



FIRST PLACE TOWER
15 EAST 5TH STREET, SUITE 150
TULSA, OKLAHOMA 74103
1-918-392-7171
WWW.BOSTONAVENUEGRILLE.COM
#WICKEDFIERCEFOOD

BREAKFAST

EGG & CHEESE ON A BISCUIT
WITH SAUSAGE, BACON OR HAM
CROISSANT ADD 0.35, BAGEL 0.49

CHICKEN BISCUIT

BREAKFAST BURRITO
SCRAMBLED EGGS, RED AND GREEN BELL PEPPER, SAUSAGE, ROASTED POTATOES,
AND AMERICAN CHEESE WRAPPED IN A FLOUR TORTILLA WITH SIDE OF SALSA

BREAKFAST QUESADILLA
SCRAMBLED EGGS, RED AND GREEN BELL PEPPERS, SAUSAGE, PICO DE GALLO,
AND SHREDDED CHEDDAR CHEESE IN A FLOUR TORTILLA AND TOASTED

HEALTHY START
EGG WHITES, FRESH BABY SPINACH, SLICED TOMATO, TOPPED WITH WHITE CHEDDAR CHEESE
ON WHEAT ENGLISH MUFFIN AND TOASTED

ADD HAM OR TURKEY

BAGEL WITH CREAM CHEESE

SAUSAGE ROLL

FRESH FRUIT CUP

YOGURT PARFAIT

BREAKFAST SCRAMBLE
CHOICE OF SAUSAGE, BACON OR HAM WITH TWO SCRAMBLED EGGS AND
CHEDDAR JACK CHEESE

-ADD TOPPING .50 EACH: MUSHROOM, TOMATO, GREEN ONION,
PICO DE GALLO, BELL PEPPERS

-SPINACH OR AVOCADO

-EGG WHITES

-TWO SLICES OF TOAST

-SIDE BACON

LARGE CHIPS & SALSA

LARGE CHIPS & QUESO

SMALL QUESO

LARGE CHIPS & GUACAMOLE

SMALL GUACAMOLE

SIDE SALAD

SIDE SALSA

EXTRA DRESSING

B E V E R A G E S

PEPSI, DIET PEPSI, MOUNTAIN DEW, DR. PEPPER, DIET

DR. PEPPER, SIERRA MIST, PINK LEMONADE

WE PROUDLY BREW STARBUCKS COFFEES, TAZO HOT TEAS, CHINA

MIST ICED TEAS AND FRESH BREWED ICED TEAS

SOUP

CUP	BOWL	Chicken Tortilla-Daily Soup of the day 1 or 2 Rotate daily
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SALADS

CAESAR SALAD
ROMAINE LETTUCE, FRESH ROASTED CHICKEN BREAST, SHAVED PARMESAN CHEESE,
ARTICHOKE HEARTS, CROUTONS, TOSSED WITH CAESAR DRESSING

CHEF SALAD
ROMAINE LETTUCE, TURKEY BREAST, HAM, SHREDDED CHEDDAR JACK CHEESE, HARD BOILED
EGGS, TOMATOES, CROUTONS, TOSSED WITH RANCH DRESSING

TACO SALAD
SHREDDED ICEBERG LETTUCE, CHOICE OF CHICKEN OR BEEF, TOMATOES, BLACK BEAN CORN
SALSA, CHEDDAR JACK CHEESE, HOMEMADE SOUTHWEST DRESSING AND TOPPED WITH
TORTILLA CHIPS AND GUACAMOLE

THE B&B SALAD
ROMAINE LETTUCE, FIELD GREENS, TENDER ROAST BEEF, TOASTED PISTACHIOS,
CRANBERRIES, FRESH MUSHROOMS, TOSSED WITH BLEU CHEESE DRESSING AND TOPPED WITH
CRUMBLLED BLEU CHEESE

BOSTON'S SIGNATURE SALAD
ROMAINE LETTUCE, FIELD GREENS, FRESH ROASTED CHICKEN BREAST, BACON,
CRANBERRIES, APPLES, TOASTED WALNUTS TOMATOES, TOSSED WITH BALSAMIC DRESSING

COBB SALAD
ROMAINE LETTUCE, FRESH ROASTED CHICKEN BREAST, BACON, HARD BOILED EGGS,
TOMATOES, TOSSED WITH HONEY MUSTARD DRESSING AND TOPPED WITH BLEU CHEESE AND
AVOCADO

ASIAN SALAD
CABBAGE, ICEBERG LETTUCE, FRESH ROASTED CHICKEN BREAST, CARROTS, GREEN ONIONS,
CANDIED ALMONDS, MANDARIN ORANGES, TOSSED WITH ASIAN DRESSING

