



304-371-4321

http://www.dubveatz.com

# Sheetz Shephardstown

## -Fried Apps-

Fried Apps Sampler	\$5.50
<i>Choice of 3 apps</i>	
Fryz	
Onion Rings	
Totz	\$3.30
Mozzarella Sticks	\$4.18
Mac N' Cheese Bites	\$4.18
Jalapeno Bites	\$4.18
Wisconsin Cheese Bties	
Popcorn Chicken	

## -Subs & Sandwiches-

MTO Breakfast Sandwich	
MTO Brekafast Sub	
Twisted BLT	\$3.69
<i>Lettuce, tomato, red onions, boom boom sauce, mini hash brownz, bacon and mayo</i>	
Walker Breakfast Ranger	\$4.72
<i>Bacon, egg, fire-roasted tomato sauce, guac, pico, onions and sour cream</i>	
Dreamy Bacon Croissant	\$2.70
<i>Bacon and cream cheese</i>	
Fried Bacon & Egg Sammich	\$5.78
<i>Fried egg, double bacon, caramelized onions and ketchup</i>	
Farmhouse Flatbread	\$4.39
<i>Maple chicken sausage, caramelized onions, cheddar cheese and egg whites</i>	
Kickin' Chicken	\$4.39
<i>Maple chicken sausage, pepper jack cheese, habanero sauce and egg whites</i>	
Wildwest Flatbread	\$4.24
<i>Ham, egg whites, cheese, roasted peppers and caramelized onions</i>	
Protein Showdown	\$4.72
<i>Egg whites, cheddar cheese and pepper jack cheese</i>	
Premium Chicken Bacon N' Egg	\$5.49
<i>Homestyle chicken, bacon, fried egg and american cheese</i>	
Smoke Ham, Egg & Swiss	\$3.62
<i>Ham, fried egg and swiss cheese</i>	
Sausage Patty Melt	\$3.62
<i>Sausage, caramelized onions and cheddar cheese</i>	
Triple Meat	\$4.39
<i>Ham, sausage, bacon, scrambled eggs and cheddar cheese</i>	

## -Breakfast Burritos-

Shmonster Grande Burrito	\$5.82
Shmonster Grande Quesarito	\$5.50
Shmonster Grande Burrito Bowl	\$5.50
Bacon, Egg & Cheese Burrito	\$2.20
Sausage Burrito	\$2.20
Western Burrito	\$2.20

## -Breakfast Pizza-

Breakfast Personal Pizza	\$3.29
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## -Mini Hashbrowns-

Mini Hashbrowns	\$2.04
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## Burgerz

MTO Burger	\$4.73
Twisted Swiss	\$7.70
<i>Pretzel roll, slaw, swiss cheese, pickles, bacon and boom boom sauce</i>	
Cowboy	\$7.37
<i>Onion rings, cheddar cheese, BBQ sauce, bacon and pickles</i>	
The Big Mozz	\$7.37
<i>Mozzarella cheese sticks, provolone and marinara</i>	
The Boss Bacon Burger	\$5.94
<i>Boom Boom Sauce, red onions, lettuce, bacon, american cheese, mayo and mustard</i>	

## -Hot-

Steak Sub	\$3.85
Meatball Sub	\$2.20
Grilled Chicken Sub	\$3.85
Pepperoni Sub	\$2.52
Fish Sub	\$3.62
Pulled Pork Sub	\$3.62
Chicken Tender Sub	\$6.15
Popcorn Chicken Sub	\$5.49

## -Cold-

Classic Turkey Sub	\$2.20
Premium Turkey Sub	\$4.40
Ham Sub	\$2.41
Deli Sub	\$2.41
Italian Sub	\$3.51
Tuna Salad Sub	\$4.06
Chicken Salad Sub	\$4.06
Bacon Sub	\$4.06
3 Cheese Sub	\$2.41
Club Sub	\$3.85
Veggie Sandwich	\$3.51
Veggie Sub	\$2.41

