

**We participate with "Gratitude to Go" Free Meal Program for First Responders and Health Care Workers.**

**We are glad to offer you a 10% for your next order of \$30 or more and FREE delivery.**



**5704 Somers Point Road, Mays Landing, NJ 08330**

**Phone: 609-625-2226**

## **Carryout or Delivery Menu**

**[www.innatsugahill.com](http://www.innatsugahill.com) or [www.yogisallamerican.com](http://www.yogisallamerican.com)**

**Available 11am-7pm**

### **STARTERS**

#### ***Greek Hummus Plate (V)***

Classic garlic & roasted red pepper hummus, carrots, celery & warm pita chips - 12

#### ***Fried Mozzarella Sticks (V)***

Six lightly breaded Mozzarella sticks served with our Tomato Basil sauce - 10

#### ***Fresh Calamari***

Fresh Calamari lightly breaded and fried until golden brown with side of Tomato Basil sauce- 15

#### ***Coconut Shrimp***

Eight large shrimp lightly breaded with coconut & fried until golden brown  
& served with sweet chili sauce- 16

#### ***\*Chicken Wings***

Ten Chicken wings fried until golden brown and served with celery sticks & bleu cheese dressing  
Choice of Plain, Buffalo, Sweet Chili sauce – 12

#### ***Veggie Egg Rolls (V)***

Six veggie egg rolls fried until golden brown and served with sweet chili sauce- 10

### **SOUPS**

#### ***Creamy Tomato Basil***

Our famous creamy tomato basil soup – Cup- 4, Bowl- 6

#### ***\*Crab Bisque***

Our most popular soup bursting with crabmeat – Cup- 6, Bowl – 8

### **SALADS**

#### ***Classic Caesar Salad (V)***

Crisp romaine lettuce tossed in our Caesar vinaigrette dressing  
sprinkled with garlic croutons & shredded parmesan cheese – 12

#### ***\*Greek Salad (V)***

Chopped romaine lettuce with sliced cucumbers, red onions, half grape tomatoes, kalamata olives  
tossed in Feta vinaigrette dressing and topped with Feta cheese – 14

#### ***Buffalo Chicken Salad***

Buffalo style fried chicken breast on top of mixed garden greens with grape tomatoes, cucumber & red onions  
Served with bleu cheese dressing. – 14

***Any of our salads can be topped with following choices:***

***Grilled or blackened Chicken Breast – 4***

***Grilled or blackened Salmon or Shrimp – 6***

### **Salad Dressings**

Buttermilk Ranch, Bleu Cheese, Honey Mustard, Pepper Parmesan, Fat Free Italian,  
Thousand Island, Balsamic Vinaigrette, Raspberry Vinaigrette

**\*House Specialty, V- Vegetarian, GF-Gluten Free, O-Organic.**



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**CHEF'S ENTREES, SANDWICHES & WRAPS**

*Served with choice of Jersey fries, Cole slaw, potato chips & pickle spear*

*Substitute for Onion rings, garden or Caesar salad for \$3 extra*

***Chicken Parmesan***

Breaded chicken breast, fried until golden brown, topped with tomato basil sauce & provolone cheese  
Served over linguini & side of garlic toast - 18

***Veal Parmesan***

Breaded veal cutlet, fried until golden brown, topped with tomato basil sauce & provolone cheese  
Served over linguini & side of garlic toast - 20

***Eggplant Parmesan (V)***

Lightly breaded Eggplant, fried until golden brown, topped with tomato basil sauce & provolone cheese  
Served over linguini & side of garlic toast - 16

***\*Lobster Mac & Cheese***

Orecchiette pasta shells sautéed in creamy alfredo sauce with chunks of lobster meat  
& served with garlic toast - 18

***\*Vegan Beyond Burger (V) (GF)***

Sautéed Vegan Beyond Burger served on a leaf lettuce  
with a slice of tomato and red onion rings & side of salsa - 12

***Pulled BBQ Pork sandwich***

Pulled pork in our BBQ sauce served on corn dusted roll & a side of Cole slaw - 12

***Sugar Hill Crab Cake Sandwich***

Our famous crab cake broiled & served with special Old bay sauce on a corn dusted roll  
& slice of tomato, red onion rings - 14

***Buffalo Chicken Sandwich***

Lightly breaded chicken breast, fried until golden brown, dipped in our Buffalo sauce  
Served on a Pretzel roll with side of bleu cheese dressing  
& slice of tomato, red onion rings - 14

***Grilled Chicken Caesar Wrap (O)***

Diced grilled chicken breast, wrapped in flour tortilla wrap with romaine lettuce,  
Caesar dressing, shredded parmesan - 12

**\*House Specialty, V- Vegetarian, GF-Gluten Free, O-Organic,**

**Desserts**

Yogi's Bread Pudding - 6

NY Style Cheesecake - 8

Triple Layered Chocolate cake - 8

Bourbon Pecan Pie - 8

**Wide variety of sodas, water, beers and wines available for takeout.**

**Please call **609-625-2226** to place an order.**

**FREE Delivery or use Door dash, Uber Eats or Grub Hub.**

**Takeout Beers: 6PK**

Bud Light	9
Coors Light	9
Corona	12
Corona Light	12
Michelob Ultra	10
Miller Lite	9
Mike's Hard Lemonade	12
Double Nickel IPA	12
Heineken	12
O'Douls	9
Sam Seasonal	12
Yuengling	10
White Claw- 12 pack	25
Chimay Grande Reserve Ale-25	

**Sodas:**

Coke, Diet Coke, Sprite-(2L)-2	
Gatorade	2
Panna Spring Water	3
Pellagrino Natural Water	3
Niagara Water Bottle	1

**WHITE WINES**

*\$15 per bottle + tax*

**RUFFINO**  
 375ML BOTTLE  
*Prosecco*  
*Veneto*

**COLLEGIATA**  
*Pinot Grigio*  
*Veneto*

**DRUMHELLER**  
*Chardonnay*

**RED WINES**

*\$15 per bottle + tax*

**CANON 13**  
*Pinot Noir*  
*Santa Lucia Highlands*

**DRUMHELLER**  
*Merlot*  
*Columbia Valley*

**DRUMHELLER**  
*Cabernet Sauvignon*  
*Columbia Valley*