

# SANDWICHES

Served with choice of one side, excluding baked potato



## CHICKEN SALAD SANDWICH

*Creamy chicken salad with grapes, pecans and celery served on a croissant - \$7*

(86 carbs, 506 calories, 27g protein)

## BLT

Crispy bacon, lettuce and tomatoes served on Texas toast - \$6  
(44 carbs, 492 calories, 22g protein)

## GRILLED HAM & CHEESE

Thick sliced ham and American cheese served on Texas toast - \$7  
(44 carbs, 440 calories, 25g protein)

## CLUB SANDWICH

Ham, turkey and crispy bacon layered on toast with American cheese, lettuce and tomatoes - \$9  
(45 carbs, 712 calories, 48g protein)

## CHICKEN SANDWICH

Grilled or crispy chicken breast served on a bun with lettuce and tomatoes - \$8  
(Crispy: 68 carbs, 689 calories, 24g protein,  
Grilled: 57 carbs, 510 calories, 35g protein)

## STEAK SANDWICH

Chicken fried steak on a bun served with lettuce and tomatoes - \$9  
(65 carbs, 684 calories, 36g protein)

## PHILLY CHEESE STEAK

Thinly sliced beef grilled with onions and green peppers, topped with Swiss cheese served on a hoagie bun - \$9  
(45 carbs, 449 calories, 12g protein)

## PATTY MELT

Hamburger patty topped with grilled onions, Swiss cheese and Mary's Sauce served on Texas toast - \$8  
(38 carbs, 330 calories, 26g protein)

## \$3 SIDES

- Crinkle Fries (32 carbs, 180 calories, 3g protein)
- Curly Fries (35 carbs, 200 calories, 5g protein)
- Hand-Cut Fries (28 carbs, 180 calories, 3g protein)
- Sweet Potato Fries (24 carbs, 150 calories, 3g protein)
- Waffle Fries (37 carbs, 170 calories, 3g protein)
- Tater Tots (22 carbs, 175 calories, 3g protein)
- Baked Potato (37 carbs, 160 calories, 4g protein)
- Mashed Potatoes & Gravy (20 carbs, 120 calories, 2g protein)
- California Veggie Blend (5 carbs, 30 calories, 1g protein)
- Green Beans (7 carbs, 35 calories, 2g protein)
- Corn (17 carbs, 80 calories, 2g protein)
- Side Salad (15 carbs, 100 calories, 3g protein)
- Fried Okra (8 carbs, 75 calories, 2g protein)
- Mac & Cheese (25 carbs, 240 calories, 15g protein)
- Cottage Cheese (8 carbs, 80 calories, 13g protein)
- Onion Rings (2 rings: 12 carbs, 246 calories, 2g protein)

## BEVERAGES

### SOFT DRINKS - \$2

Pepsi • Coca Cola • Diet Coke • IBC Root Beer • Dr Pepper  
7 Up • Mountain Dew • Roy's Fresh Lemonade

### MILK OR CHOCOLATE MILK - \$2

(Milk: 13 carbs, 110 calories, 8g protein  
Chocolate Milk: 26 carbs, 208 calories, 8g protein)

### HOT CHOCOLATE - \$2

(20 carbs, 80 calories, 1g protein)

### CHERRY LIMEADE - \$3

(45 carbs, 230 calories, 0g protein)

### APPLE ORANGE or GRAPE JUICE - \$2

(Apple: 28 carbs, 110 calories, 0g protein,  
Orange: 37 carbs, 160 calories, 2g protein,  
Grape: 40 carbs, 180 calories, 1g protein)

### COFFEE - \$2

Regular or Decaf (0 carbs, 10 calories, 0g protein)

### ICED TEA - \$2

Sweet, Unsweetened or Sweetened Black Raspberry  
(Sweet: 7 carbs, 150 calories, 0g protein  
Unsweetened: 0 carbs, 2 calories, 0g protein)

### HOT TEA - \$2 (0 carbs, 0 calories, 0g protein)

# BREAKFAST

## MARY'S BREAKFAST

*Your choice of ham, bacon or sausage with two eggs cooked your way, hash browns and toast or a biscuit - \$6*

(26 carbs, 282 calories, 8g protein)



