



## SNACKS



- MOZZARELLA WEDGES** ..... 9.50  
5 hand breaded mozzarella wedges deep fried to a crispy crust and topped with freshly grated Reggiano cheese and served with our house-made marinara sauce
- FRENCH FRIES** ..... Regular 5.00 Basket 9.00  
regular or sweet potato
- JALAPEÑO POPPERS** ..... 8.50  
8 breaded jalapeños stuffed with cheddar cheese and fried to a golden brown, served with sour cream
- NACHOS & CHEESE** ..... 7.50  
Served with our house-made cheese sauce
- MAC & CHEESE BITES** ..... 9.00  
4 over-sized crispy breaded bites stuffed with warm macaroni and cheese, served with a Thai sweet chili dipping sauce
- ONION RINGS** ..... 8.50
- SOFT PRETZEL** ..... 3.00



- TEMPURA BATTERED CHICKEN STRIPS** ..... 10.00  
Combo w/ French Fries ..... 14.00  
3 jumbo fresh chicken tenderloins that have been brined and buttermilk marinated then hand dipped in a tempura batter and fried to perfection, served with a trio of sauces: house-made Korean BBQ, Thai Sweet Chili, and house-made Buttermilk Dill Ranch

- CHICKEN FINGERS** ..... 9.00  
Combo w/ French Fries ..... 13.00
- HOT DOG** ..... 3.00
- CHEESE QUESADILLA** ..... 6.00

- Add grilled chicken ..... 10.00
- XXX SAMPLER PLATTER** ..... 18.00  
A combination of our house-made signature Mozzarella Wedges, Wings with your choice of sauce, Chicken Fingers & Jalapeño Poppers
- SOUP OF THE DAY** ..... 4.75



## SIGNATURE WINGS

- TOSSED IN CHOICE OF HOUSE-MADE SAUCE:**  
"Not So" Buffalo  
Korean BBQ  
Teriyaki  
Garlic Parmesan
- 6 piece (1 sauce) ..... 9.00
- 12 piece (2 sauces) ..... 17.00
- 24 piece (3 sauces) ..... 33.00
- 50 piece Party Platter (4 sauces) ..... 60.00



## SALADS

- CAESAR SALAD W/ HOUSE-MADE CAESAR DRESSING** ..... 8.00  
add grilled chicken ..... 13.00  
add grilled salmon ..... 15.00
- BLT SALAD** ..... 9.50
- MEDITERRANEAN SALAD** ..... 9.00  
Kalamata Olives, Tomatoes, Red Onions, Feta Cheese, served with Balsamic Vinaigrette
- add grilled chicken ..... 14.00
- add grilled salmon ..... 16.00



## SANDWICHES



- DOUBLE DECKER B.L.T** ..... 12.00
- KOREAN BBQ CHICKEN** ..... 15.00  
Crispy chicken breast topped with house-made Korean BBQ Sauce, lettuce, grilled red onion, and house-made Buttermilk Dill Ranch
- BUFFALO CHICKEN** ..... 15.00  
Crispy chicken breast dipped in our house-made "Not so Buffalo" Sauce, topped with provolone cheese, lettuce and house-made Buttermilk Dill Ranch
- GRILLED CHEESE** ..... 9.50  
add bacon ..... 11.50
- GRILLED CHICKEN CAESAR WRAP** ..... 13.00
- GRILLED CHICKEN SANDWICH** ..... 14.00  
Topped with fresh mozzarella, roasted peppers, & sweet balsamic glaze

ALL BURGERS AND SANDWICHES SERVED WITH FRENCH FRIES  
GLUTEN FREE BUN AVAILABLE!

## BURGERS

All our Burgers are Always Fresh and specially hand packed from The Famous Pat LaFrieda Meat Company and served on a Brioche Bun, unless specified.

Pat LaFrieda™  
MEAT PURVEYORS

- ALL AMERICAN BURGER** ..... 13.00  
6oz. fresh burger with choice of cheese, lettuce, tomato, and pickle topped with Rab's Special Sauce | Cheese Choices: American, Pepper Jack, Provolone, or Swiss
- BBQ BACON BURGER** ..... 14.00  
6oz. fresh burger served with hickory smoked bacon, lettuce, tomato, and pickle topped with Sweet Baby Ray's BBQ Sauce
- MAC & CHEESE BURGER** ..... 14.00  
6oz. fresh burger topped with a Mac and Cheese Bite and melted cheddar cheese
- OLD FASHION PATTY MELT** ..... 13.00  
6oz. fresh burger between sourdough bread filled with Swiss cheese, sautéed onions, and Rab's Special Sauce
- TURKEY BURGER** ..... 13.00  
6oz. Turkey burger with Swiss cheese, sautéed onions, and topped with chipotle mayo
- JALAPEÑO BURGER** ..... 14.00  
6oz. fresh burger with pepper jack cheese, topped with stuffed Jalapeño Poppers, and fresh jalapeño slices.

