

STARTERS

BAM BAM SHRIMP crispy shrimp tossed in a creamy spicy sauce. 10

FRIED OYSTERS ROCKEFELLER flash-fried oysters on a bed of creamed spinach, topped with Parmesan cheese and bacon. 11

SPINACH DIP warm with freshly fried corn chips. 10

TOSSED WINGS kettle-sizzled, fresh jumbo wings served with choice of homemade Buttermilk Ranch or Blue Cheese dip. Choice of: Traditional Buffalo, Honey Garlic, Chipotle BBQ or Sweet Thai Chile (6) wings 7 • (12) wings 13 • (25) wings 26

CHICKEN TENDERS fresh, hand-breaded chicken tenderloins with Shakers honey-mustard sauce. 10

FLORENTINE PIZZA crisp tortilla, creamed spinach, tomatoes, jalapeños, diced artichoke, green onion, Jack & cheddar cheeses. 10 *Add grilled chicken 2*

NACHO PLATTER freshly-fried corn chips topped with chili, cheese sauce, diced tomatoes, shredded lettuce, jalapenos and sour cream. 10

QUESADILLA toasted flour tortilla filled with melted cheese, grilled chicken, bacon, jalapeños, diced artichoke and grilled onions. Served with salsa fresca and sour cream. 10

OLD BAY SHRIMP a half-pound of shrimp steamed to order in Old Bay with spicy cocktail sauce. 10

SEARED SESAME AHI TUNA* served rare with crispy wontons and wasabi dressed Napa cabbage. 11

CRISPY CALAMARI Lightly breaded and flash-fried. Served with marinara and Creole remoulade. 10

ONION RINGS fresh-cut jumbo onions hand-breaded and flash fried. Served with honey-mustard. 7

LOADED TATER TOTS

CHEESESTEAK TOTS cheesesteak, peppers, onions, melted cheese. 9

SOUTHWEST TOTS chicken, melted cheese, jalapenos, salsa fresca. 8

CHILI & CHEESE melted nacho cheese, chili, sour cream. 8

ITALIAN chicken, mozzarella, marinara. 8

SOUPS

Bowl 5 • With meal 3.5

Broccoli Cheese • Chicken Tortilla • French Onion • Chili & Chips • Creamy Potato

HOUSE SALADS

Add any house salad to an entrée for 3.5

SHAKERS HOUSE SALAD lettuce, bacon, tomato, red onion, julienne carrots, croutons & cheddar cheese. 5

SOUTHWEST SALAD shredded lettuce, cucumber, tomato, roasted corn & black bean salsa, red onion, cilantro, tortilla strips. 5

GORGONZOLA SALAD cucumbers, sweet peppers, dried cranberries, Gorgonzola cheese, croutons, walnuts and mixed greens tossed in a honey-dill vinaigrette. 5

CAESAR SALAD with Parmesan cheese and seasoned croutons. 5

DRESSINGS Blue Cheese, Creamy Feta, Thousand Island, Ranch, Honey-Mustard, Balsamic Vinaigrette, Honey-Dill Vinaigrette, Cilantro-Lime Vinaigrette

ENTRÉE SALADS

SOUTHERN FRIED CHICKEN chicken tenders, ham, cheddar, tomatoes, croutons, almonds and mixed greens, choice of dressing. 12

GORGONZOLA SALAD romaine hearts, iceberg lettuce, sweet peppers, cucumbers, dried cranberries, Gorgonzola cheese, walnuts and croutons with honey-dill vinaigrette. *grilled chicken 11*
grilled salmon 13 *sirloin steak* 14*

COBB SALAD iceberg and romaine lettuce, rows of grilled chicken, blue cheese crumbles, avocado, egg, chopped bacon, cucumber, diced tomato and choice of dressing. 11.5

BUFFALO BLEU CHEESE WEDGE iceberg wedges topped with blue cheese dressing, buffalo tenders, diced tomatoes, bacon and blue cheese crumbles. 11

CHICKEN ALMOND SALAD all-white meat chicken salad in a crisp tortilla bowl on a bed of salad greens with diced tomatoes, toasted almonds & choice of dressing. 11