## CHEESE OMELETTE

Three egg omelet stuffed with shredded cheese and served with hash browns and your choice of toast or a biscuit - \$6  
(With Toast: 14 carbs, 415 calories, 28g protein  
With Biscuit: 28 carbs, 446 calories, 33g protein)

## MEAT & CHEESE OMELETTE

Three egg omelet stuffed with a breakfast meat of choice and covered in shredded cheese and served with hash browns and your choice of toast or a biscuit - \$8  
(With Bacon: 1 carb, 426 calories, 33g protein  
With Sausage: 1 carb, 486 calories, 32g protein  
With Ham: 5 carbs, 286 calories, 40g protein)

## WESTERN OMELETTE

Three egg omelet stuffed with ham, sausage, onions, bell peppers, tomatoes and shredded cheese. Served with hash browns and your choice of toast or a biscuit - \$9  
(With Toast: 61 carbs, 1118 calories, 65g protein  
With Biscuit: 69 carbs, 1188 calories, 64g protein)

## LOADED HASH BROWNS

Hash browns with ham, sausage, onions, bell peppers, tomatoes and shredded cheese. Served with your choice of toast or a biscuit - \$9  
(With Toast: 62 carbs, 762 calories, 37g protein  
With Biscuit: 70 carbs, 832 calories, 35g protein)

## SMOTHERED CHICKEN FRY

4 oz. hand breaded cube steak on a bed of hash browns covered in cream gravy and topped with two slices of thick cut bacon and an egg - \$11  
(45 carbs, 872 calories, 46g protein)

## PORK CHOP & EGGS

6 oz. pork chop served with two eggs, hash browns and your choice of toast or a biscuit - \$10  
(40 carbs, 654 calories, 37g protein)

## STEAK & EGGS

8 oz. sirloin served with two eggs, hash browns and your choice of toast or a biscuit - \$12  
(26 carbs, 578 calories, 66g protein)

## BISCUITS & GRAVY

Freshly baked biscuits smothered in gravy  
Plain: Full - \$3 • Half - \$1.50  
Sausage: Full - \$5 • Half - \$3

### With Sausage

(Single: 31 carbs, 720 calories, 26g protein  
Double: 62 carbs, 1240 calories, 45g protein)

## CAROL'S SCRAMBLER

Two scrambled eggs with spinach and tomatoes served with two slices of bacon - \$4  
(6 carbs, 275 calories, 25g protein)

## BREAKFAST TOASTER

Your choice of ham, bacon or sausage with an egg and cheese served on your choice of Texas toast, croissant, or a biscuit - \$5

### Texas Toast

(Bacon: 40 carbs, 612 calories, 28g protein  
Sausage: 40 carbs, 742 calories, 31g protein  
Ham: 44 carbs, 482 calories, 30g protein)

### Croissant

(Bacon: 21 carbs, 615 calories, 25g protein  
Sausage: 21 carbs, 745 calories, 27g protein  
Ham: 25 carbs, 471 calories, 26g protein)

### Biscuit

(Bacon: 31 carbs, 732 calories, 32g protein  
Sausage: 31 carbs, 862 calories, 33g protein  
Ham: 35 carbs, 562 calories, 32g protein)

## OATMEAL or GRITS

Served with your choice of toast or a biscuit - \$3  
(With Toast: 41 carbs, 400 calories, 3g protein  
With Biscuit: 52 carbs, 620 calories, 8g protein)

## FRENCH TOAST

Two slices of thick French toast with powdered sugar - \$5  
(36 carbs, 240 calories, 8g protein)

## PANCAKES

Large and fluffy Double - \$4 • Single - \$2  
Pancakes Without Syrup  
(Single: 15 carbs, 55 calories, 2g protein  
Double: 30 carbs, 110 calories, 4g protein)

## WAFFLE

Golden Belgium waffle served with butter and warm syrup - \$4  
(47 carbs, 400 calories, 8g protein)

## BREAKFAST SIDES

- Cinnamon Roll \$3
- Bacon \$2
- Sausage Patties \$2
- Ham \$2
- Hash Browns \$2
- Country Potatoes \$2
- Side of Sausage Gravy \$2
- Egg \$1
- Toast \$1
- Biscuit \$1

