

Salads

- Crispy Chicken Salad

Fresh salad greens topped with fried chicken, dried cranberries, pecans, red onions, strawberries (seasonal) with dijon honey mustard. *Also Available as a Wrap

\$9.49

Pineapple-Kiwi Salad

Mixed salad greens topped with grilled chicken breast, fresh sliced kiwi, fresh pineapple, crispy bacon, pecans, and red onions, served with our sesame ginger dressing.

\$9.49

South Western BBQ Salad

Mixed greens topped with crispy bacon, fire roasted corn and bean blend, tomatoes, cheddar cheese, fried tenders tossed in bbq sauce, served with mesquite ranch.

\$9.49

Mandarin Orange Chicken Salad

Grilled chicken over a bed of mixed greens with mandarin oranges, red onions, almonds & crunchy chow mein noodles, served with our sesame-ginger dressing.

\$9.49

Grilled or Fried Chicken Salad

A bed of mixed greens, fresh tomato, cucumbers, cheddar cheese, homemade croutons & topped with our grilled or fried chicken breast.

\$9.49

Southern Buffalo Salad

Mixed greens, fried chicken tenders tossed in buffalo sauce, crispy bacon, mozzarella cheese, boiled egg, cucumber and onions, served with ranch dressing.

\$9.49

Black and Bleu Salad

Mixed greens, strip steak, bleu cheese crumbles, fried onion tangles, sunflower seeds, tomatoes and a balsamic reduction, served with bleu cheese vinaigrette.

\$10.99

Trio Salad Plates - Chicken or Tuna Salad

Your choice of 2 sides: Pasta Salad, Potato Salad, Broccoli Side Salad or Seasonal Fruit. Substitute chips for \$1.99

\$9.49



Pineapple
Cafe



Salad Dressings

Buttermilk Ranch, Mesquite Ranch, Bleu Cheese,
Thousand Island, Fat-Free Balsamic Vinaigrette, Dijon Honey Mustard,
Raspberry Vinaigrette & Sesame-Ginger
Extra Dressing: \$.49 Sm / \$.99 Lrg

Soups

Bowl

Ask Your Server (Seasonal)

\$3.99 | \$4.99

Veggie Stuff

- California Veggie Wrap

Avocado, spinach, cucumber, strawberries, sprouts, craisins, walnuts. Balsamic dressing, served with fresh cut fruit.

\$8.99
- Spinach Quesadilla

Fresh spinach, tomatoes, red onions, pepper-jack and mozzarella cheese, roasted red peppers, served with ranch dressing. *Add mushrooms \$0.59

\$8.99
- Black Bean Burger

Grilled black bean burger topped with roasted red peppers, avocado, lettuce, onions & pepper jack cheese with balsamic vinaigrette, served with fresh cut fruit.

\$10.99
- Southwestern Wrap

Fire roasted corn and bean blend, crumbled feta cheese, lettuce, tomato, sprouts, mesquite ranch, served with pasta salad.

\$8.99
- Adult Grilled Cheese

Fried onion tangles, swiss and cheddar cheese on hearty white bread, served with fresh cut fruit

\$8.99

A la carte

- Homemade Chicken Salad Bowl

with crackers

\$4.99
- Homemade Tuna Salad Bowl

with crackers

\$4.99
- Pasta Salad

cup \$1.99 bowl \$3.99
- Broccoli Salad

cup \$1.99 bowl \$3.99
- Loaded Potato Salad

cup \$1.99 bowl \$3.99
- Fresh Cut Fruit Bowl

cup \$1.99 bowl \$3.99
- Side Salad in a Bowl

with dressing & crackers

\$3.99
- Chicken Salad Bowl

with chips

\$8.99

We can take care of your next event,
ask for more information on
Catering..We Deliver
Office Lunches / Sandwich Platters
Dessert Trays / Private Parties

