

Salt & Grinder

3609 W 32nd Ave 80211-3119 · +13039454200 · Updated: Jan 14, 2026

[View online menu](#)



BREAKFAST 6

Burrito

Chorizo, Potato, Scrambled Eggs, Green Chile & Cheddar

AVAILABLE OPTIONS

\$8.00

Add Smothered: \$1.00

S&G Omelet

Three Eggs, Ham, Swiss, Arugula & Roasted Peppers

\$7.00

Fire Starter*

Two Eggs, Cheddar, Guacamole, Bacon on Toasty Jalapeño Cheddar Bread

\$8.00

Build a 'Wich*

Two Eggs, Pick the Cheese & Name the Bread (Available all Day)

AVAILABLE OPTIONS

\$6.00

Add Bacon, Sausage or Ham: \$2.00

House Smoked Salmon*

Cream Cheese, Pickled Onion, Capers on Toasty Bagel

\$8.00

French Toast

The Classic with Syrup, Berry Compote & Whipped Cream

\$7.00

SALADS, SOUP & MORE 8

Classic Caesar*

Romaine, Parmesan, Garlic Croutons, Creamy Caesar Dressing

\$9.00

Beet

Arugula, Goat Cheese, Golden Raisins, Marcona Almonds, Lemon Vinaigrette

\$10.00

House

Romaine, Arugula, Gorgonzola, Salami, Tomato, Pine Nuts, Red Wine Vinaigrette

\$8.00

Quinoa

Red Quinoa, Arugula, Tomato, Radish, Carrots, Marcona Almonds, White Balsamic Vinaigrette

\$13.00

Chopped

Romaine, Bleu Cheese, Hard Cooked Egg, Bacon, Tomato, Pickled Onion, Avocado, Bleu Cheese Dressing

\$11.00

Soup du Jour

AVAILABLE OPTIONS

Cup: \$4.00

Bowl: \$7.00

Chef's Salumi Plate

Chef's Selection, Mozzarella, Seasonal Mostarda & Grilled Ciabatta

AVAILABLE OPTIONS

\$12.00

Sub Burrata: \$7.00

Frank's Burrata

Grilled Ciabatta Bread

\$8.00

SANDWICHES 18

Rare Beast*

Garlic & Herb Roasted Beef, Lettuce, Tomato & Mayo on Grinder Roll

\$10.00

Tuscan

Mozzarella, Roasted Peppers, Pickled Onion, Arugula, Tomato, Pesto & Red Wine Vinaigrette on Grinder Roll

\$10.00

Mediterranean Tuna Salad

Hard Cooked Egg, Castelvetrano Olives, Lettuce, Tomato, Capers & Red Wine Vinaigrette on Grinder Roll

\$10.00

The Tigs

Prosciutto, Ham, Salami, Provolone, Roasted Peppers, Lettuce, Tomato & Red Wine Vinaigrette on Grinder Roll

\$11.00

Dijon Egg Salad

Tarragon, Lettuce, Tomato, Mayo & Crème Fraîche on Grinder Roll

\$8.00

Wild Turkey

Provolone, Sundried Tomato, Arugula, Roasted Pepper, Horseradish Mayo on Toasty Grinder Roll

\$10.00

The Frankie

Prosciutto, Coppa, Ham, Burrata, Arugula, Tomato & Red Wine Vinaigrette on Grinder Roll

\$10.00

Yard Bird

Turkey, Swiss, Sprouts, Arugula, Tomato & Pesto on Grinder Roll

\$10.00

Meatball

Mozzarella, Basil & Marinara on Toasty Grinder Roll

\$10.00

Turkey

American Cheese, Lettuce, Tomato & Mayo on Grinder Roll

\$9.00

French Dip

Garlic & Herb Roasted Beef, Provolone, Mayo, Jus on Grinder Roll

\$11.00

S&G Combo

Pair 1/2 of Any of the Above Sandwiches with a Caesar or Cup of Soup

\$11.00

Spicy Turkey

Turkey, Spicy Coppa, Pepper Jack, Chipotle Mayo, Jalapeño, Tomato & Arugula on Toasty Jalapeño Cheddar Bread

\$11.00

Classic Reuben

Pastrami, Corned Beef, Swiss, Sauerkraut, Thousand Island on Toasty Rye

\$14.00

Chicken Parm	\$13.00
Marinara, Mozzarella, Parmesan, Pesto on Toasty Grinder Roll	
Cubano	\$12.00
Prosciutto, Ham, Pickles, Provolone, Mojo Aioli on Toasty Jalapeño Cheddar Bread	
32nd St. Reuben	\$14.00
Turkey, Pastrami, Swiss, Coleslaw & Thousand Island on Rye	
Italian Beef	\$12.00
Garlic & Herb Roasted Beef, Swiss, Giardiniera, Tomato, Lettuce, Horseradish Mayo on Toasty Grinder Roll	

BURGERS 8

Ruth's Burger*	\$9.00
American cheese, Lettuce, Vine-Ripened Tomato, Pickle, Butcher Sauce.	
Ruth's Deluxe*	\$11.00
American Cheese, Applewood Smoked Bacon, Lettuce, Vine-Ripened Tomato, Pickle, Butcher Sauce.	
Mushroom*	\$12.00
Beef Patty, Roasted Mushrooms, Baby Swiss, Lettuce, Vine- Ripened Tomato, Pickle, Truffle Aioli.	
Deli*	\$13.00
Beef Patty, Crispy Prosciutto, Goat Cheese, Cabernet Onion Jam, Arugula, Vine-Ripened Tomato.	
Sunny Side*	\$12.00
Beef Patty, Cheddar, Fried Egg, Bacon, Tomato, Avocado, Chipotle Aioli.	
Smokehouse*	\$12.00
Beef Patty, Tender Sliced Brisket, Cheddar, Tangy BBQ Sauce, Lettuce, Vine-Ripened Tomato, Pickle.	
Poblano Melt*	\$12.00
Beef Patty, Roasted Poblano, Bacon, Jalapeno, Pepper Jack, Vine-Ripened Tomato, Chipotle Aioli, on Toasty Jalapeno Cheddar Bread.	
Garden	\$13.00
Black Bean Patty, Pepper Jack, Arugula, Vine Ripened Tomatoes, Avocado, Pickled Onions, Mojo Aioli.	

SIDES 9

Macaroni Salad	\$3.00
Cucumber Salad	\$3.00
Orzo & Arugula Salad	\$3.00
S & G Potato Salad	\$3.00
Coleslaw	\$3.00
Chips	\$2.50
Sea Salt, BBQ, Jalapeño Cheddar, or Malt Vinegar & Sea Salt	

Fries	\$4.00
Parmesan Truffle Fries	\$6.00
Side Salad	\$3.00

TREATS ³

Double Chocolate Brownie	\$2.50
Rice Crispy Treat	\$2.50
Chocolate Chunk Cookie	\$2.50

DRINKS ³

Jar Cocktails	\$6.00
Wines By The Glass	AVAILABLE OPTIONS
	\$6.00
	\$7.00
Draft Beer	\$5.00