Ham Steaks: 4 carbs, 100 calories, 17g protein • Bacon Slices (3): 0 carbs, 270 calories, 15g protein • Sausage Patties (2): 0 carbs, 400 calories, 18g protein • Egg: 0 carbs, 72 calories, 6g protein • Side Of Gravy: 4 carbs, 75 calories, 3g protein • Sausage Gravy: 4 carbs, 75 calories, 3g protein • Hash Browns: 26 carbs, 210 calories, 2g protein • Country Potatoes: 22 carbs, 187 calories, 2g protein • Cinnamon Roll: 57 carbs, 400 calories, 5g protein • TOAST: Texas Toast: 20 carbs, 100 calories, 3g protein • Wheat: 14 carbs, 76 calories, 3g protein • Biscuit: 31 carbs, 320 calories, 8g protein

VISIT US ONLINE

[www.marysgrill.com](http://www.marysgrill.com)

(580) 823 - 1027

Mary's  
  
GRILL

WE ARE GLAD YOU'RE HERE!

OUR GOAL IS TO SEE YOU

AGAIN SOON!

Consumption of under cooked meat, poultry, eggs, or seafood may increase the risk of food borne illnesses.

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# APPETIZERS

## REGULAR or SPICY CHEESE CURDS

Battered, seasoned Wisconsin white cheddar cheese curds, fried to a golden brown and served with ranch dressing - \$7  
(28 carbs, 530 calories, 3g protein)



## ONION RING TOWER

A crispy tower of golden onion rings served with ranch dressing - \$7  
(2 rings: 12 carbs, 246 calories, 2g protein)

## FRIED PICKLES

Hand breaded deep fried pickles served with ranch dressing - \$5  
(20 carbs, 330 calories, 3g protein)

## BUC FRIES

Waffle fries topped with cheddar cheese, crispy bacon and served with sour cream or ranch dressing - \$7  
(44 carbs, 440 calories, 14g protein)

## FRIED MUSHROOMS

Battered and deep fried mushrooms served with ranch dressing - \$7  
(5 carbs, 36 calories, 2g protein)

## ★ COLLEGE FRIES

Crinkle fries smothered in creamy gravy - \$3  
(36 carbs, 175 calories, 3g protein)

## SOUTHWEST EGGROLLS

Blend of chicken, cheese and vegetables wrapped in a tortilla, fried until golden and served with a side of Mary's chipotle ranch - \$8  
(1 Roll: 7 carbs, 101 calories, 4g protein)

# SALADS

## CHICKEN SALAD

A hearty scoop of our creamy chicken salad served leaf lettuce - \$5  
(8 carbs, 270 calories, 13g protein)



## SALAD BAR

One trip to our salad bar - \$7

## COTTAGE CHEESE

Two scoops of cottage cheese served on leaf lettuce and topped with tomatoes - \$4  
(17 carbs, 173 calories, 26g protein)

## MARY'S CHEF SALAD

Lettuce and spinach mix with bacon, sliced boiled egg, tomatoes, sliced onions and cheese - 7  
Add Crispy or Grilled Chicken + \$1  
(Crispy Chicken: 20 carbs, 441 calories, 24g protein)  
Grilled Chicken: 10 carbs, 152 calories, 28g protein)

★ HOUSE FAVORITE    ♦ VEGAN OPTION

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# SPECIALITY DINNERS

Served with a salad, choice of two sides, and a roll



## RIBEYE

12 oz. ribeye steak grilled to perfection - \$22  
(30 carbs, 670 calories, 62g protein)

## SALMON

Grilled salmon deliciously seasoned with lemon pepper - \$16  
(30 carbs, 510 calories, 48g protein)

## FRIED SHRIMP

Eight hand breaded jumbo shrimp served with cocktail sauce - \$15  
(70 carbs, 580 calories, 23g protein)

# COUNTRY DINNERS

Served with choice of two sides and a roll.



