



Parties of 6 or more may be charged an automatic 20% gratuity

sharing plates & starters

Spinach-Artichoke Dip \$9.75

Three cheese blend, artichoke hearts, baby spinach & green chilies on ciabatta or tortilla chips



Gatto-dilla \$12.50

Blackened chicken, Sriracha BBQ, bacon, onion, jalapeño, cheddar & mozzarella



SPICY

Chicken Tenders & Fries \$9.50

Tossed in: Honey BBQ or Buffalo 25¢
*add bleu cheese crumbles 75¢

Guac & Chips \$7.50

With salsa *add beer cheese \$2



veggie

Welsh Rarebit \$9.25

Homemade cheese & ale sauce topped with diced tomato & served with a side of ciabatta

Brunswick Stew \$5.50

Pulled pork & mixed vegetables

Triple Fork Chili \$5.95

Ancho chili, ground beef, onions, jalapeños & cheddar



3 forks required

Quesadilla \$9.25

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



veggie

White Chili \$5.95

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

Tuscan Cheese Bread \$9.75

Extra virgin olive oil, rosemary, & asiago cheese



veggie

Nachos \$9.50

Crisp nachos with salsa, sour cream, cheddar, chili, scallions, diced tomatoes, onions & jalapeños

Parmesan Herb Fries \$7.50

Fries topped with parmesan, asiago, and herbs * add bacon \$1

salad

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

Garden Salad \$7.50

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



veggie

Southern Fried Chef \$10.75

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 ciabatta

Spinach Salad \$9.75

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



veggie

fork fare

Served with a side salad

North Border Burrito \$12

Chicken, northern white beans, & cheese burrito with green chilies, scallions, red bell peppers & cheddar served with salsa & sour cream. *add guacamole \$1

Betty's Skettie \$13

Marinara, ground beef, mushrooms, green bell peppers, cheddar & linguine with ciabatta

Chipotle Linguine con Crema \$13

Tomato, garlic, mushrooms, cream, linguine, chipotle & white wine sauce with ciabatta *add grilled or blackened chicken \$3



veggie

wood-fired pizza

Make Your Own

BASE

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

SAUCE

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

CHEESE \$1.50 each

Mozzarella, Fresh Mozzarella, Provolone, Asiago, Ricotta, Feta, Ghost Jack, Bleu, American, Tinnell's Pimento, cheddar

VEGGIES \$1.50 each

Poblano Pepper, Sport Peppers, Pepperoncini, Jalapeño, Green or Red Bell Pepper, Baby Spinach, Pesto, Pineapple, Artichoke Heart, Mushroom, Portobello Mushroom, Sun Dried Tomato, Tomato, Onion, Sliced Garlic, Black Olive, Green Olive, Kalamata Olive

MEAT \$2 each

Grilled Chicken, Blackened Chicken, Pepperoni, Bacon, Ham, Ground Beef, Fork Chili, Pulled Pork, Anchovy, Italian Sausage

FITA Pizzas

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

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



veggie

Roma – Marinara, italian sausage, red bell pepper, onion, portobella, sliced garlic, mozzarella & asiago

Greco – Marinara, feta, kalamata, onion, sundried tomato & mozzarella (anchovies optional)

Italia – Marinara, pepperoni, italian sausage, pepperoncini, sliced garlic, mozzarella & asiago

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



veggie

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



veggie

Capri – Marinara, pepperoni, italian sausage, portobella, black olives, onion & mozzarella

Monaco – Parmesan & herb white sauce, olive oil, mozzarella, feta, spinach, grilled onion, tomato & grilled chicken

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

Hawaiian – Marinara, mozzarella, ricotta, ham & pineapple

Bolzano – Marinara, pepperoni, mushroom, kalamata olives, tomato, sliced garlic & mozzarella

Gatto Arrabiato – Sriracha BBQ, cheddar, jalapeño, bacon, onion & blackened chicken

burgers

Choice of patty cooked to order & 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



Build a Burger \$10

Choice of house Chuck Patty or No Bull vegan patty and pile the toppings high

F.I.T.A. Burger \$11.50

Cheddar, lettuce, tomato, onion & mayo

Cajun Blue \$11.50

Cajun-seasoned pattie, bacon, bleu cheese, lettuce, tomato & mayo

Lipes Burger \$11.50

Tinnell's pimento cheese with bread & butter pickles

The McClanahan \$11.50

Dijon, olive relish, jalapeño & Tinnell's pimento cheese

Mesa Verde \$11.50

Queso blanco, guacamole, chipotle mayo, lettuce & tomato

Inferno Burger \$11.50

Ghost jack, jalapeño, chipotle mayo, lettuce & tomato



Patty Melt \$11.50

Swiss & grilled onion 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.

Toppings

Select Toppings +25¢

lettuce

tomato

onion

pickles (dill or bread & butter)

banana pepper

jalapeño pepper

bell pepper (red or green)

salsa

olive relish

pickle relish

pepper relish

Premium Toppings +75¢

american cheese

bleu cheese

cheddar

ghost jack

provolone

swiss

mozzarella

Tinnell's pimento cheese

cheese slaw

coleslaw

mushrooms

guacamole

sauerkraut

bacon

Fork chili

Select Condiments

ketchup

mayo

chipotle mayo

horseradish mayo

dijon mustard

yellow mustard

BBQ Sauce

Sriracha

dogs

Choice of dog served on a potato brioche roll with a choice of chips, fries, mac & cheese, cole slaw 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 \$6

Choice of dog, pile the toppings high

Slaw Dog \$7

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

Astro Dog \$7

Half Smoke, dijon, olive relish & cheese slaw

Scooby \$7

Kosher beef, dijon, chili & cheese slaw

Italian \$7

Hot Italian, dijon, green bell pepper & onion

German \$7

Beer-steamed bratwurst, dijon, onion & sauerkraut

Q Dog \$7

Half-Smoke, BBQ sauce, pulled pork & coleslaw

Chicago Dog \$7

Kosher beef, pepperoncini, pickle spear, yellow mustard, tomato, pickle relish & onion

Double Dog \$3.50

Add a second dog to your order

Brick Oven S'more

\$4.50

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

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 \$10

Home-smoked pulled pork, BBQ & side of coleslaw

Teleras de la

Southwest con Pollo \$11

Adobo glazed chicken, queso blanco, lettuce, tomato, guacamole & chipotle mayo

The "Bro"rito \$11 (no side included)

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

Classic BLT \$9

Crispy bacon, tomato, romaine lettuce & mayo

Alley Grilled Cheese \$10

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

The Shep \$11

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

Chicken Caesar Wrap \$11

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

F.I.T.A. Missouri Club \$11

Ham, chicken, bacon, tomato & swiss

SoRo Wrap \$9

Romaine, tomato, green bell peppers, guacamole & salsa wrapped in a flour tortilla

*add grilled or blackened chicken for \$3



veggie

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

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

Tender Wrap \$11

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

Black & Blue Chicken \$11

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

kids corner

(Twelve & under) Served with chips fries, seasonal veggies or 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 \$3.00 (peanut butter & jelly)

Hot Dog \$3.50

Spaghetti with Tomato Sauce

\$4.00 (no side included)

Kids Cheeseburger \$4.50

3 oz. patty

Cheese Quesadilla \$5

Corndog \$4

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