sauce .99

DINNER Served 4 pm til

APPETIZERS

SHRIMP COCKTAIL ()

Local shrimp chilled & served with cocktail sauce 8.99

WINGS

Jumbo crispy fried chicken wings tossed in buffalo sauce and served with choice of ranch or blue cheese 10.99

SCALLOPS BACON WRAPPED

Fried scallops wrapped in bacon with sesame teriyaki sauce 12.99

SHE CRAB BISQUE

Creamy rich bisque with sherry and crab Cup 6.99 / Bowl 8.99

ONION RINGS

Beer battered onion rings 6.99

POTATO SKINS

Potato wedges topped with bacon, melted cheddar cheese and topped with chives 9.99

FRIED PICKLES

Chips served with buttermilk ranch 6.99

MOZZARELLA STICKS (6) 6.99

COCONUT SHRIMP

Served with orange marmalade sauce 10.99

CHICKEN TENDERS (3) 5.19

STUFFED JALAPENOS

Stuffed with cream cheese battered and fried 6.99

FRIED OYSTER

Fresh oysters lightly breaded and served with tartar sauce 8.99

BUFFALO SHRIMP

Local shrimp lightly breaded and fried tossed in buffalo sauce with ranch or blue cheese 10.99

STUFFED MUSHROOMS

Broiled mushrooms stuffed with crab mixture and parmesan cheese 12.99



Your choice of salad dressing: House Ranch, House Blue Cheese, House Italian, Raspberry Vinaigrette, Balsamic Vinaigrette, Honey Mustard, or 1000 Island.

Add Grilled Chicken 6 | Shrimp 6 | Oysters 8 | Tuna 8 | Salmon 8 | Soft Crab 8

SHE CRAB BISQUE

Creamy rich bisque with sherry and crab Cup 6.99 / Bowl 8.99

NEW ENGLAND CLAM CHOWDER Cup 4.99 / Bowl 6.99

HOUSE SALAD (

Mixed lettuce, cucumbers, tomato, red onion, shredded carrots, and your choice of dressing Regular 5.99 Large 7.99

FRUIT & NUT SALAD @

Spinach, mixed greens, fruit, nuts, and feta with balsamic vinaigrette 10.99

TRADITIONAL CAESAR SALAD

Romaine lettuce, shredded parmesan cheese, croutons, and caesar dressing 8.99

BUFFALO CHICKEN SALAD

Fried buffalo chicken tenders, mixed lettuce, cucumbers, red onions, shredded carrots, shredded cheese, crumbled bacon, and your choice of dressing 13.99

GRILLED OR FRIED CHICKEN SALAD

Mixed lettuce, cucumbers, tomato, red onion, shredded carrots, either grilled or fried chicken tenders, and your choice of dressing 12.99

BUFFALO SHRIMP SALAD

Mixed lettuce, cucumbers, tomato, red onion, shredded carrots, shredded cheese, topped with 6 fried buffalo shrimp, and your choice of dressing 14.99



STEAMERS

1/2 LB STEAMED SHRIMP @ 11.99

1 CLUSTER STEAMED CRAB LEGS
Market Price

2 CLUSTERS STEAMED CRAB LEGS
Market Price

STEAMED COMBO (D) Market Price 1/2 lb steamed shrimp & one cluster crab legs

SANDWICHES

All sandwiches served with French fries and pickle spear. Add your choice of lettuce, tomatoes, onions, or pickles upon request. Substitute onion rings or fruit cup additional 1.99 Substitute Garden Salad additional 2.99 Add cheese 1.29

NC PULLED PORK BBQ

Smoked vinegar based pulled pork the way

CATFISH

Fried filet of catfish on sub roll 12.99

HAMBURGER*

6 oz. choice burger on sesame bun 11.99

we do it in Eastern NC 10.99

CRAB CAKE

Homemade fried crab cake on sesame bun Market Price

SHRIMP SANDWICH 12.99

SOFT SHELL CRAB

Yes, you eat the whole crab, legs and all lightly fried on sesame bun 13.99 *Seasonal*