## "HUNGRY MAN" FRIED STEAK

8 oz. hand breaded cubed steak smothered in cream gravy - \$12  
(20 carbs, 846 calories, 28g protein)

## CHICKEN FRIED STEAK

4 oz. hand breaded cube steak served with cream gravy - \$10  
(19 carbs, 503 calories, 28g protein)

## CHICKEN FRIED CHICKEN

8 oz. hand breaded boneless chicken breast served with cream gravy - \$10  
(32 carbs, 508 calories, 29g protein)

## GRILLED CHICKEN BREAST

Seasoned and grilled chicken breast - \$9  
(14 carbs, 260 calories, 37g protein)

## ★ CATFISH

Three hand breaded catfish strips served with hush puppies and Mary's tartar sauce - \$10  
(71 carbs, 527 calories, 20g protein)

## PORK CHOP

6 oz. bone-in perfectly seasoned and grilled to perfection - \$10  
(14 carbs, 300 calories, 29g protein)

## HAMBURGER STEAK

10 oz. served with grilled onions and rich brown gravy - \$10  
(14 carbs, 676 calories, 58g protein)

## SIRLOIN

8 oz. tender and juicy choice cut beef grilled to the way you like it - \$12  
(14 carbs, 284 calories, 54 g protein)

## TIDBIT CHICKEN DINNER

Crispy or grilled boneless chicken tidbits. Full (8 oz.) with two sides - \$9  
Half (4 oz.) with one side - \$6

(Grilled, Full: 14 carbs, 260 calories, 37g protein)  
Grilled, Half: 14 carbs, 160 calories, 20g protein  
Crispy, Full: 30 carbs, 500 calories, 28g protein  
Crispy, Half: 22 carbs, 280 calories, 20g protein)

## ★ MONTEREY CHICKEN

8 oz. seasoned and grilled chicken breast covered with a layer of Swiss cheese and topped with crispy bacon and BBQ sauce - \$10  
(23 carbs, 350 calories, 42g protein)

## SWISS CHICKEN

8 oz. seasoned and grilled chicken breast, Swiss cheese and grilled mushrooms - \$10  
(5 carbs, 425 calories, 72g protein)

## CAROL'S FAVORITE

4 oz. grilled tidbit chicken with grilled spinach, bell peppers, onions and grilled California blend veggies - \$7 (sides and roll not included)  
(34 carbs, 243 calories, 22g protein)

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# BURGERS

Served with choice of one side, excluding Baked Potato

## RANCH BURGER

Bacon cheeseburger with lettuce, tomatoes and shredded cheddar cheese covered with ranch dressing - \$9  
(27 carbs, 660 calories, 35g protein)



## MUSHROOM & SWISS BURGER

Smothered in grilled mushrooms and topped with Swiss cheese - \$10  
(23 carbs, 432 calories, 23g protein)

## ♦ VEGGIE BURGER

Plant based, gluten free and 100% vegan - \$7  
(32 carbs, 227 calories, 14g protein)

## JALAPEÑO BURGER

Smothered in grilled jalapeños and topped with pepper jack cheese - \$10  
(28 carbs, 238 calories, 26g protein)

## ★ BLACK & BLEU BURGER

Bacon cheeseburger with Cajun seasonings, lettuce, tomatoes, cheddar and bleu cheeses - \$10  
(28 carbs, 714 calories, 40g protein)

## BUILD YOUR BURGER

Comes with lettuce, tomatoes, onions and pickles - \$7  
Add Another Burger Patty + \$1.50  
Add Bacon, Cheese, Mushrooms or Jalapeños + 50¢ each  
(23 carbs, 423 calories, 21g protein)

# BASKETS

Served with choice of one side, excluding baked potato.

## MAVERICK SPUD

Large baked potato with butter and shredded cheese. Covered with a creamy layer of our mac and cheese and topped with thick cut bacon pieces, chives and a dollop of sour cream (sides not included) - \$6  
(85 carbs, 795 calories, 78g protein)



## ★ SLIDER BASKET

Two slider burgers with cheese - \$6  
(35 carbs, 350 calories, 14g protein)

## TENDER BASKET

Four hand breaded tenders served with Mary's dipping sauce - \$7  
(62 carbs, 700 calories, 38g protein)

## CATFISH BASKET

Two hand breaded catfish strips, two hushpuppies and Mary's tartar sauce - \$7  
(52 carbs, 417 calories, 13g protein)

## SHRIMP BASKET

Six breaded jumbo shrimp served with cocktail sauce - \$8  
(30 carbs, 315 calories, 14g protein)

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