



sharing plates & starters

Spinach-Artichoke Dip

\$9.75

Three cheese blend, artichoke hearts, baby spinach, green chilies with toasted focaccia



veggie

Chicken Tenders

\$9.50

Choice of dressing: Honey bbq or buffalo 25¢
*add bleu cheese crumbles 75¢

Welsh Rarebit

\$9.25

Cheese & ale sauce, diced tomato with toasted focaccia

Quesadillas

\$9.25

Queso blanco, scallions, tomato, green chilies, black olives with salsa and sour cream * add guacamole \$1 * add grilled or blackened chicken \$3

Tuscan Cheese Bread

w/Rosemary \$9.75

Extra virgin olive oil, rosemary, and asiago cheese

Gatto-dilla

\$12.50

Blackened chicken, sriracha, bbq sauce, bacon, onion, jalapeño, cheddar, mozzarella



SPICY

Guac & Chips

\$7.50

With salsa *add cheese and ale sauce \$2



veggie

Brunswick Stew

\$5.50

Pulled pork, mixed vegetables

Triple Fork Chili

\$5.95

Ancho chili, ground beef, onions, jalapeños, cheddar



3 forks required

White Chili

\$5.95

Northern white beans, chicken breast, green chilies, crème fraiche

salad

Choice of dressings include: avocado lime vinaigrette, bleu cheese, ranch, chipotle ranch, honey mustard, zesty mustard, zesty Italian, balsamic vinaigrette, thousand island

Garden Salad

\$7.50

Romaine, tomato, asiago cheese, green peppers, cucumbers
*add grilled or blackened chicken \$3

Classic Caesar

\$7.50

Romaine, house caesar, asiago & croutons
*add grilled or spicy blackened chicken \$3

SoCal

\$9.75

Grilled chicken breast, romaine, guacamole, fire roasted poblano, diced tomato, grilled tortilla and salsa



veggie

Southern Fried Chef

\$9.75

Southern fried chicken, ham, cheddar, romaine, diced tomato, croutons, crispy bacon

Mediterranean Salad

\$9.75

Romaine, grilled chicken, feta, sun-dried tomatoes, kalamata olives, red onion, pepperoncini with focaccia

Spinach Salad

\$9.75

Spinach, mozzarella, tomatoes, onions and cucumbers
*add grilled or blackened chicken \$3



veggie

fork fare

North Border Burrito

\$12

Chicken, white bean, and cheese burrito with green chilies, scallions and red bell peppers, cheddar with salsa and sour cream. *add guacamole \$1

Betty's Skettie

\$13

Ragu, mushrooms, peppers, cheddar, linguine with garlic focaccia

Chipotle Linguine

con Crema \$13

Tomato, garlic, mushroom, cream, linguine, chipotle and white wine sauce with garlic focaccia
*add sautéed chicken \$3



veggie

wood-fired pizza

Make Your Own

BASE

Small 10" \$10
Gluten Free 10" \$12
Large 14" \$14

SAUCE

Traditional Marinara,
Alfredo, Parmesan
& Herb, Ricotta and
Herb, BBQ, Sriracha
BBQ

CHEESE \$1.50 each

Mozzarella,
Fresh Mozzarella,
Provolone, Asiago,
Ricotta, Feta, Ghost Jack

VEGGIES \$1.50 each

Poblano Pepper, Sport Peppers,
Pepperoncini, Jalapeño,
Bell Peppers,
Baby Spinach, Pesto, Pineapple,
Artichoke Hearts, Mushrooms,
Portobello Mushroom,
Sun Dried Tomato, Tomato,
Onion, Sliced Garlic

MEAT \$2 each

Chicken,
Blackened Chicken,
Pepperoni,
Bacon, Ham,
Ground Beef,
Italian Sausage,
Anchovy

FITA Pizzas

Small \$14 Gluten Free \$16 Large \$19.50

SoRo – Ricotta, pesto, mozzarella, baby spinach, sun dried tomato, and black olives



veggie

Roma – Marinara, Italian sausage, red bell, onion, portobella, sliced garlic, mozzarella and asiago

Greco – Marinara, feta, kalamata, onion, sundried tomato, mozzarella, and anchovies

Italia – Marinara, pepperoni, Italian sausage, pepperoncini, sliced garlic, mozzarella and asiago

Sunset Beach – Ricotta and mozzarella, artichoke hearts, sun dried tomato, roasted poblano, and black olives



veggie

Margarita – Marinara, fresh mozzarella, basil, tomato, with olive oil

Capri – Marinara, pepperoni, Italian sausage, portobella, black olives, onion, and mozzarella

Monaco – Spinach, grilled chicken, onion, tomato, olive oil, and parmesan white sauce with mozzarella and feta



veggie

Athenos – Pesto, spinach, ground beef, kalamata, sliced garlic, onion, with mozzarella, feta & Asiago cheese

Hawaiian – Marinara, mozzarella, ricotta, ham, pineapple

Bolzano – Marinara, pepperoni, mushroom, Kalamata, tomato, sliced garlic and mozzarella

Gatto Arrabiato – Sriracha BBQ, cheddar, jalapeño, bacon, onions and blackened chicken

burgers

Choice of patty cooked to order and served on a brioche bun with a choice of chips, fries, mac & cheese or seasonal veggies.