SANTA FE SALAD sliced grilled chicken, mixed greens, roasted corn & black bean salsa, tortilla strips and salsa fresca in a cilantro-lime vinaigrette. 11

FETA CHICKEN sliced grilled chicken, sweet peppers, cucumbers, feta cheese, walnuts and mixed greens with a honey-dill vinaigrette. 11

AHI TUNA SALAD* sesame seared ahi tuna served rare with napa cabbage, spinach, red onions, diced cucumber, tomato, sesame seeds and crispy wontons in a creamy wasabi dressing. 14

SPINACH SALAD baby spinach, blue cheese crumbles, bacon, sliced egg, red onion, mushrooms, Mandarin oranges and choice of dressing.
grilled chicken 11 *grilled salmon 13* *sirloin steak* 14*

CAESAR SALAD with Parmesan cheese and seasoned croutons. *grilled chicken 11* *grilled salmon 12*
sirloin steak 13*

ASIAN CHICKEN SALAD chopped salad greens, sliced grilled chicken, crispy wontons, sweet peppers, Mandarin oranges & water chestnuts in a honey-dill vinaigrette with peanut sauce & toasted sesame seeds. 11

TACO SALAD crisp flour tortilla shell, shredded lettuce, chili, roasted corn & black bean salsa, cheddar cheese, diced tomatoes and sour cream. 11

**Health Advisory:*

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.



EST. 1986 • LYNCHBURG, VIRGINIA

STEAKS, CHOPS & RIBS

Shakers is proud to serve Angus beef. Angus beef is world renowned for its quality, superior flavor and network of farmers from across the nation. Each steak is hand cut and aged for exceptional tenderness and taste. Enjoy the great American steak! Served with your choice of two sides.

FILET MIGNON* 8-oz. center cut finished with butter and sea salt. 24

RIBEYE STEAK* 12 oz. finished with butter and sea salt. 22

TOP SIRLOIN* 10 oz. finished with butter and sea salt. 19 • *lunch* 6 oz. 12.50

CAJUN TOP SIRLOIN* 10-oz. topped with shrimp, andouille sausage, crawfish, onions and peppers, in a Cajun cream sauce. 23

HONEY GLAZED PORK CHOPS two center cut boneless chops, char-grilled & mustard-honey glazed. 14 • *lunch* 10.5

HAWAIIAN PORK TENDERLOIN grilled pork tenderloin marinated in pineapple juice, soy, brown sugar and fresh ginger. 15

SMOKEY MOUNTAIN BARBECUE RIBS slow-cooked tender pork ribs with Shakers house barbecue sauce. Half-Rack 15 • Full Rack 20

FRIDAY & SATURDAY NIGHT SPECIAL

HERB-ROASTED PRIME RIB* *Friday & Saturday evenings only.*

Available from 5:00 p.m. Supply is limited.

Served with any house salad and one side dish.

10-oz. 22 • 14-oz. 25

ENTRÉE ADDITIONS:

CAJUN SUPREME SAUCE shrimp, andouille sausage, crawfish, onions and peppers in a Cajun cream sauce. 5

CRAB CAKE 9

GRILLED OR FRIED SHRIMP 8

SAUTÉED BUTTON MUSHROOMS 3

BLUE CHEESE CRUMBLES 3

RICE & PASTA BOWLS

CAJUN CATFISH BOWL catfish filet served on a bed of rice and creamed spinach. Topped with shrimp, andouille sausage, crawfish, onions, peppers in a Cajun cream sauce. 16

BEEF AND BROCCOLI tender sliced beef stir-fried with broccoli, onions and peppers served over rice in a savory brown sauce. 15

CREOLE CHICKEN & RICE BOWL seasoned rice, chicken, shrimp, crawfish and andouille sausage in a Creole tomato cream sauce. 16

ASIAN CHICKEN STIR-FRY crispy chicken, mixed Asian vegetables and water chestnuts sautéed in a zesty Asian sauce with wontons and sesame seeds. Served over rice. 14

PARMESAN CHICKEN panko breaded boneless breast of chicken topped with sautéed mushrooms, marinara, melted mozzarella and Parmesan cheeses. Served on fettuccine with garlic bread. 15

BAKED SPAGHETTI meat sauce, mozzarella cheese and Parmesan cheese over pasta. Served with garlic bread. 13

CAJUN CHICKEN PASTA shaved grilled chicken breast sautéed in a creamy Cajun Alfredo sauce with diced tomatoes. Served over fettuccine with garlic bread. 14

**Health Advisory:*

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.



