

○○○○○○○○ APPETIZERS ○○○○○○○○

SWEET JANE: Waffle cut sweet potato fries, fried up and served up hot with our homemade honey jalepeño mustard | 8

PRETZEL LOGIC: Mini pretzel baguettes served with mustard ale cheddar sauce | 9

GIVE EM THE PICKLE: Pickle chips, fried 'til crispy and delicious, served with lovin' cup's specialty dipping sauce | 8

FRIZZLE FRIES: A basket of our crispy, straight-cut french fries, served with lovin' cup's specialty dipping sauce | 6
add cheese +.5 | add bacon +1

WINGS OF MY LOVE: Ten roaster wings, cooked 'til crispy and moist, choose one of our specialty sauces - House Buffalo, Garlic Parmesan Peppercorn, BBQ or Golden BBQ. Served with homemade bleu cheese | Priced Daily

DIXIE CHICKEN: Ten boneless chicken wings served with a side of bleu cheese and tossed in your choice of sauce: Buffalo, Garlic Parmesan Peppercorn, BBQ, or Golden BBQ | 9.5
Substitute Cauliflower wings at no extra charge!

ME & THE BEAN: Our roasted garlic hummus drizzled with sweet red pepper coulis, and served with grilled naan | 8
add fresh veggies +2.5 | add flank steak +3.5 | extra naan +2

MEXICALI BLUES: Start with our lovin' cup quesadilla: a flour tortilla filled with assorted melted cheeses, black beans, corn & tomatoes, served with a side of sour cream & salsa | 9
add guacamole +2 | add chicken +2.5 | add flank steak +3.5

●●Made-From-Scratch Soup●●

TOMATO SPINACH FETA
BROCCOLI & CHEDDAR
LEMON PEPPER CHICKEN

Cup [4.5] Bowl [6] Pint To Go [7]

○**FOOD ALLERGIES:** Here at Lovin'cup, we take food allergies and gluten intolerance very seriously. Please let us know if you have a serious allergy or celiacs disease, or if it's just a dietary preference. We want to ensure that everyone leaves Lovin'cup happy and healthy. If you feel more comfortable speaking to our chef or sous chef, we will accommodate.

○○○○○○○○○ Drinks ○○○○○○○○

PEPSI PRODUCTS: Choose from Pepsi, Diet Pepsi, Sierra Mist, Mountain Dew, or Ginger Ale | 2.5

LEMONADE and ICED TEA | 2

COFFEE and ICED COFFEE | 2.5

BOTTLED WATER | 2

SARANAC PRODUCTS: Choose from Root Beer, Ginger Beer, Black Cherry Cream, Shirley Temple, or Sparkling Lemonade | 2.5

SNAPPLE: Choose from Kiwi Strawberry, Peach Tea, Mango Madness, or Green Tea | 2.5

○○○○○○ Wine By The Can ○○○○○○

FOX RUN Chardonnay 12oz Can | 14

LOBSTER REEF Sauvignon Blanc 250ml Can | 9

UNDERWOOD Riesling Radler 355ml Can | 9

AMBLE + CHASE Rosé 250ml Can | 9

UNDERWOOD Pinot Noir 250ml Can | 9

○○○○○○ Canned Cocktails ○○○○○○

CUTWATER Lime Vodka Soda | 6

CUTWATER Elderflower Vodka Spritz | 8

CUTWATER Whiskey Lemon Tea | 8

CUTWATER Rum Mint Mojito | 8

CUTWATER Gin and Tonic | 8

CARDINAL SPIRITS Maui Mule | 8

CARDINAL SPIRITS Vodka Soda | 6

DULCE VIDA Watermelon Margarita | 8

JOIA Sparkling Moscow Mule | 8

JOIA Sparkling Cosmopolitan | 8

REYES Y COBARDES Margarita | 8

REYES Y COBARDES Paloma | 8

○**Beer:** Our bottle and can selection is constantly changing. To view our up to date beer list, check out lovincup.com or find us on the Heartland Guest app!



300 Park Point Drive Rochester, NY 14623
(585) 292.9940

Hours of Operation

Sunday & Monday: Closed

Tuesday 12pm-8pm

Wednesday: 12pm-8pm

Thursday: 12pm-8pm

Friday: 12pm-9pm

Saturday: 3pm-10pm

Install the Heartland Guest App on your mobile device using the QR code below and make ordering even easier!



○**Health and Safety Rules:** For your safety and ours, before visiting our restaurant, please go to lovincup.com to see our current rules regarding masks, social distancing, and dining protocols. Thank you!

oooooooooooo Greens ooooooooooooo

A protein of your choice can be added to any salad that does not already come with one. Choose from Chicken, Blackened Chicken, Shrimp, Steak or Tofu.

Green, Green Grass: Our fresh house salad, complete with fresh mixed greens, tomatoes, carrots, cucumbers, red onions, and homemade croutons | 15

RAGE AGAINST THE GREEN: A mexican-inspired salad, with mixed field greens, black beans, corn, tomatoes, avocado, red bell peppers and cheddar jack cheese, with a mex-ranch dressing | 15

TY COBB: Our take on a classic salad, with sliced black olives, chopped tomatoes, egg, bacon, diced chicken, avocado, crumbled bleu cheese | 16

TANGLED UP IN BLEU: A beautifully blended salad with mixed field greens, raisins, mandarin oranges, walnuts, crumbled bleu cheese, and croutons with a balsamic vinaigrette | 16

DOWN WITH DA 'CAESE': Our version of the caesar salad with romaine lettuce, red onions, asiago cheese, and croutons with a creamy caesar dressing. | 15

THE FLANK ZAPPA: A fresh combination of mixed field greens, sliced cucumbers and red onions topped with flank steak and smoked bleu cheese, with a side of our homemade balsamic dressing | 16