Fried green beans, side salad, side Caesar add \$1.50

House Chuck Patty NoBull Vegan Patty

Build a Burger \$9.00

Choice of house chuck patty or NoBull vegan patty, pile the toppings high

F.I.T.A. Burger \$10.50

Cheddar, lettuce, tomato, onion, and mayo

Cajun Blue \$10.50

Cajun-seasoned, bacon and bleu cheese with lettuce, tomato and mayo

Lipes Burger \$10.50

Tinnell's pimento cheese and pickle

The McClanahan \$10.50

Dijon, olive, jalapeño & Tinnell's pimento cheese

Mesa Verde \$10.50

Queso blanco, guacamole, chipotle mayo, lettuce and tomato

Inferno Burger \$10.50

Ghost jack, jalapeños, chipotle mayo, lettuce and tomato



Patty Melt \$10.50

Swiss, grilled onions on rye

All burgers cooked medium well unless specified. Cooked rare to order. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

Build Your Own Fries or Nachos

\$5

Choose your own sauce, cheese and toppings

Sauces: Traditional Marinara, Alfredo, Parmesan & Herb, Ricotta and Herb, BBQ, Sriracha BBQ

Toppings

Select Toppings +25¢

tangy olive relish
salsa
onion

homemade pepper relish
jalapeño pepper
banana pepper

tomato
lettuce

pickles (dill or bread & butter)
sweet pickle relish

Premium Toppings +75¢

cheese slaw
coleslaw

Tinnell's pimento cheese
beef chili
bacon

american cheese
bleu cheese
cheddar

provolone
swiss

sauerkraut
guacamole

mushrooms
ghost jack

Select Condiments

ketchup
dijon mustard
yellow mustard

chipotle mayonnaise
horseradish mayonnaise

BBQ Sauce
Sriracha
Mayo

dogs

Choice of dog served on a potato brioche roll with a choice of chips, fried, mac & cheese or seasonal veggies.

Fried green beans, side salad, side caesar add \$1.50

Kosher Beef - Half Smoke - Hot Italian
Beer-steamed Bratwurst

Build Your Own Dog \$5.50

Choice of dog, pile the toppings high

Double Dog \$3.25

Add a second dog to your order

Slaw Dog \$6.50

Kosher beef, yellow mustard, onion, chili & cole slaw

Astro Dog \$6.50

Half-Smoke, dijon, chili, cheese slaw

Scooby \$6.50

Kosher beef, dijon, chili and cheese slaw

Italian \$6.50

Hot Italian, dijon, pepper and onions

German \$6.50

Beer steamed bratwurst, dijon, onion & sauerkraut

Q Dog \$6.50

Half-Smoke, BBQ, pulled pork and coleslaw

Chicago Dog \$6.50

Kosher beef, sport peppers, pickle, yellow mustard, tomato, pickle relish and onion

dessert

Brick Oven S'more \$4.50

A milk chocolate bar between two graham crackers with marshmallow and toasted in the wood fired oven, topped with chocolate sauce
*add peanut butter 50¢



kids corner

(Twelve and under) Served with chips
Fries, seasonal veggies, coleslaw,
mac & cheese add 50¢
Fried green beans add \$1.50

Chicken Tenders \$5.50

Oven baked Mac & Cheese

\$3.50 (no side included)
* Clay's Way (add bacon) \$1

Grilled Cheese \$3.50

*add bacon \$1

The CEO \$2.75 (peanut butter & jelly)

Hot Dog \$3.50

Spaghetti w/Tomato Sauce

\$3.50 (no side included)

Kids Cheeseburger \$4.25

3 oz. patty

Cheese Quesadilla \$5

Corndog \$4

sandwiches

Served with a choice of chips, fries, mac & cheese or seasonal veggies.
Fried green beans, side salad, side Caesar add \$1.50

F.I.T.A. Pulled Pork Sandwich \$9

Home-smoked pulled pork, BBQ, side of coleslaw

Teleras de la

Southwest con Pollo \$10

Adobo glazed chicken breast, queso blanco, lettuce, tomato, guacamole and chipotle mayo

The "Bro"rito \$10 (no side included)

Choice of pulled pork or grilled chicken, flour tortilla, dirty rice, queso blanco, and spicy black bean & corn salsa, served with sour cream and salsa *add guacamole \$1

Classic BLT \$8

Crispy bacon, tomato, romaine lettuce and mayo

Alley Grilled Cheese \$10

Swiss cheese, ham, sautéed spinach, portobella on sourdough bread

The Shep \$10

Grilled chicken, mushrooms, jalapenos, coleslaw, provolone, horseradish mayo wrapped in a flour tortilla *substitute steak for \$3

Chicken Caesar Wrap \$11

Chicken, romaine, asiago, croutons and caesar dressing wrapped in a flour tortilla

F.I.T.A. Missouri Club \$10

Ham, chicken, bacon, tomato and swiss

SoRo Wrap \$8

Romaine, tomato, green bell peppers, guacamole and salsa rolled in a flour tortilla

*add grilled chicken for \$3



F.I.T.A. Steak Philly \$12

Ribeye steak, mushrooms, grilled onions, peppers, provolone, horseradish mayo served on a hoagie roll

Tender Wrap \$10

Chicken tenders, cheddar, lettuce, tomato rolled in a flour tortilla served with choice of dipping sauce

Black & Blue Chicken \$10

Blackened chicken, bleu cheese, bacon, lettuce, tomato and chipotle mayo on ciabatta