## Sliderz

Bacon Sliderz	\$3.62
Burger Sliderz	\$3.74
Crispy Chicken Sliderz	\$4.40
Grilled Chicken Sliderz	\$5.49
Spicy Bacon Ranch Sliderz	\$4.39
<i>Chicken strips, bacon, ranch dressing and pepper jack cheese</i>	
Booming Onions & Cheddar Sliderz	\$4.39
<i>Burger, caramelized onions cheddar cheese and boom boom sauce</i>	
B.L.Tease Sliderz	\$4.39
<i>Bacon, lettuce, tomatoes and mayo</i>	

## Eat Shmart - Healthy Subz

Primo Turkey	\$5.28
<i>Multigrain bread, red wine vinegar, pepper, spring mix, sliced tomato, swiss cheese and premium turkey</i>	
Skinny Grilled Chicken	\$4.39
<i>Multigrain sub roll, grilled chicken, jalapeno ranch, pico, red onion</i>	

## -Subz-

Skinny Grilled Chicken Sub	\$4.39
<i>Multigrain sub roll, grilled chicken, jalapeno ranch, lettuce, red onion and pico</i>	
Boom Boom Chicken Po Boy Sub	\$5.50
<i>White sub roll, mayo, popcorn chicken, old bay, american cheese, boom boom sauce and coleslaw</i>	
Chicken Tender Sub	\$6.04
Chicken Salad Sub	\$4.06
Grilled Chicken	\$3.85
Popcorn Chicken	\$5.49

## -Sandwiches-

MTO Grilled Chicken	\$4.73
The Boss Chicken Sandwich	\$5.93
<i>Boom boom sauce, red onions, lettuce, bacon, american cheese, mayo and mustard</i>	
Atomic Chicken Sandwich	\$5.82
<i>Pepper jack cheese, jalapenos, pico de gallo and jalapeno ranch</i>	
Twisted Brunch Chicken Sandwich	\$6.92
<i>Fried egg, nacho cheese, bacon and lettuce</i>	
The Big Mozz Chicken Sandwich	\$7.03
<i>Mozzarella cheese sticks, provolone and marinara</i>	
Carolina Slaw Chicken Sandwich	\$6.26
<i>Coleslaw, chili, yellow mustard and cheddar cheese</i>	
<u>-Stripz and Boneless Bitez-</u>	
Chicken Strips	
Boneless Bitez	
<u>Popcorn Chicken</u>	
Popcorn Chicken	\$4.18

## Hot Dogs

MTO Hot Dog	\$0.87
MTO 2/\$1 Dog	\$1.10
BLT Dog	\$2.19
<i>Pretzel bun, lettuce, diced tomatoes, bacon and mayo</i>	
Philly Dog	\$2.74
<i>Pretzel bun, caramelized onions, fire-roasted peppers and nacho cheese</i>	
Firehouse Hot Dog	\$2.74
<i>Pretzel bun, pico, onions, habanero sauce, sour cream and pepper jack cheese</i>	
Junkyard Dog	\$1.97
<i>Pretzel bun, relish, jalapenos, diced onions, sauerkraut and mustard</i>	
Shmokehouse Dog	\$2.19
<i>Pretzel bun, shredded cheese, BBQ sauce and caramelized onions</i>	
Bratwurst	\$3.29
Italian Sausage Dog	\$2.19

-Breads-

Bagel	\$1.31
Biscuit	\$1.31
Croissant	\$1.31
English Muffin	\$1.31
Sourdough	\$1.31
Pretzel Roll	\$1.31
Ciabatta	\$1.31

**Platters**

-Breakfast Platter-

Breakfast Platter	\$6.59
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-Loaded Fryz and Totz Platters-

Loaded Fryz Platter	\$5.83
Loaded Totz Platter	\$5.83

-Mac N' Cheese Platters-

Made-To-Order Mac	\$3.29
Chicken Tender Mac	\$5.49
Spicy Chicken Mac	\$5.49
Boom Chicka Mac	\$5.49

*Mac n' cheese, spicy-breaded chicken, boom boom sauce and pico*

Spicy Chicken Mac N' Cheese	\$5.49
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*Mac n' cheese & spicy chicken breast*

Popcorn Chicken Mac	\$5.49
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-Fish & Chicken Platters-