THE BUFFALO SPRINGFIELD: Mixed field greens topped with boneless wings tossed in our tangy house sauce. Finished with diced tomatoes, celery, avocado and bleu cheese crumbles. Served with ranch dressing | 15

ASSORTED HOMEMADE DRESSINGS:

Ranch(GF), Mex-Ranch(GF), Caesar, Bleu Cheese, Dill Vinaigrette, Italian, Homemade Balsamic(GF), Thousand Island(GF)

oooo Fresh Deli Sammiches oooo

Served with Frech Fries | 11

THE SLOW RIDE: Roast beef, slow roasted in-house and served on a roll with lettuce, tomato, red onions, swiss cheese, served with horseradish mayo

THE JOKER: Honey maple ham with green leaf lettuce, vine tomatoes, swiss cheese and spicy mustard served on rye bread

THE JAZZ FUSION: Our take on a traditional turkey sandwich, with oven roasted turkey served on white bread, stuffed with tomatoes, mixed field greens, provolone cheese, and sweet roasted red pepper mayo

RUN B.L.T: A classic, with crisp bacon, lettuce, tomato, and mayo on white toast

oooooooooooo Lovin Bowls ooooooooooooo

A protein of your choice can be added to any bowl. Choose from Chicken, Blackened Chicken, Roasted Pork Loin, Shrimp, Steak or Tofu.

OOPS, I DID IT A-GRAIN! Our five grain veggie bowl, served with Chef's choice of grilled veggies, fresh cucumbers, diced tomatoes, feta chee, avocado, and hummus. Topped with sunflower seeds and our house dill vinaigrette! | 17

THAT BOWL IS HOISEN: A bowl of flat wheat noodles tossed in a house-made sesame hoisen dressing, with shredded carrots, napa cabbage, basil, cilantro, and green onions. Topped with frizzle onions and pickled ginger | 15

ROAD TO RAMEN: Our noodle bowl - a simple Asian-inspired broth with flavors of ginger and lemongrass, served over your choice of flat noodles or a five grain medley, seared mixed vegetables and a hard boiled egg. Garnished with fresh cilantro, basil, and scallions | 16

oooooooooooo Grilled Panini ooooooooooooo

Served with french fries | 15

SANTERIA: The cup's take on the traditional cuban, with pork loin, slow-roasted in-house, ham, melted swiss cheese, dill pickles and homemade golden barbecue sauce

Culture Club: Our turkey club panini with turkey, bacon, swiss cheese and tomato, grilled to a golden brown and served with homemade red pepper mayo on the side

I'M HOT FOR TEACHER: Our house specialty: a grilled chicken pesto panini, served with tomato, melted provolone cheese, and homemade pesto mayo for dipping

HEAVY METAL DRUMMER: A delicious panini with grilled chicken, pepperoni, and melted provolone cheese served with a side of fresh marinara

DEEP PURPLE: Eggplant parmesan done our way! Parmesan cheese encrusted eggplant topped with melted provolone cheese served with a side of fresh marinara

BEEF-STIE BOYS: Our in-house roasted beef on focaccia with steakhouse onion cheese. Served with au jus

oooooooooooo SIDES ooooooooooooo

All sides may be substituted for fries or chips at no extra charge

Chips | 2 - French Fries | 3

Sweet Potato Fries | 3 - Mac Salad | 3

oooooooooooo Hearty Grub ooooooooooooo

Served with french fries | 15

FRENCH KISSIN: Our french dip style sandwich with roast beef roasted in-house, served with au jus on a kaiser roll

UNCLE KRACKER: Cracker-breaded chicken breast fried to a golden brown, served on a kaiser roll with lettuce, tomato, and mayonnaise

REUBEN & CERISE: The lovin' cup reuben with savory corned beef, smothered in thousand island dressing, sauerkraut and melted swiss cheese, grilled to perfection on rye bread

BACK TO BLACK: A favorite of our old buddy, Gabe. Cajun blackened chicken breast on a kaiser roll with melted cheddar cheese and our famous homemade red pepper mayo

DONNA THE BUFFALO: A breaded Buffalo chicken sammich! Our Uncle Kracker tossed in our specialty Buffalo sauce, served on a kaiser roll with a side of our house-made bleu cheese dressing

oooooooooooo Burgers ooooooooooooo

Locally, fresh made 8oz beef patty, served with french fries
Add James' Hot Meat Sauce | 1.5

RING OF FIRE: Char-grilled burger served with your choice of cheese on a kaiser roll | 15

BELL BOTTOM BLUES: Char-grilled and cooked to your liking, topped with frizzle onions, melted pepper jack cheese, savory bacon and BBQ sauce | 16

BAYOU WEASE: A burger aiming to pack as much flavor as Wease himself! Our char-grilled burger, dusted with cajun seasoning and topped with grilled peppers and onions, cheddar, guacamole, and chipotle mayo | 16

GLASS ONION: Start with our 8oz beef patty, add bacon, mushrooms, and most importantly, steak-house onion cheddar | 16

TRASH TALK: Our hearty homage to a Rochester original. Our celebrated homemade mac salad, fries, and our cheese-topped burger patty covered in Chef James' Bourbon Meat Sauce. Guaranteed to fill you up | 16

DIG IN THE DIRT: Our handmade veggie burger with lettuce, tomato, swiss and thousand island dressing on a kaiser roll | 15

o Avocados can be finicky. If we are out of them, we will substitute with some delicious guacamole :)

lovincup.com | [f](#) /LovinCupBistro
[@lovincupproc](#) [@lovincupROC](#)

o Because we make a large portion of our menu from scratch, we do run out of certain items from time to time. This is because we want to serve these items up as fresh as possible!