OYSTER SANDWICH

Lightly breaded and cooked just right 13.99

FRIED OR GRILLED CHICKEN SANDWICH 10.99



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SEAFOOD PLATTER+

SHRIMP (Fried or Broiled) Lite (8): 18.99 | Full (12): 22.99

TROUT (Fried or Broiled) Lite (1 Pc): 16.99 | Full: (2 Pc): 20.99

SCALLOPS (Fried or Broiled) Lite: 20.99 | Full: 25.99

CLAM STRIPS (Fried) Lite: 15.99 | Full: 18.99 **FLOUNDER** (Fried or Broiled) Full (2 Pc): 24.99

CRAB CAKE (Fried or Broiled) Lite (1): *Market Price* | Full (2): *Market Price*

OYSTERS (Fried) Lite: 20.99 | Full: 25.99

SOFTSHELL CRAB (Fried) *Seasonal* Lite (1): 20.99 | Full (2): 25.99

POPCORN SHRIMP (Fried) Lite: 18.99 | Full: 21.99

CATFISH (Fried or Broiled) Lite (1 Pc): 17.99 | Full (2 Pc): 21.99

COCONUT SHRIMP (Fried) Lite (6): 18.99 | Full (10): 23.99

SEAFOOD COMBO PLATTERS

BROILED LOCAL'S PLATTER Crab Cake, Shrimp, Scallops, & Trout 29.99

FRIED SEAFOOD LOVER'S PLATTER

Shrimp, Scallops, Oysters, & Trout 29.99 Add Flounder in Place of Trout 2.00 (No Substitutions)

CREATE YOUR OWN COMBO PLATTER

PICK TWO: 25.99 | PICK THREE: 29.99

SHRIMP – TROUT – CATFISH CRAB CAKE – SCALLOPS (Fried or Broiled)

POPCORN SHRIMP – CLAM STRIPS OYSTERS – SOFT CRAB (Fried Only) Add Flounder 2.00

NO multiple options of softshell or crab cakes No Substitutions • All fried or all broiled

STEAKS & OTHER +

All dinners served with choice of two sides: Cole Slaw, Apple Sauce, Garden Salad, Mac & Cheese, Green Beans, French Fries, Mashed Potatoes, Baked Potato, Potato Salad, Pickled Beets, Fried Okra, Or Veggie of The Day – Unless Otherwise Noted = Broiled option only

SMALL PRIME RIB* (10 oz.) Seasoned and slow roasted 25.99

LARGE PRIME RIB* (14 oz.) Seasoned and slow roasted 29.99

RIBEYE* (12 oz.) Hand cut and grilled to order 28.99

Add to any steak meal: Shrimp 6 | Scallops 9 | Oysters 8 Soft Crab 10 | Crab Cake 10 | Clam Strips 6 FRIED PORK CHOP5 2 bone in pork chops fried Southern style 15.99

FRIED CHICKEN TENDERS (5) 15.99

HAMBURGER STEAK & GRAVY* Grilled 10 oz. choice burger smothered in gravy & onions 15.99

PULLED PORK BBQ PLATE 🚳

Vinegar based pulled pork the way we do it in Eastern NC 14.99

GRILLED COHO SALMON @

6 oz. with a ginger teriyaki glaze 19.99

CHICKEN BREAST "SUPREME" Grilled chicken breast topped with mushrooms, swiss cheese, and honey mustard sauce (2 pc) 17.99

GRILLED TUNA STEAK* () 8 oz. Yellowfin 21.99 | Blackened add .99



MASHED POTATOES 2.99 BAKED POTATO 3.99 FRENCH FRIES 2.99 GREEN BEANS 2.99 SIDE OF THE DAY 2.99 FRIED OKRA 2.99 MAC & CHEESE 2.99 PICKLED BEETS 2.99 HUSHPUPPIES (6) 2.99