STRAWBERRY FIELDS SALAD
FIELD GREENS, FRESH ROASTED CHICKEN BREAST, BACON, CANDIED ALMONDS,
FRESH STRAWBERRIES TOSSED WITH HONEY BALSAMIC DRESSING AND TOPPED
WITH FETA

ALL SALADS AVAILABLE AS A WRAP FOR ADDITIONAL \$2.00 SERVED WITH CHOICE OF CHIPS & SALSA, BAG OF CHIPS, POTATO SALAD

FROM THE BORDER

SERVED WITH CHIPS AND SALSA

BOSTON'S BURRITO
OUR OWN MARINATED CHICKEN AND BEEF, BLACK BEANS, CILANTRO SEASONED RICE, PICO
DE GALLO, LETTUCE, QUESO BLANCO, CHEDDAR JACK CHEESE, WITH SOUR CREAM WRAPPED
IN A FRESH HOT TORTILLA

TWO TACOS
TWO SOFT TACOS WITH YOUR CHOICE OF MARINATED CHICKEN OR BEEF, TOPPED WITH
LETTUCE, PICO DE GALLO AND FINISHED WITH CHEDDAR AND JACK CHEESE - ADD A THIRD
TACO FOR JUST \$2.75

QUESADILLA
CHOICE OF OUR OWN MARINATED CHICKEN OR BEEF, MUSHROOMS, PICO DE GALLO AND
CHEDDAR JACK CHEESE, TOASTED IN A FRESH HOT TORTILLA

VEGGIE QUESADILLA
BLACK BEANS, MUSHROOMS, PICO DE GALLO WITH CHEDDAR AND JACK CHEESES, TOASTED IN
A FRESH TORTILLA

CHICKEN NACHOS
TORTILLA CHIPS, TOPPED WITH MARINATED CHICKEN, BLACK BEANS, PICO DE GALLO, AND
FINISHED WITH WHITE QUESO

Choose any 2 of 4	
Any ½ Salad	Cup of Soup
½ Chicken Salad Sandwich	Chicken or Beef Taco

SANDWICHES

SERVED HOT ON A TOASTED WHEAT HOAGIE WITH CHIPS AND SALSA OR ASK TO
SUBSTITUTE FOR POTATO CHIPS OR BAKED POTATO SALAD

HOT HAM & CHEDDAR
HAM, CHEDDAR CHEESE, LETTUCE, TOMATO, SHAVED RED ONION AND HOUSE MADE SUN-DRIED
TOMATO MAYO

CLASSIC TURKEY & SWISS
ROASTED TURKEY, SWISS CHEESE, BACON, LETTUCE, TOMATO, RED ONION AND SWEET HONEY
MUSTARD

TURKEY & GUACAMOLE
ROASTED TURKEY, CHEDDAR CHEESE, LETTUCE, TOMATO AND FRESH GUACAMOLE

SHAVED ROAST BEEF & CHEDDAR
ROAST BEEF, CHEDDAR CHEESE, LETTUCE, TOMATO, SHAVED RED ONION AND CREAMY
HORSERADISH SAUCE

HOT PASTRAMI
GENEROUS PORTION OF PASTRAMI, SWISS CHEESE AND SEIKEL'S OKLAHOMA GOLD MUSTARD
ON THICK TOASTED MARBLED RYE

TRADITIONAL CLUB
HAM, TURKEY, CHEDDAR CHEESE, BACON, LETTUCE, TOMATO, SHAVED RED ONION AND
MAYONNAISE

BOSTON'S SIGNATURE CHICKEN SALAD
FRESH ROASTED CHICKEN BREAST, TOASTED WALNUTS, CRANBERRIES, MAYONNAISE,
LETTUCE, TOMATO, ON TOASTED WHEAT BERRY BREAD

THE CUBAN
SMOKED PULLED PORK, HAM, SWISS CHEESE, PEPPEROCINIS, PICKLE RELISH, SHAVED
RED ONION, AND DIJONNAISE DRESSING

REUBEN
SHAVED PASTRAMI, SWISS CHEESE, SAUERKRAUT AND 1,000 ISLAND DRESSING ON THICK
TOASTED MARBLED RYE

CHICKEN BRUSCHETTA
FRESH ROASTED CHICKEN BREAST, SHAVED PARMESAN CHEESE, FRESH TOMATO AND BASIL
BRUSCHETTA, PESTO MAYO

THE ITALIAN
SALAMI, HAM, PROVOLONE, PEPPERONCINI, LETTUCE, TOMATO, ITALIAN DRESSING

SOUTHWEST TURKEY PITA
ROASTED TURKEY, BLACK BEAN & CORN SALSA, CHEDDAR JACK CHEESE,
SOUTHWEST RANCH, TOASTED ON PITA

*ALL SANDWICHES AVAILABLE IN A WRAP OR GLUTEN FREE BREAD +\$2.00