Beverages

Soda, Tea, Coffee

\$2.49



Pineapple
Cafe

~ Hours ~
Monday - Friday 11 am - 2 pm

1775 Weeksville Road
Elizabeth City, NC 27909

PHONE: 252-337-9933 / FAX: 252-337-9934

www.thepineapplecafe.getbento.com



Appetizers

Homemade Potato Chips	<i>with ranch dressing</i>	\$4.99
Basket of Fries		\$4.99
Loaded Buffalo Chips		\$9.99
<i>Homemade chips topped with grilled chicken, bacon, mozzarella and cheddar cheese, buffalo sauce & bleu cheese crumbles, served with ranch</i>		
Corn Nuggets		\$8.99
<i>Battered and deep fried, served with ranch dressing</i>		
Ahi Tuna Plate		\$11.99
<i>Served on a bed of lettuce with sliced avocado, sesame seeds, teriyaki sauce, sliced cucumbers, onions and wasabi sour cream</i>		
Avocado Bowl		\$9.99
<i>1/2 avocado stuffed with tuna salad, topped with diced onions and tomatoes, drizzled with a balsamic reduction, served with lemon wedge.</i>		
ChipS and DipS		\$8.99
<i>Homemade chips served with a variety of our dips: ranch, cheese dip, fresh pico de gallo, fresh pineapple pico</i>		

Wraps

All wraps are served with choice of pasta salad, potato salad, broccoli salad or seasonal fruit. Substitute side with french fries, or homemade potato chips \$1.99

ABLT Wrap	\$8.99
<i>Avocado, bacon, lettuce, mozzarella, cucumber, tomatoes, sprouts & ranch dressing in a flour tortilla.</i>	
Jalapeño Chicken Wrap	\$8.99
<i>Fried chicken tenders, mozzarella cheese, jalapeños, lettuce, tomatoes, ranch dressing in a flour tortilla wrap, then pressed on the grill.</i>	
Cheesy Shrimp Rice Wrap	\$9.99
<i>Rice, grilled shrimp, queso cheese sauce and grilled onions</i>	
Buffalo Chicken Wrap	\$8.99
<i>Diced grilled or fried chicken with Franks Red Hot sauce, romaine lettuce, mozzarella cheese, red onions & bleu cheese dressing wrapped in a flour tortilla.</i>	
Honey Mustard Chicken Wrap	\$8.99
<i>Diced grilled chicken, homemade honey mustard dressing, lettuce, tomatoes & cheddar cheese, pressed on the grill.</i>	
Pineapple BBQ Wrap	\$8.99
<i>Fried chicken, pineapple chunks, red onions, mozzarella cheese & sweet BBQ sauce, wrapped in a flour tortilla.</i>	
Sesame Chicken Wrap	\$8.99
<i>Grilled chicken breast, romaine lettuce, almonds, onions, crunchy chow mein noodles, sesame seeds & sesame dressing wrapped in a flour tortilla.</i>	
Ranch Chicken Wrap	\$8.99
<i>Fried chicken tenders with mozzarella and cheddar cheese, lettuce, tomato, ranch dressing wrapped in a flour tortilla. Add avocado! \$.99</i>	

Tacos

Baja Fish Tacos: (Tilapia)	\$11.99
<i>Two tacos: fried or blackened with shredded cheddar, rice, avocado, cabbage blend and chipotle sauce, served with homemade chips and fresh pico de gallo salsa.</i>	
Poké Tuna Fish Tacos	\$11.99
<i>Two tacos: Ahi grade sushi tuna tossed in poké sauce with cabbage, avocado and wasabi sour cream sauce, served with homemade chips and fresh pico de gallo salsa.</i>	
Banging Shrimp Tacos	\$11.99
<i>Grilled or Fried Shrimp tossed in bang bang sauce, rice, cabbage and avocado, served with homemade chips and a lime wedge.</i>	
Pineapple Shrimp Tacos	\$11.99
<i>Fried or grilled shrimp, cabbage, avocado, rice, fresh pineapple salsa, served with homemade chips and a lemon wedge.</i>	
Blackened Chicken Tacos	\$9.99
<i>Grilled chicken, lettuce, tomatoes, onions, corn and beans, and rice, served with homemade chips and mesquite ranch.</i>	
Hawaiian Chicken Tacos	\$9.99
<i>Grilled chicken with jerk season, onions, lettuce, fresh pineapple chunks, rice, bbq sauce, served with homemade chips and pineapple salsa.</i>	
Black and Bleu Tacos	\$10.99
<i>Steak, bleu cheese crumbles, fried onion tanglers, lettuce, tomato and balsamic glaze, served with homemade chips and blue cheese dressing.</i>	
Teriyaki Chicken Tacos	\$9.99
<i>Grilled chicken, rice, cucumber, onions, tomato, teriyaki sauce with chips</i>	
Southwestern Beef Tacos	\$10.99
<i>Strips of steak, mozzarella and cheddar cheese, corn and beans, onion tanglers, rice and lettuce, served with mesquite ranch and chips.</i>	

