



# MARATHON LUNCH

**m**  
est. 1984

Marathon serves thoughtful, wholesome, and affordable food. Our food is made from scratch every day. We use cage-free eggs. As well as sourcing the finest and freshest ingredients available.

**SPECIAL THANKS TO ALL INDEPENDENT FARMERS AND VENDORS IN OUR AREA WHO MAKE IT POSSIBLE FOR US TO PROVIDE FRESH LOCAL FOOD FOR OUR NEIGHBORHOOD.**

## {SOUPS}

**SALLY'S CHICKEN MATZOH BALL** *best of philly* 9.<sup>5</sup>

**CHICKEN NOODLE** 7. / 8.

**VEGETARIAN CHILI** sour cream, cheddar jack, cilantro 8.<sup>5</sup> / 9.<sup>5</sup>  

**SEASONAL** 7.<sup>5</sup> / 8.<sup>5</sup> **SOUP OF THE DAY** 7.<sup>5</sup> / 8.<sup>5</sup>

## {STARTERS}

**CRISPY CALAMARI** jalapeño, cilantro, spicy aioli 14.<sup>5</sup>

**HUMMUS PLATE** pita, feta cheese, kalamata olives, pickled vegetables 13.<sup>5</sup> 

**ELIJAH'S BAKED MAC & CHEESE** herbs, panko bread crumbs 13.<sup>5</sup> 

**CHICKEN FINGERS** w. whole grain honey mustard 13.<sup>5</sup>

**PAN-SEARED POTATO CHEESE PIEROGIES** caramelized onions,  lemon chive sour cream 14.<sup>5</sup> 

**GRILLED CHICKEN MARGHERITA FLATBREAD** 13.<sup>5</sup>

marinara, fresh mozzarella, basil oil, arugula, parmigiano-reggiano

## {SANDWICHES}

*served with hand-cut fries or caesar salad*

**MARATHON BURGER** *custom blend of sirloin, short rib, and chuck*  
vermont cheddar, caramelized onions, applewood smoked bacon, marathon bbq sauce, lettuce, tomato, country bun 18.<sup>5</sup>

**18hr BRISKET PRESS**

caramelized onions, provolone cheese, horseradish dijon, on ciabatta w. coleslaw 18.

**SHERYL'S SALMON BURGER**

swiss, spinach, remoulade, tomato, country bun 18.

**TURKEY & GRAIN BURGER**

applewood smoked bacon, cheddar, apple slaw, apple mostarda, on country bun 17.

**GRILLED HAM & CHEESE**

sharp cheddar, honey mustard, on sourdough 16.

**BLACKENED CHICKEN PRESS**

provolone, pickles, oven-dried tomatoes, rosemary aioli, lettuce, ciabatta 17.

**TURKEY CLUB**

house-roasted turkey, swiss, bacon, basil aioli, lettuce, tomato, toasted sourdough 17.<sup>5</sup>

**CRISPY BUFFALO CHICKEN SANDWICH**

frank's redhot®, blue cheese carrot celery slaw, ciabatta 17.

**ALBACORE TUNA SALAD WRAP**

provolone, lettuce, tomato 15.<sup>5</sup>

**ROASTED CHICKEN SALAD WRAP**

provolone, avocado, lettuce, tomato 15.<sup>5</sup>

**PHILLY CHEESESTEAK**

provolone, caramelized onions, roasted peppers 16.

## {SALADS}

**GRILLED CHICKEN COBB**

crisp greens, avocado, blue cheese crumbles, tomato, bacon, hard-boiled egg, blue cheese dressing 17

**MOROCCAN SALMON SALAD**

crisp greens, marinated couscous, cucumber, cranberries, pumpkin seeds, almonds, lemon vinaigrette 19.

**CRISPY CHICKEN & SESAME SALAD**


field greens, napa cabbage, cucumber, carrot, radish, sesame seeds, crispy wontons, almonds, citrus sesame vinaigrette 17.

