

Rhythm Kitchen

305 SW Water St 61602-1425 · +13096769668 · Updated: Jan 14, 2026

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A SYMPHONY OF SALADS 5

Spicy Mexican Chicken

\$9.95

chunks of chicken grilled in spicy seasonings, tossed with bell peppers, black beans, onions, tomatoes, and corn on a bed of fresh mixed greens. served with a special spicy dressing.

Corn, Tomato, & Pasta

\$9.95

a mix of rainbow rotini pasta, diced chicken, fresh diced tomatoes and corn, blended with a garlic pesto dressing and served on a bed of fresh mixed greens.

Brazilian Chicken

\$9.95

a blend of slices of seasoned grilled chicken, corn, diced carrots, red onions, bell peppers and granny smith apples, served on a bed of fresh mixed greens with balsamic vinaigrette dressing.

Asian Chicken

\$9.95

a unique blend of seasoned grilled chicken, fresh sauteed vegetables and chow mien noodles served on a bed of fresh mixed greens with toasted sesame dressing.

Tandoori

\$9.95

middle eastern marinated chicken breast, grilled and served on a bed of mixed greens with fresh cucumber dressing.

TUNING UP 5

Portobello Pizzetta

\$7.95

a giant portobello mushroom, stuffed with a mixture on spinach, mozzarella cheese, and turkey pepperoni and baked piping hot. served with a slice of fruit and garlic bread.

Vegetables En Crudite

\$8.95

an ample selection of fresh, crisp vegetables served with our homemade humus or garlic feta cheese dip.

Chips & Salsa

\$6.25

salty, crisp corn tortilla chips surrounding a heaping serving of our homemade salsa.

Fruit & Brie Platter

\$8.50

mild danish brie, baked and served with a selection of seasonal fresh fruits and assorted biscuits.

Hot Chicken Tostada

\$7.50

two crisp corn tortillas, topped with chunks of grilled chicken and sour cream, picante sauce and grated cheese.

LEADERS OF THE BAND 4

Grilled Chicken Breast

\$8.95

a plump, juicy breast of chicken, specially seasoned and grilled to perfection. topped with crisp bacon strips and melted american-swiss cheese. served on a corn dusted bun.

Homemade Meatloaf

\$8.95

two thick slices of shelly's special recipe meatloaf, served on toasted multi-grain bread.

Grilled Tuna

\$9.95

a thick tuna steak, brushed with lemon garlic sauce, grilled and topped with green onions and diced roma tomatoes. served on garlic toast.

Salmon B.I.t.

\$9.95

a tender four-ounce salmon filet, topped with crisp bacon strips, fresh tomatoes and lettuce with a lemon-dill aioli. served on toasted multi-grain bread.

MAIN COURSES 5

Monterey Tortilla Casserole

\$9.95

chunks of grilled chicken breast, blended with corn, salsa, sour cream, fresh cilantro, cheese and tomatoes. topped with tri-colored corn tortilla chips and baked nice and hot.

Jamaican Jerk Chicken

\$10.95

a large, tender chicken breast, coated with flavorful jamaican spices and grilled just right. served with sauteed vegetables, garlic toast and red beans and rice.

Spicy Ginger Garlic Chicken Breast

\$10.95

a plump, juicy breast of chicken, brushed with a hot india-style barbecue sauce and grilled to perfection. served atop a bed of red beans and rice with sauteed vegetables and garlic toast.

Seafood Skewer

\$13.95

grilled chunks of specially seasoned tuna and jumbo shrimp, served atop a bed of red beans and rice with sauteed vegetables and garlic toast.

Gourmet Meat Loaf Of The Day

\$9.95

your mother never made meat loaf like our chef. served with a side salad and your choice of garlic smashed potatoes or red beans and rice.

THREE EASY PIZZAS 3

California Dreamin'

AVAILABLE OPTIONS

sun-dried tomatoes, portobello mushrooms, spinach and thinly sliced red onions, blended together with a garlic pesto sauce and topped with a blend of cheeses.