EST. 1986 • LYNCHBURG, VIRGINIA

FISH MARKET

SALT & PEPPER CATFISH lightly breaded, crispy fried with Shakers special salt and pepper blend. Served with tartar sauce.

REGULAR: Two fillets, two sides 16

SMALL: One fillet, coleslaw, one side 13.5 • *lunch* 12

BLACKENED AHI TUNA* with Creole remoulade and choice of two sides. 18

CHESAPEAKE CRAB CAKES two hand-formed crab cakes lightly seasoned and pan seared. Served with Creole remoulade sauce and choice of two sides. 19

MUSTARD-HONEY GLAZED SALMON char-grilled fillet with mustard-honey glaze. Served with choice of two sides. 17 • *lunch* 12.5

SALMON SALSA FRESCA char-grilled fillet Cajun seasoned and finished with salsa fresca. Served with choice of two sides. 17 • *lunch* 12.5

SEAFOOD TRIO grilled salmon fillet, grilled shrimp and a Chesapeake crab cake. Served with cocktail and remoulade sauce. Choice of two sides. 24

FRIED OYSTER PLATTER served with coleslaw, tartar sauce and choice of one side. 18

FRIED SEAFOOD PLATTER crispy catfish fillet, shrimp and oysters. Served with coleslaw, tartar sauce and choice of one side. 19

PANKO FRIED SHRIMP jumbo shrimp panko breaded and flash-fried. Served with choice of two sides. 17

GRILLED SHRIMP jumbo shrimp seasoned and char-grilled. Served with choice of two sides. 17

CHICKEN

GRILLED CHICKEN CHESAPEAKE grilled double breast of chicken topped with baby shrimp, crabmeat and sautéed button mushrooms in a light cream sauce. Served with choice of two sides. 15.5 • *lunch* 12

CHEESY CHICKEN AND MUSHROOMS panko breaded double breast of chicken sautéed and topped with supreme sauce, button mushrooms and mozzarella cheese. Choice of two sides. 15.5 • *lunch* 12

CHICKEN TENDER PLATTER hand-breaded chicken tenders served with honey-mustard sauce.

REGULAR: Seven tenders, two sides 16

SMALL: Five tenders, coleslaw, one side 13 • *lunch* 12

CHICKEN CORDON BLEU boneless breast of chicken stuffed with ham and Swiss cheese, flash-fried and topped with supreme sauce. Choice of two sides. 15.5 • *lunch* 12

CILANTRO LIME GRILLED CHICKEN glazed boneless chicken breast served with two sides. 13 • *lunch* 11

SIDES

French Fries • Au Gratin Potatoes • Baked Idaho Potato
Baked Sweet Potato • Rice Pilaf • Mac & Cheese
Cinnamon Apples • Creamed Spinach • Steamed Broccoli
Sautéed Green Beans • Vegetable Medley • Coleslaw

LUNCH ITEMS AVAILABLE UNTIL 3:00 PM DAILY

SANDWICHES

Served with choice of one side.