**GREEK SALAD** cucumber, feta, tomato, shaved red onion, kalamata olives, over crisp greens, lemon vinaigrette 15   add chicken 4.<sup>5</sup> add shrimp 7.<sup>5</sup>


**MARATHON CLASSIC CAESAR** 15.<sup>5</sup> 

add blackened chicken 4.<sup>5</sup> add shrimp 7.<sup>5</sup> add salmon 7.<sup>5</sup> add calamari 5.<sup>5</sup>

**BLACKENED SHRIMP ARUGULA SALAD**

avocado, cherry tomatoes, mushrooms, red onion, shaved parmesan, lemon vinaigrette 19. 

**CHOPPED MARATHON SALAD**

romaine, roasted turkey, black forest ham, bacon, provolone, egg, cucumber, tomato, shaved parmesan, thousand island dressing 17. 

## {PLATES}

**HERB-MARINATED GRILLED CHICKEN**


boneless chicken breast, mashed potatoes, corn fricassée, basil oil 22 

**GRILLED SALMON**

whole grain honey mustard, mashed potatoes, asparagus 25.<sup>5</sup> 

**GRILLED SOY GINGER SALMON** roasted vegetables, warm couscous 25.<sup>5</sup>

**VEGETABLE CAPELLINI** spinach, cremini mushrooms, tomato, asparagus,

parmigiano-reggiano, fresh basil, extra virgin olive oil 18. 

add herb marinated chicken 4.<sup>5</sup> add grilled shrimp 7.<sup>5</sup>

**CRISPY CHICKEN PARM** marinara, mozzarella, parmigiano-reggiano,

fresh basil chiffonade, over capellini pasta 23.<sup>5</sup>

**BLACKENED CHICKEN QUESADILLA** cheddar jack, caramelized onions,

roasted peppers, corn, flour tortillas, w. sour cream and fire-roasted salsa 18.

**HOT ROASTED TURKEY PLATE** house-roasted turkey, mashed potatoes,

broccoli, cranberry compote, turkey gravy 20.<sup>5</sup>

**BLACKENED CHICKEN TORTELLINI** blush sauce, roasted peppers, spinach,

parmigiano-reggiano, 21.<sup>5</sup>

**JAMBALAYA** andouille sausage, chicken, shrimp, over basmati rice 22.

**SHRIMP TACOS** blackened shrimp, salsa verde, pico de gallo, fresh avocado, cilantro 20.

## {BREAKFAST ALL DAY} *all eggs cage-free*

**OMELETTE & SALAD**

cage-free eggs, bacon, tomato, cheddar

w. field greens salad, balsamic vinaigrette, whole wheat toast 18.

**VEGGIE BREAKFAST WRAP** scrambled eggs, cheddar jack, caramelized onions,

roasted peppers, green peppers, chopped tomatoes, mushroom, spinach 16. 

**PANCAKES & BACON** 18.

add banana 1. add chocolate chip cookie dough 1.

**{ SIDES }** **HAND-CUT FRIES** 8. each **SWEET POTATO FRIES** 8. each **MASHED POTATOES** w. gravy **COUSCOUS** 7. **BROCCOLI** 7. **SPINACH** 7. **ASPARAGUS** 7. **FRUIT SALAD** 7.

 = vegetarian

CATERING 215-561-0500

16TH & SANSOM 215-569-3278

19TH & SPRUCE 215-731-0800

 = gluten-free

order online at [eatmarathon.com](http://eatmarathon.com)

We must inform our guests that consuming raw or under-cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.



## SERVING THE NEIGHBORHOOD

### {CONTROL FREAK SALAD}

choose from sections below starting at 14.<sup>5</sup>

#### GREENS

choose one

crisp greens  
baby spinach  
romaine hearts  
field greens  
arugula

#### TOPPINGS

three included  
extras .75 each

grilled asparagus  
carrot  
corn  
mushroom  
couscous  
cucumber  
radish  
garbanzo beans  
grilled red onion  
shaved red onion  
tomato  
oven-dried tomatoes  
grilled zucchini  
hard-boiled egg  
almonds  
kalamata olives  
applewood bacon  
dried cranberries

