



Kenning's uses only the freshest ingredients obtainable in the preparation of each dish.

We take great pride in serving food that looks as good as it tastes, paying special attention to every detail. Simply put, when you pair up excellent food with great service in a casual, friendly atmosphere, you have "Kenning's" the best restaurant in town!

★ **Rick & Bev Bendgen, Proprietors**



APPETIZERS

Combo Platter

Loaded potato skins, fried mushrooms and chicken tenders – plain, Buffalo, BBQ -or- Thai glazed. Served with celery sticks, Ranch dressing and sour cream. 11.99

Grilled Shrimp Skewer

Served on rice pilaf and tossed with tomatoes, mushrooms and scallions in a rich lobster cream sauce. 9.99

Loaded Potato Skins

Crispy fried potato skins loaded with cheddar and monterey jack cheese, bacon, and scallions. Served with sour cream. 7.99

Sautéed Mushrooms

Button mushrooms sautéed in fresh garlic and clarified butter. Deglazed with white wine and topped with Parmesan cheese. 6.99

Jumbo Coconut Shrimp

Hand battered, dipped in coconut and fried golden brown. Served with Thai-apricot dipping sauce. 9.99

Onion Strings

Thinly sliced onions dredged in seasoned flour and fried golden brown. Served with a horseradish cream sauce. 6.99

Chicken Tenders

Tender, meaty chicken tenders, fried golden brown. Choice of plain, BBQ, buffalo style -or- Thai glazed. 7.99

SOUPS

Lobster Bisque

Chef's special recipe bisque slow simmered with lobster and shrimp stock, sherry and cream.

Bowl 6.99 Cup 3.99

Mock Turtle Soup

A house recipe handed down through generations. Back by popular demand! Garnished with chopped hard boiled egg.

Bowl 5.99 Cup 3.49

Soup Du Jour

Chef's homestyle recipe changes daily.

Bowl 4.99 Cup 3.29

SALADS

House Salad

Crisp iceberg and romaine lettuce tossed with fresh spinach. Topped with shredded carrots, red cabbage, cucumber, tomato, homemade croutons and your choice of dressing. 3.99

Dinner size 6.99

Wedge Salad

A fresh wedge of iceberg lettuce topped with diced tomato, red onion, bacon and hard boiled egg. Served with your choice of dressing. 4.99

Caesar Salad

Crisp romaine lettuce and herbed croutons, tossed with our Homemade dressing and Parmesan cheese. 4.99

Spinach Salad

Fresh spinach with bacon, hard boiled egg, red onion and our warm Sweet and Sour dressing. 4.99

Dinner size with Grilled Chicken Breast or Shrimp 10.99

Dinner size with Grilled Salmon 13.99

Chicken Cobb Salad

Fresh grilled chicken breast on crisp salad greens with bacon, tomatoes, hard boiled egg and bleu cheese. Served with your choice of dressing. 11.99

Salad Dressings:

House (a creamy sweet and sour with celery seed), Italian, French, Buttermilk Ranch, Thousand Island, Mediterranean Feta, Balsamic Vinaigrette, Raspberry Vinaigrette, Bleu Cheese.

Add crumbled bleu cheese to any salad 1.00

BEST OF BEEF

SIGNATURES

BBQ Baby Back Ribs

Simply the "Best in Town". Tender and meaty, caramelized with our signature BBQ sauce. Choice of two sides.



Named **Best Entree** 2005
Westside Street Festival

Whole Slab 23.99

1/2 Slab 16.99

Create Your Own Combination 22.99

Choose any 2 of the following for a customized entree.

- + Prime Rib (6 oz.)
- + BBQ Baby Back Ribs
- + BBQ Chicken Breast (8 oz.)
- + 5 Grilled Shrimp
- + 3 Fried Butterfly Shrimp
- + 3 Fried Coconut Shrimp

Temperature Guide:

- + *Rare*: cool red center
- + *Medium Rare*: warm red center
- + *Medium*: hot pink center
- + *Medium Well*: slightly pink
- + *Well Done*: charred, no pink (not recommended)

Prime Rib of Beef Au Jus

A house specialty! We slow roast our prime rib to retain all of the natural juices and flavor. Choice of two sides.