MAKE IT A BURGER BOWL!

our choice of burgerserved over a salad +1.00

- RAB'S STEAKHOUSE BURGER** ..... 16.00  
8oz. Wagyu beef burger, with grilled red onion, tomato, provolone cheese, and finished off with steak sauce



@bowlatrabs  
share your favorite  
eats #eatatrabs

House-Made Specialty



Scan for Full Menu!  
Online Order Available



NYS Sales Tax included

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





## PIZZA

### SLICE

REGULAR   SICILIAN .....	2.50
with 1 Topping (Mushrooms, Onions, Pepperoni, Peppers, Sausage, or Vegetable) ..	3.00
with Chicken .....	3.50
GRANDMA   WHITE SLICE .....	3.00
BUFFALO   KOREAN BBQ CHICKEN .....	3.50
MARGHERITA   VODKA SAUCE .....	3.50
ROLLS .....	8.00
Buffalo Chicken, Chicken Parmigiana, Eggplant Parmigiana, Sausage & Peppers	
CALZONE .....	7.00
with Mushrooms, Onions, Pepperoni, Peppers, Sausage, or Vegetable .....	8.00
with chicken or ham .....	3.50

## PIE

REGULAR .....	17.00
with 1 Topping (Mushrooms, Onions, Pepperoni, Peppers, Sausage, or Vegetable) ..	19.00
with Chicken .....	25.00
SICILIAN .....	24.00
with 1 Topping (Mushrooms, Onions, Pepperoni, Peppers, Sausage, or Vegetable) ..	26.00
with Chicken .....	30.00
GRANDMA .....	27.00
WHITE .....	20.00
BUFFALO   KOREAN BBQ CHICKEN PIE .....	26.00
BAR PIE .....	10.00
with 1 Topping (Mushrooms, Onions, Pepperoni, Peppers, Sausage, or Vegetable) ..	12.00
with Chicken .....	15.00
INDIVIDUAL GLUTEN FREE PIZZA PIE .....	10.00
with 1 Topping (Mushrooms, Onions, Pepperoni, Peppers, or Vegetable) ...	12.00
with Grilled Chicken .....	15.00



PIZZA PIE COMBO! .....	22.00
Regular Pizza Pie & Pitcher of Pepsi	



HOT DOG .....	3.00
CHICKEN FINGERS & FRIES .....	7.00
GRILLED CHEESE & FRIES .....	7.00

## SWEETS

SIGNATURE DESSERTS .....	6.50
CAKE SLICES .....	6.00
BOMBOLONI .....	1.75

## BEVERAGES



### FOUNTAIN SODA

Pepsi - Diet Pepsi - Hawaiian Punch - Sierra Mist  
- Brisk Raspberry Iced Tea - Orange Crush

Sm. (16oz.) .....	2.50
Med. (22oz.) .....	3.00
Pitcher (64oz.) .....	8.00

### COFFEE | TEA

Sm. (12oz.) .....	1.75
Lg. (16oz.) .....	2.00

HOT CHOCOLATE .....

ESPRESSO .....

Single .....	2.50
Double .....	3.00

CAPPUCCINO | LATTE .....

add flavor .....

SLUSHEE .....

SNAPPLE .....

BOTTLED WATER .....

Scan for Beer Menu



## BREAKFAST

SERVED ALL DAY!

1 EGG .....	2.75
with cheese .....	4.00
add bacon, sausage, turkey bacon .....	4.50
2 EGGS .....	3.25
with cheese .....	4.50
add bacon, sausage, turkey bacon .....	5.00
ROLL OR BAGEL WITH BUTTER .....	2.00
ROLL OR BAGEL WITH CREAM CHEESE .....	2.75
add Jelly .....	3.75
ROLL OR BAGEL WITH PEANUT BUTTER .....	3.00
add Jelly .....	4.00
MUFFIN WITH BUTTER .....	2.75
add Jelly .....	3.75
VEGETABLE OMELET .....	5.50
filled with tomatos, onions, and mushrooms	
add cheese .....	6.75
BREAKFAST BURRITO .....	6.75
Stuffed with 2 eggs, pepper jack cheese, tomatoes, and hash browns	
HASH BROWNS	
1 for .....	2.00
2 for .....	3.50



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