Large: \$14.95

Small: \$7.25

Caribbean

AVAILABLE OPTIONS

specially spiced chunks of grilled chicken, pineapple, bell peppers, and onions, topped with a three-cheese blend.

Large: \$14.95

Small: \$7.25

Southwest Tex-mex

AVAILABLE OPTIONS

specially prepared pizza dough covered in a spicy tomato sauce and topped with a mixture of spiced ground beef, corn, black beans onions, fresh cilantro, diced sweet red peppers and a blend of three cheeses.

Large: \$14.95

Small: \$7.25

WAITIN' IN THE WINGS 5

Skillet Scrambler

\$8.95

two farm-fresh eggs, scrambled in a skillet with your choice of chunks of potato, green pepper, onion, real bacon, bits, mushrooms and cheese. served with fruit garnish and a slice of toasted multi-grain bread.

Ala Carte

\$4.50

seasonal fresh fruit, mixed fresh greens, homemade potato salad, red beans & rice, or roasted garlic smashed potatoes.

Hot Chicken Tostada

\$7.50

two crisp corn tortillas, topped with chunks of grilled chicken and sour cream, picanti sauce and grated cheeses, then baked toasty warm.

Soft Sippin' Songs

AVAILABLE OPTIONS

Sodas, Juices Or Bottled Water: \$1.50
Peace Iced Tea, Brewed Tea, Or Lemonade:
\$1.75

Sweet Adeline's

\$5.00

we offer several positively sinful desserts daily, such as fresh-baked cookies, pies, cakes, torts and cheesecakes. ask your server for today's selections.

ALA CARTE 9

Mixed Greens

\$4.50

served with a side of balsamic vinegar.

Red Beans & Rice

\$3.50

Tomato Basil Soup

AVAILABLE OPTIONS

served with a slice of multi-grain bread.

Bowl: \$5.50

Cup: \$4.50

Veggie Wrap

\$8.95

fresh veggies, homemade humus and salsa wrapped in a whole wheat flour tortilla. served with a fresh fruit garnish.

Grilled Giant Portobello Sandwich

\$9.95

portobello mushroom grilled to perfection and topped with roasted red peppers, grilled red onions, fresh tomato and spinach. served on multi-grain bread with red beans and rice and fresh fruit.

Soy Good For You Pizza

AVAILABLE OPTIONS

sun-dried tomatoes, portobello mushrooms, spinach and thinly sliced red onions, blended with tomato sauce and topped with soy cheese.

Large: \$15.95

Small: \$7.25

Tabbouleh & Humus Wrap

\$8.95

cracked bulgar, crisp cucumbers, tomatoes, fresh squeezed lemon and parsley wrapped with humus in a whole wheat flour tortilla. served with a fresh fruit garnish.

Veggie Delight Sandwich

\$9.95

fresh veggies piled on multi-grain bread topped with homemade humus. and served with red beans and rice and fresh fruit.

Grilled Roasted Potato Salad

quartered redskin potatoes, tossed with bell pepper strips, red onion, mushrooms, garlic and fresh rosemary, then grilled to perfection and served atop a bed on fresh mixed greens with a dressing of balsamic vinegar with a slice of multi-grain bread and fresh fruit.

AVAILABLE OPTIONS

\$9.95

Add Cheese: \$0.50

Add Avocado: \$0.50

TO START YOUR DAY 2

Oatmeal

\$5.95

old-fashioned oats served with a side of raisins, brown sugar, skim milk, seasonal fruit & toast.

Veggie Omelet

AVAILABLE OPTIONS

egg beaters or two farm-fresh eggs, whipped-up with red onion, bell peppers, mushrooms, fresh spinach and broccoli.

\$8.95

served with multi grain toast and fruit.

Add Cheese: \$0.50

TO WHET YOUR APPETITE 2

Portobello Pizza

\$7.95

a giant portobello mushroom topped with a mixture of spinach and soy mozzarella cheese, baked piping hot.

Vegetable En Crudite

\$8.95

an ample selection of crisp, fresh veggies served with homemade humus.