SEE OUR

CHICKEN & WAFFLES 1 side 15.99

COLE SLAW 2.99 APPLE SAUCE 2.99



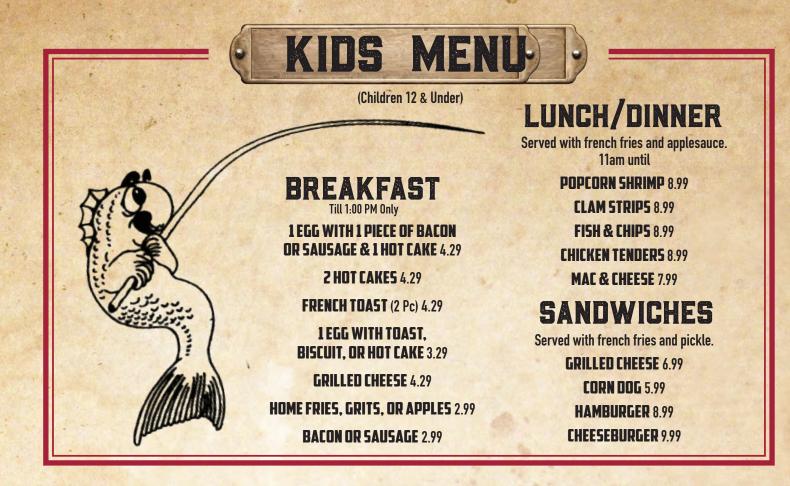


HISTORY OF THE HUSH PUPPY

Legend has it that a group of nuns from France settled in New Orleans around 1727 and created, from cornmeal, croquettes de maize. An African cook in Atlanta is said to have tossed a morsel of one of these croquettes to a yelping puppy and said "Hush Puppy". Now you know the rest of the story.



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BEVERAGES

COFFEE OR ICED TEA (Free Refills in House Only)

SOFT DRINKS Pepsi, Diet Pepsi, Sierra Mist, Dr. Pepper, Sunkist, Mt. Dew, Pink Lemonade (Free Refills with Above in House Only)

HOT TEA (Per bag) 2.79

MILK 2.99 Chocolate or White

SHIRLEY TEMPLE (No Refills) 2.79

BOTTLED WATER 1.99 HOT CHOCOLATE 2.99

JUICES 2.99 Orange, Grapefruit, Apple, V–8, Tomato, Cranberry

MIMOSA / BLOODY MARY To go drink 2.99



HOT FUDGE CAKE HOT FUDGE SUNDAE LEMON MERINGUE PIE COCONUT CREAM PIE PEACH COBBLER KEY LIME PIE BAKERS CHOICE

BEER & WINE

WINE SELECTIONS

ECCO DOMANI PINOT GRIGIO Glass / Bottle ROSENHAVEN ROSÉ Glass / Bottle CHATEAU SOUVERAIN SAUVIGNON BLANC Glass / Bottle WILLIAM HILL CHARDONNAY Glass / Bottle STORY POINT PINOT NOIR Glass / Bottle WILLIAM HILL CABERNET SAUVIGNON Glass / Bottle SPARKLING WINES CHAMPAGNE SPLIT PROSECCO SPLIT MIMOSA BLOODY MARY BELLINI

IMPORTED BEER HEINEKEN CORONA BLUE MOON

DOMESTIC BEER

BUD BUD LIGHT MICHELOB ULTRA YUENGLING MILLER LITE COORS LIGHT O'DOULES

*availability and prices subject to change

A LITTLE HISTORY ABOUT THE FAMILY

Henry's Restaurant has been serving the Outer Banks of North Carolina since the summer of 1989. After eleven years of operating the food service at the Duck Woods Country Club, Henry and Linda Ezzell decided that they wanted to offer a restaurant that served honest American Style food that would appeal to people of all ages. With so many fine dining establishments in the area they felt there was a need for a down-to-earth, no-frills experience for those that wanted good food, a pleasant and accommodating staff, with an affordable menu. Henry, Linda, their daughter Kim, along with granddaughter Brittney, and our amazing staff, welcome you to HENRY'S. We are family owned and operated with three generations active in the daily operations and you might just see a fourth generation running around learning the family tradition. It's our pleasure to have you join us and we thank you for choosing HENRY'S for your eating-out experience. We feel our greatest asset is our many locals, and visiting friends that make HENRY'S their home away from home. As our customers will attest, we feel confident that we have achieved this goal. Please do not hesitate to ask any member of our family or staff to assist you with any of your needs. We hope to become one of your family's Outer Banks traditions for years to come.



*While we offer gluten-free options, we are not a gluten-free kitchen. Cross-contamination could occur and our restaurant is unable to guarantee that any item can be completely free of allergens. Patrons are encouraged to their own satisfaction, to consider this information in light of their individual requirements and needs. *Items contain ingredients that may be severed raw or undercooked. ©US Foods Menu 2024 (4090284)