Kenning's Cut (8 oz.) 17.99

Chophouse Cut (12 oz.) 21.99

Custom Cut (add an ounce) add 1.00

Creamy Horseradish sauce .50

Ribeye Steak

The most flavorful cut of all steaks! A 10 oz. cut, charbroiled and served with Bernaise sauce, onion string garnish and a twice baked potato. Choice of one side. 19.99

CLASSICS

Chicken Cordon Bleu

Breast of chicken stuffed with swiss cheese, ham, and bacon. Baked and topped with a delicate white wine cream sauce. Choice of two sides. 17.99

Boneless Pork Chops


Two center cut boneless chops caramelized with our signature BBQ sauce -or- topped with lemon herb butter. Choice of two sides 16.99
One chop dinner, choice of two sides 11.99

Grilled Chicken Breast

Grilled fresh chicken breast served caramelized with our signature BBQ sauce, lemon herb butter, Thai glazed -or- cajun blackened. Choice of two sides. 12.99

CHOICE OF SIDES

- + Fresh Garden Salad
- + Hot Bacon Slaw
- + Cup of Soup Du Jour
- + Baked Potato
- + French Fries
- + Cottage Fries
- + Sweet Potato Fries
- + Mashed Potatoes
- + Vegetable of the Day
- + Rice Pilaf
- + Cole Slaw
- + Cottage Cheese
- + Applesauce

 Designates a Kenning's house specialty.

SEAFOOD

Victorian Red Salmon

Fresh Atlantic red salmon topped with a rich lobster cream sauce, seasoned bread crumbs and baked to perfection. Choice of two sides. 18.99

Icelandic Cod

Fillet of cod, hand breaded and fried golden brown -or- broiled and topped with lemon herb butter. Served with tartar sauce and choice of two sides. 16.99

Thai Glazed Salmon

Fresh Atlantic salmon, grilled, glazed with a sweet chili sauce and served on rice. Tossed with fresh broccoli, sweet red peppers, tomatoes and red onions in an oriental sesame sauce. Choice of one side. 18.99

Jumbo Shrimp

Lightly breaded butterfly shrimp, fried golden brown and served with choice of two sides. 16.99
Fried Coconut Shrimp 16.99
Grilled Shrimp (2 Skewers) 19.99

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



HOMESTYLE FAVORITES

Kentucky Hot Brown

Tender turkey piled high on Texas toast or mashed potatoes. Topped with

tomatoes, mushrooms, scallions, bacon and cheddar cheese sauce. Baked to perfection! Choice of one side item. 12.99

Meatloaf

Served with mashed potatoes and rich brown gravy.

Choice of one side item. 12.99

German Sauerbraten


Served over egg noodles with gravy, mini potato pancakes, cinnamon apples and a pineapple fritter. 15.99

Baby Beef Liver & Onions

Tender grilled slices of liver topped with caramelized onions and applewood smoked bacon. Served with mashed potatoes and choice of one side. 12.99

ALA CARTE

Mini Potato Pancakes	2.99
Twice Baked Potato	2.99
Sweet Potato Fries	2.99
Baked Potato	2.99
French Fries	2.99
Mashed Potatoes	2.49
Cottage Fries	2.99
Rice Pilaf	2.49
Side of Onion Strings	2.99
Cup of Sautéed Mushrooms	2.99
Hot Bacon Slaw	3.49
Cottage Cheese	2.49
Cole Slaw	2.49
Fresh Steamed Asparagus	3.99
Vegetable of the Day	2.49
Applesauce	2.49
Sautéed Cinnamon Apples	2.49

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An 18% gratuity will be added to groups of 6 or more.

PASTA

Pasta Primavera

Fettuccine pasta with fresh spinach, tomatoes, broccoli, mushrooms and garlic, in white wine cream sauce and topped with Parmesan cheese. Choice of one side. 12.99

With Grilled Chicken Breast or Shrimp 16.99

With Grilled Salmon 18.99

RAISE THE BAR!

