



Tamales

Tamales by the dozen (hot or frozen)
\$35.00

Tamales.....	3.70	with Chili.....	5.05
with Cheddar Cheese.....	5.15	with Chili and Cheese.....	6.65

Dinners

♥ Bennie's Heart Healthy Specialty Items

12oz. New York Strip w/ 2 sides.....	31.79
w/sautéed mushrooms, garlic deglaze, house merlot, encrusted in parmesan cheese.....	36.99
Hamburger Steak.....	14.45
Served with choice of side order and Italian bread	
	w/mushrooms 15.85
♥ Chicken Dinner Heart Healthy.....	1 Breast 14.05
Chicken Breast marinated in our secret marinade and grilled to perfection served with your choice of seasoning and 2 sides.	2 Breasts 20.95
Grilled Chicken Dinner.....	18.40
Two Italian chicken breasts topped with sautéed mushrooms and melted mozzarella cheese and choice of seasoning and 2 sides.	
Chicken Cordon Bleu (Homemade).....	15.25
Served over a bed of wild rice and topped with alfredo sauce.	
♥ Stir Fry.....	w/chicken 14.05
Vegetable blend and your choice of meat stir fried Bennie's style and served over wild or white rice.	w/salmon 21.45
	w/shrimp 21.45
Smothered Chicken.....	14.05
One Italian chicken breast served over white rice, with peppers, onions, and covered in melted mozzarella cheese.	
♥ Salmon Dinner.....	21.69
6oz. salmon fillet served with your choice of seasoning and 2 sides.	
Pork Chop Dinner.....	1 Chop 14.05
Butter and garlic marinated pork chop with your choice of 2 sides.	2 Chops 17.95
♥ Tilapia.....	16.40
6oz. tilapia fillet served with your choice of seasoning and 2 sides.	