1 Meat Option Platter
2 Meat Option Patter

**Shnack Wrapz**

Bacon Shnack Wrap	\$5.49
Burger Shnack Wrap	\$5.49
Crispy Chicken Shnack Wrap	\$5.49
Grilled Chicken Shnack Wrap	\$5.49
Fish Shnack Wrap	\$5.49
Spicy Bacon Ranch Shnack Wrap	\$5.49

*Chicken strips, bacon, ranch dressing and pepper jack cheese*

Booming Onions and Cheddar	\$5.49
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**Shnack Wrap**

*Burger, caramelized onions, cheddar cheese and boom boom sauce*

B.L.Tease Shnack Wrap	\$5.49
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*Bacon, lettuce, tomatoes and mayo*

*and pico*

Protein Parm	\$4.73
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*Provolone, parmesan cheese, grilled chicken and marinara*

Spring Chicken	\$5.83
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*Flatbread, honey mustard, spring mix, caramelized onions, cheddar cheese and grilled chicken*

**Meltz**

Turkey Melt	\$5.71
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Bacon Melt	\$5.71
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Chicken Salad Melt	\$5.71
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Cold Cut Melt	\$5.71
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Pulled Pork Melt	\$4.40
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Pepperoni Melt	\$3.30
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Italian Melt	\$5.71
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Tuna Salad Melt	\$5.71
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Steak Melt	\$5.78
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Grilled Chicken Melt	\$5.50
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Ham Melt	\$5.49
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Club Melt	\$5.71
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-Nachos & Salads-

Taco Salad	\$6.05
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*Chili, chips, nacho cheese, lettuce, tomatoes and onions*

Nachos Grande	\$4.39
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\*Walking Tacos\*

-Burritos-

MTO Burrito	\$5.83
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MTO Quesarito	\$6.05
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MTO Burrito Bowl	\$5.83
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Cheesy Chili & Tots Burrito	\$7.69
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Steak & Taters Burrito	\$7.69
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Screamin' Pork Burrito	\$7.69
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-Quesadillas-

Cheese Quesadilla	\$4.39
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Chicken Quesadilla	\$6.26
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Steak Quesadilla	\$6.27
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Pork Quesadilla	\$6.04
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**Pizza**

**Saladz**

MTO Salad	\$6.59
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Sheetz House Salad	\$6.05
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*Tomatoes, red onions, cucumbers and mixed greens*

California Cobb Salad	\$9.56
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*Turkey, guacamole, bacon, eggs, colby jack cheese, lettuce, tomatoes and bleu cheese dressing*

Italian Salad	\$6.59
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*Mixed greens, black olives, mild pepper rings, red onions, Italian meats, pepperoni, shredded cheese and oil & vinegar*

Spicy Chicken Caesar	\$8.46
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*Spicy chicken, croutons, parmesan cheese and caesar dressing*

Steak N' Fryz Salad	\$8.79
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*Steak, fryz, eggs, boom boom sauce, cucumbers, onions, cheese, ranch and lettuce*

**Kidz Mealz**

Kidz Premium Turkey Sandwich	\$4.39
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*Premium turkey, sourdough and provolone cheese with a side and a drink*

Kidz Bacon Breakfast Burrito	\$4.39
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*Bacon, egg and cheese with a side and a drink*

Kidz Premium Chicken Shnack	\$4.39
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**Wrap**

*Grilled chicken, provolone cheese with a side and a drink*

Kids Egg White Shmuffin	\$4.39
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*Egg white, shmuffin and american cheese with a side and a drink*

Kidz Chicken Quesadilla	\$4.39
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*Grilled chicken and shredded cheddar cheese with a side and a drink*

**Sidez**

Fryz	\$2.20
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Onion Ringz	\$3.30
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Mac N' Cheese Cup	\$3.29
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3-Cheese Mac N' Cheese Cup	\$3.29
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Chili Cheese Mac N' Cheese	\$3.29
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**Cup**

Coleslaw	\$2.19
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Rice & Beans	\$1.42
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Hard Boiled Eggs	\$2.09
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Sliced Apples	\$1.42
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Grapes	\$1.42
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**Pretzels**