From the Grill

<i>All grilled sandwiches are served with french fries, or homemade potato chips.</i>	
Philly Cheese Steak	\$10.99
<i>Grilled Philly Meat with melted provolone cheese, grilled onions & green peppers on a toasted sub.</i>	
<i>*Substitute grilled chicken and make it a chicken philly.</i>	
Southern Fried Chicken B.L.T.	\$10.99
<i>Fried chicken tenders, bacon, lettuce, tomato, honey mustard, pickles, onions & American cheese, served on a potato roll.</i>	
Bleu Cheese Burger	\$11.99
<i>6 oz. burger, grilled onions, crispy bacon, bleu cheese crumnbles, lettuce, tomato & mayo.</i>	
Deluxe Cheeseburger	\$11.99
<i>Our 6 oz. burger topped with cheddar and provolone cheese, pickles, lettuce, tomato & red onions.</i>	
Reuben	\$11.99
<i>Corned beef, swiss cheese, sauerkraut, and russian dressing, grilled between slices of rye bread.</i>	
R & W Fried Fish Po Boy	\$11.99
<i>Battered and fried tilapia filet, lettuce, tomato, onion, lemon, S & P, lemon aioli, served with homemade chips.</i>	

From the Deli

All deli sandwiches are served with choice of pasta salad, potato salad, broccoli salad or seasonal fruit. Substitute side with french fries or homemade potato chips \$1.99

The Club	\$9.99
<i>Ham, turkey, bacon, cheddar & swiss cheese, lettuce, tomato, dressed with mayo & honey mustard, on toasted white or wheat, stacked 3 high.</i>	
ABLT	\$9.99
<i>Avocado, bacon, lettuce, tomatoes, pepper jack cheese, sprouts, cucumbers and mayo on toasted wheat bread.</i>	
California Croissant	\$9.99
<i>Deli turkey, crispy bacon, Swiss cheese, sliced tomatoes, avocados, sprouts and honey mustard dressing on a toasted croissant.</i>	
Turkey Cucumber Dill	\$8.99
<i>Deli sliced turkey, cucumbers, spinach, onion, tomatoes & cream cheese dill spread on toasted wheat.</i>	
Almond Chicken Salad Croissant	\$9.99
<i>Homemade chicken salad with sliced almonds, raisins, served on a croissant with lettuce, tomato & black pepper. May substitute tuna & provolone.</i>	
Tuna Melt	\$9.99
<i>Homemade tuna salad, cheddar cheese, spinach, and onions served on marble rye bread, pressed on grille.</i>	
Cranberry Turkey	\$8.99
<i>Turkey, cheddar cheese, lettuce, tomato & cranberry spread on toasted whole wheat.</i>	

Quesadillas

Chicken & Cheese Quesadilla	\$8.99
<i>Served with sour cream & salsa.</i>	
Southwestern Beef Quesadilla	\$9.99
<i>Steak, mozzarella cheese, corn and beans, rice, served with mesquite ranch.</i>	
Buffalo Bacon Quesadilla	\$9.99
<i>Grilled chicken, bacon, onion, Frank’s Red Hot sauce and mozzarella cheese, served with ranch dressing.</i>	
Shrimp Avocado Quesadilla	\$10.99
<i>Grilled or fried shrimp, mozzarella cheese, avocado, served with ranch dressing.</i>	
Cheese Quesadilla	\$6.99
<i>Cheddar and mozzarella cheese, served with sour cream & salsa.</i>	

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