- CRISPY CHICKEN SANDWICH** buttermilk fried chicken breast, bread & butter pickles, lettuce, tomato, red onion and honey mustard on a toasted brioche bun. 11
- CHEESEBURGER*** lettuce, tomato, red onion, mayo and choice of American, Swiss, cheddar or provolone cheese. 11
- SMOKEY MOUNTAIN BBQ BURGER*** smoked bacon, cheddar cheese, Shakers house BBQ sauce, lettuce, tomato, red onion and mayo. 12
- PHILLY CHEESESTEAK** thinly sliced roast beef, grilled onions, peppers & melted mozzarella on a toasted sub roll. 11
- HONEY WHEAT CLUB SUB** smoked bacon, shaved ham, turkey, cheddar, lettuce, tomato and honey-mustard. 10
- CHEDDAR CHICKEN GRILL** grilled chicken breast, shaved ham, smoked bacon, cheddar cheese, lettuce, tomato, honey-mustard and red onion. Served on a toasted brioche bun. 11
- AVOCADO CHICKEN GRILL** grilled chicken, Swiss cheese, avocado, baby spinach and Creole remoulade on a toasted whole wheat bun. 11
- CRAB CAKE SANDWICH** hand-formed lump crab cake, lettuce, tomato & Cajun remoulade sauce on a toasted bun. 12
- HOT SICILIAN** grilled ham, pepperoni, mozzarella, lettuce, tomato, Italian dressing on French bread. 10
- GRILLED TUNA SANDWICH** grilled yellowfin tuna, remoulade sauce, lettuce and tomato on a toasted bun. 11
- CHICKEN SALAD CHEDDAR MELT** Shakers homemade chicken salad, cheddar cheese and tomato on toasted English muffin halves. 10
- BUFFALO CHICKEN WRAP** buffalo tenders, lettuce, tomato and blue cheese dressing. 11
- CHICKEN TENDER BLT WRAP** chicken tenders, bacon, lettuce, tomato, cheddar, honey-mustard. 11

Available until 3:00 pm daily:

PICK 2 • Half Club Sandwich • Half Chicken Salad Melt • Any House Salad • Any Homemade Soup 11

CANTINA TACOS

Stuffed flour tortillas with one side dish

- BAM BAM SHRIMP TACOS** Napa cabbage, chipotle ranch & crispy fried Bam Bam shrimp in a creamy spicy sauce. 12
- FISH TACOS** fried catfish, lettuce, salsa fresca, avocado and chipotle ranch drizzle. 11
- AHI TUNA TACOS*** (2) lightly seared ahi tuna with Napa cabbage, cucumber, shredded carrot and wasabi drizzle. 12
- SOUTHWEST CHICKEN TACOS** grilled chicken, shredded lettuce, roasted corn & black bean salsa, salsa fresca and chipotle ranch drizzle. 11
- CRISPY AVOCADO TACOS** flash-fried panko breaded avocado, roasted corn & black bean salsa, shredded lettuce, salsa fresca and chipotle ranch drizzle. 10

NO-MEAT OPTIONS

- PLATE OF FOUR VEGETABLES** choose any four premium sides. 10
- VEGGIE BURGER** with cheese, mayonnaise, lettuce, tomato and onion. Choice of one side. 9
- CRISPY AVOCADO TACOS** flash-fried panko breaded avocado, roasted corn & black bean salsa, shredded lettuce, salsa fresca and chipotle ranch drizzle. 10
- GRILLED PORTABELLA MUSHROOM SANDWICH** marinated portabella mushroom, baby spinach, red onion and chipotle ranch dressing on a toasted whole wheat bun. Served with one side. 10
- FRESH VEGETABLE BAKE** portabella mushroom and creamed spinach baked over rice pilaf with marinara sauce and melted mozzarella, served with garlic bread. 11

DESSERTS

- MOCHA MUD PIE** chocolate, vanilla and coffee ice cream, all in an Oreo cookie crust. Drizzled with Hershey's chocolate sauce. 5
- FLASH-FRIED BANANA CHEESECAKE** banana cheesecake wrapped in a cinnamon sugared tortilla and lightly fried. Served with vanilla ice cream, all drizzled with caramel sauce. 5
- KEY LIME PIE** the real thing, graham cracker crust, whipped cream. 4
- CHOCOLATE NUT BROWNIE** a warm chocolate brownie topped with vanilla ice cream, walnuts and Hershey's chocolate sauce. 5
- TRADITIONAL NEW YORK-STYLE CHEESECAKE** choice of cherry, strawberry, caramel or chocolate topping. 5

**Health Advisory:*

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.