



Dine-in & Delivery Menu

Pockets • Calzones • Salads • Potatoes • Minis for Kids
All are prepared fresh the minute you order.
Dine in our restaurant, take your order to go or ask for delivery!



Order online at
PocketsOnline.com

What's a Pocket?

A pocket is a freshly-baked, multi-grain bread pulled right out of the oven, split open and stuffed with your choice of finely chopped greens, vegetables, cheeses and meats. Served with your favorite dressing on the side.



Pockets

our favorite meat choices suggested. Feel free to substitute!

Original Pocket w/ Turkey

Lettuce, tomatoes, green peppers, carrots, mushrooms and mozzarella cheese. Homemade Ranch

Southwest Pocket w/ Chicken

Lettuce, spinach, tomatoes, green peppers, corn and black bean mix, onions and cheddar cheese. Homemade Chipotle Ranch

Greek Pocket w/Chicken

Lettuce, spinach, tomatoes, cucumbers, black olives, red onions and feta cheese. Greek Vinaigrette

Asian Pocket w/ Chicken

Lettuce, spinach, broccoli, carrots, red cabbage, red onions, edamame, and crunchy noodles. Sesame Ginger

Popeye's Pocket w/ Bacon

Lettuce, spinach, tomatoes, green peppers, carrots, mushrooms, and Swiss cheese. House Dressing

Build Your Own

Build a personalized Pocket using up to five fresh ingredients and one cheese. Choice of dressing

Some of our products contain or may come into contact with common allergens including wheat, peanuts, soy, tree nuts, milk, eggs and fish. Please speak to a manager for a list of ingredients in your order.

For current prices, visit our online ordering platform, on our website:
PocketsOnline.com

Salads

Includes a half round of our freshly-baked multi-grain artisan bread.

Order without meat for less

Cobb Salad ^{New}

Romaine lettuce, tomatoes, crumbled blue cheese, chicken, bacon, hard-boiled egg, avocado. Served with Ranch.

Asian w/Chicken

Lettuce, spinach, broccoli, carrots, red cabbage, red onions, edamame, and crunchy noodles. Served with Sesame Ginger dressing.

Greek w/Chicken

Lettuce, spinach, feta cheese, cucumbers, red onions, tomatoes and black olives. Served with Greek dressing.

Southwest w/Chicken

Spinach, lettuce, tomatoes, green peppers, corn and black bean mix, onions and cheddar cheese. Served with Chipotle Ranch dressing.

Spinach, Berry & Almond w/Chicken

Spinach, dried cranberries, almonds, and feta cheese. Served with Balsamic Vinaigrette dressing.

Chicken Caesar

Romaine lettuce, shaved parmesan cheese and Pockets croutons. Served with Caesar dressing.

Berry Blue w/Tuna

Spring mix, blue cheese, cucumbers, edamame beans, dried cranberries, and almonds. Served with Honey Dijon dressing.

Build Your Own

Choice of greens with your choice of 5 veggie ingredients, one cheese and your choice of dressing.

Chef's Salad w/Salami and Turkey

Lettuce, tomatoes, mushrooms green peppers, carrots, onions, mozzarella, Swiss cheese, smoked turkey breast and Genoa salami. Served with Ranch dressing.

The Taste of Italy

Lettuce, spinach, tomatoes, green peppers, black olives, red onions, mozzarella, genoa salami, and pepperoni. Served with fat-free Italian dressing.

Waldorf w/Turkey

Romaine lettuce, red seedless grapes, toasted walnuts, and blue cheese. Served with Poppyseed dressing.

Green Kale Salad ^{New}

Green Kale, red cabbage, broccoli, carrots, dried cranberries, candied walnuts. Honey Dijon Dressing.



Pockets caters to you!

Looking for something unique and delicious for your next event? From our garden-fresh Pockets to our toasty calzones and loaded baked potatoes, Pockets Catering is a treat for any taste!



To order, call
877-818-5211
and talk to a member of our catering team, or order online at:
PocketsOnline.com
24 hour notice appreciated

Pockets Change

At Pockets, our commitment to the community goes much further than simply providing amazing food. Pockets franchises are locally-owned and deeply involved in their community. Our charitable "Raise Some Dough" events donate up to 50% of sales to worthwhile causes.

To learn how your group can schedule a "Pocket Change" opportunity, go to PocketsOnline.com for more information.

Calzones

An Italian turnover stuffed with fresh ingredients and baked to perfection by our Ovenmaster. Allow 15-20 minutes to bake. All listed dressings served on the side.