#### CHEESES

one included  
extras .75 each

bleu cheese crumbles  
goat cheese  
greek feta  
grated parmesan  
cheddar jack  
fresh mozzarella

#### HEARTY EXTRAS

that's the best part!

herb-marinated chicken 4.<sup>5</sup>  
blackened chicken 4.<sup>5</sup>  
crispy chicken 7.  
crispy calamari 5.<sup>5</sup>  
grilled salmon 7.<sup>5</sup>  
grilled shrimp 6.<sup>5</sup>  
salmon cake 7  
house-roasted turkey 4.  
tuna salad 5.  
chicken salad 6.  
hummus 5.  
avocado 4.

#### DRESSINGS

choose one

thousand island  
balsamic vinaigrette  
lemon vinaigrette  
blue cheese  
caesar  
citrus sesame

#### FREEBIES

free free free

crispy wontons  
parmesan croutons  
mint+parsley+basil  
sesame seeds  
pumpkin seeds

### {ALL NATURAL SMOOTHIES}

made with low fat frozen yogurt 9.<sup>5</sup>

**GREEN MONSTER** spinach, organic apple juice, banana

**ORANGE DREAM** fresh oj, banana,

**PB&B** natural creamy peanut butter, banana, honey

**STRAWBERRY MANGO** non fat milk, banana, sliced almonds

**MIXED BERRY & HONEY** strawberry, blueberry, honey

**MOCHA ESPRESSO** shot of espresso, chocolate sauce

### {SHAKES ETC.}

#### JUST A SHAKE

vanilla, chocolate, or b&w 7.

#### STRAWBERRY & CREAM

vanilla, fresh strawberry purée 7.<sup>5</sup>

#### ROOT BEER FLOAT

a&w® root beer, with vanilla ice cream 7.<sup>5</sup>

#### COOKIES & CREAM

oreos, vanilla 7.<sup>5</sup>

### {BEVERAGES}

**ELIXER COFFEE** 3.<sup>5</sup>

**CAPPUCINO** 6<sup>5</sup>

**LATTE** 6<sup>5</sup>

**MIGHTY LEAF TEA** 5.

**FRESH-BREWED ICED TEA** 3.<sup>5</sup>

**FRESH-SQUEEZED ORANGE JUICE** 5.

**PELLGRINO** 4.<sup>5</sup>

**FOUNTAIN SODAS** 4

### {MARATHON KIDS MENU}

**KIDS CHICKEN MATZOH BALL SOUP** 7.<sup>5</sup>

**ELIJAH'S MAC & CHEESE** 7.<sup>5</sup> add grilled chicken 3.<sup>5</sup> add broccoli 1.<sup>5</sup>

**SIMONE'S HUMMUS PLATE** w. pita 8

**PEANUT BUTTER & JELLY** whole wheat bread, hand-cut fries or fruit salad 6.<sup>5</sup>

**CRISPY CHICKEN FINGERS** all white meat chicken, w. fries or fruit salad 9.

**NOA'S CHEESE QUESADILLA** hand-cut fries or fruit salad 7.

**GRILLED CHICKEN PARM** w. marinara, mozzarella, over capellini pasta 8.<sup>5</sup>

**AYA'S CAVATAPPI PASTA** w. marinara or bolognese sauce, parmigiano-reggiano 9.

#### THANKSGIVING DINNER

free range turkey, mashed potatoes, broccoli, turkey gravy 10.<sup>5</sup>

**SONIA'S CHEESE TORTELLINI** w. blush sauce 9.

**SILVER DOLLAR PANCAKES AND BACON** 9.<sup>5</sup>. add bananas, strawberries, or chocolate chips 1.

# MARATHON FRESH

As a family owned and operated restaurant, we take pride in the comfort food that we serve. We are a restaurant model crafted upon a philosophy our management team takes pride in. A philosophy founded upon warm and personable hospitality, while at the same time, introducing guests to our city's local purveyors. Marathon Grill opened 40 years ago to serve the neighborhood, not only as a place to dine and drink, but also to offer the farm-fresh lifestyle.

We promise you will enjoy your meal!



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