Spinach, Wedge or Caesar Salad with Dinner Entrée 2.99

Load up your Baked Potato with Cheddar Jack Cheese, Bacon, and Scallions 1.00

Twice Baked Potato with Dinner Entrée 1.99

Mini Potato Pancakes with Dinner Entrée 1.00

Cup of Mock Turtle Soup with Dinner Entrée 1.99

Cajun Blacken any Entrée 1.00

Steamed Broccoli with Dinner Entrée 1.00

A BRIEF HISTORY...

Kenning's Circle K was founded August 3, 1976 by Lois and Tom Kenning. Originally named the Circle K Steak Ranch and themed with a western flair, this little steakhouse offered good food and drink paired with friendly customer service at modest prices. An oversight in the telephone directory listed the "Steak Ranch" under horseback riding stables in the yellow pages during its first year in business and from that time on the restaurant became known as "Kenning's Circle K." As the years passed the menu expanded and private party rooms were added to accommodate groups up to 65 people. On July 4th, 1993, Kenning's introduced the BBQ Ribs Cookout, a novelty carry-out promotion where BBQ Ribs and Chicken are cooked and sold in the front parking lot.

Today, catering services are also offered to our valued customers. For the do-it-yourselfer, we can deliver your order or for those with a desire for full-service, we can set up, serve, and clean up so that you can enjoy your special occasion worry free.

THANKS FOR COMING!
RIK & BEV



SANDWICHES

All sandwiches include choice of baked potato, french fries, cottage fries or vegetable of the day.

Add to any sandwich:

Sweet potato fries, onion strings, or mini potato pancakes	1.00
House salad	2.99
Cup of mock turtle soup or soup du jour	2.99

Italian Hoagie

Genoa salami, ham, pepperoni and provolone cheese with lettuce, tomatoes, red onions, mayonnaise and Italian dressing. Baked and served piping hot. You've tried hoagies before, but you haven't eaten the best until you've tried ours. 9.99

Grilled Prime Rib

Served on a toasted kaiser roll with Swiss cheese, onion strings and horseradish sauce. 12.99

Jumbo Icelandic Cod

Hand breaded cod filet fried golden brown and served on dark rye with lettuce, tomato and tartar sauce. 9.99

Black Angus Burger

One half pound fresh charbroiled beef with your choice of American or Swiss cheese. Served on a toasted kaiser roll with lettuce, tomatoes, pickles and red onion. 9.99
Add applewood smoked bacon strips or sautéed onions and mushrooms .99

Pulled Pork BBQ Sandwich


Tender slow roasted pulled pork simmered in our signature BBQ sauce, served on a toasted kaiser roll with lettuce, pickles and a side of homemade cole slaw. 9.99

Grilled Chicken Breast

Your choice of American or Swiss cheese and served on a toasted kaiser roll with lettuce, tomato, red onion and a side of mayonnaise. 9.99

Kenning's Club

A deli classic piled high with oven roasted turkey, Black Forest ham, Swiss and American cheese, crisp bacon, lettuce, tomato and mayonnaise on Texas toast. 8.99

 Designates a Kenning's house specialty.



WHERE EVERY NIGHT IS SPECIAL!

Monday: Soup & Sandwich Combo Night

Tuesday: Two-Fer Tuesday*

Wednesday: Italian Night

Thursday: German Night

Friday: Seafood Night

Saturday: Date Night Dinner

Sunday: Comfort Food! Like Grandma makes, but take her out to dinner!

* TWO-FER TUESDAY

2 Entrees, 1 Appetizer, 1 Dessert 29.99

Entree Choices: Grilled Chicken Breast, Baby Beef Liver & Onions, Icelandic Cod, Pasta Primavera, Kentucky Hot Brown, Boneless Pork Chop or Meatloaf

Maximum appetizer price is 7.99. Not valid with any other offer. Royalty Rewards cards and double points may be used.

HOMEMADE DESSERTS

Bev Bendgen is also our pastry chef.

Save room so you can try one of her creations!

♦ Frozen Key West Keylime Pie

♦ Creme Brulée

♦ Chocolate Mousse

♦ Frozen Peanut Butter Pie

♦ Bavarian Crème Puff

♦ Fresh Fruit Cobbler

(Blueberry, Apple, Cherry, Raspberry, Blackberry, and Peach, selection changes weekly)

♦ Cheesecake

A variety of choices, selection varies.