Original

Two ingredients plus mozzarella and Pizza Sauce. Choice of Pizza Sauce or Ranch

Meaty

Crumbled Italian sausage, pepperoni, mozzarella, pizza sauce. Pizza Sauce or Homemade Ranch

Southwest

Chicken, corn and black bean mix, green peppers, with cheddar and mozzarella. Homemade Chipotle Ranch

Greek

Feta cheese, mozzarella, spinach, onions, tomatoes, and black olives. Homemade Ranch

BBQ Chicken

KC Masterpiece sauce, grilled chicken, cilantro, red onions, cheddar, and mozzarella. Homemade Ranch

Gobbler

Your choice of broccoli or spinach, with turkey, mushrooms, and mozzarella. Homemade Ranch

BBC

Broccoli, crumbled bacon, cheddar and mozzarella. Homemade Ranch

Buffalo Chicken

Buffalo Chicken, mozzarella, cheddar, red onion, buffalo sauce. Choice of spinach or cilantro. Homemade Ranch

Kid's Meals

Mac & Cheese

Creamy Kraft® Macaroni & Cheese. Includes one side.

Dino Nuggets

Six oven-baked dinosaur shaped chicken nuggets. Includes one side.

Kid's Salad

Side salad with lettuce, carrots and choice of dressing

Dino Pizza

Dinosaur shaped pizza with mozzarella cheese, pizza sauce and one topping. (extra toppings 50¢ each) Includes one side.

Side of...

Mandarin Oranges
Red Seedless Grapes

Extras & Dressings

Proteins

Grilled Chicken
Hickory-Smoked Turkey
Yellowfin Tuna
Crumbled Bacon
Genoa Salami
Pepperoni
Sausage
Avocado ^{New}
BBQ Chicken ^{New}
Buffalo Chicken ^{New}
Hard-Boiled Eggs ^{New}

Cheeses

Mozzarella
Cheddar
Swiss
Feta
Blue
Parmesan

Veggies & More

Romaine Lettuce
Spinach
Spring Mix
Kale ^{New}
Cilantro
Tomatoes
Green Peppers
Shredded Carrots
Mushrooms
Broccoli
Diced Cucumbers
Red Onion
Red Cabbage
Garlic ^{New}
Black Olives
Jalapeno Peppers
Hot Giardiniera ^{New}
Edamame Beans
Crunchy Noodles
Dried Cranberries
Mandarin Oranges
Sliced Almonds
Walnuts
Southwest Mix
Sliced Grapes
Croutons

Dressings

Homemade Ranch or Light Ranch
Homemade Chipotle Ranch
Homemade House (French-based)
Sesame Ginger
Greek
Caesar
Poppyseed
Balsamic Vinaigrette
Thousand Island
Honey Dijon
Fat-Free Raspberry Vinaigrette
Fat-Free Italian
Marinara
Salsa

More Good Stuff

Regular or Garlic Dip Sticks

Our exclusive artisan dough twisted and turned by our Ovenmaster. Served with pizza sauce, Homemade Ranch or Homemade Tangy French.

Soups

Chicken Chili
Add onions and cheddar

Chips

Cookies

Drinks

Fountain Drinks small large
Cans

20oz. Bottle
Fruit Drinks/Tea/Milk
Bottled Water

Pizza

Our signature whole-wheat crust, rolled thin and topped with the freshest ingredients. Build your own or choose one of our signature specialties.



(10" available at all locations. 14" available at Aurora, Madison and Hyde Park)

Build your own pizza sauce, mozzarella, additional toppings (each)

Specialty Pizzas

Carnivore

Pizza sauce, mozzarella, pepperoni, sausage & bacon

Supreme

Pizza sauce, mozzarella, sausage, mushroom, red onion & green peppers

BBQ Chicken

Bbq sauce, grilled chicken, cheddar, mozzarella, red onion, cilantro

White

Olive oil, fresh garlic, feta mozzarella, spinach & tomatoes

Spicy Southwest

Grilled chicken, cheddar, mozzarella, corn & black bean mix, jalapeños, & cilantro.

Potatoes

A fluffy baked potato bursting with your choice of three fresh ingredients plain



Locations

Chicago

309 W. Lake St. / 312-641-0949
1009 W. Madison St. / 312-738-0080
3001 N. Lincoln Ave. / 773-528-2167
4301 N. Lincoln Ave. / 773-755-4111
7126 N. Ridge - Touhy/Ridge / 872-888-8677 ^{New}

Hyde Park

Pockets & 1307 E. 53rd St. / 773-667-1313

Aurora

1330 N. Orchard Rd. / 630-907-0011
2933 N. Kirk Rd. / 630-499-5123

Catering Hotline
877-818-5211 Option 1

For current prices, visit our online ordering platform, on our website PocketsOnline.com.

Click to it!

Order on our website:
PocketsOnline.com
10% off your first online order

Delivery

Delivering 7 Days and Nights a Week!
Delivery Charge
All prices are subject to change.

For franchise information, visit our website at: PocketsOnline.com