



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.


CHICKEN NOODLE 6.⁵ / 7.⁵

VEGETARIAN CHILI sour cream, cheddar jack, cilantro 8. / 9.  

SEASONAL 7. / 8. **SOUP OF THE DAY** 7. / 8.

{STARTERS}

CRISPY CALAMARI jalapeño, cilantro, spicy aioli 13.⁵

HUMMUS PLATE pita, feta cheese, kalamata olives, pickled vegetables 13. 

ELIJAH'S BAKED MAC & CHEESE herbs, panko bread crumbs 12. ⁵ 

CHICKEN FINGERS w. whole grain honey mustard 12. ⁵

PAN-SEARED POTATO CHEESE PIEROGIES caramelized onions,  lemon chive sour cream 13.⁵

GRILLED CHICKEN MARGHERITA FLATBREAD 12. ⁵
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.

18hr BRISKET PRESS
caramelized onions, provolone cheese, horseradish dijon, on ciabatta w. coleslaw 17.⁵

SHERYL'S SALMON BURGER
swiss, spinach, remoulade, tomato, country bun 17.⁵

TURKEY & GRAIN BURGER
applewood smoked bacon, cheddar, apple slaw, apple mostarda, on country bun 16.⁵

GRILLED HAM & CHEESE
sharp cheddar, honey mustard, on sourdough 15.⁵

BLACKENED CHICKEN PRESS
provolone, pickles, oven-dried tomatoes, rosemary aioli, lettuce, ciabatta 16. ⁵

TURKEY CLUB
house-roasted turkey, swiss, bacon, basil aioli, lettuce, tomato, toasted sourdough 16. ⁵

CRISPY BUFFALO CHICKEN SANDWICH
frank's redhot®, blue cheese carrot celery slaw, ciabatta 16. ⁵

ALBACORE TUNA SALAD WRAP
provolone, lettuce, tomato 14. ⁵

ROASTED CHICKEN SALAD WRAP
provolone, avocado, lettuce, tomato 15.

PHILLY CHEESESTEAK
provolone, caramelized onions, roasted peppers 15. ⁵

{SALADS}

GRILLED CHICKEN COBB
crisp greens, avocado, blue cheese crumbles, tomato, bacon, hard-boiled egg, blue cheese dressing 16. ⁵

MOROCCAN SALMON SALAD
crisp greens, marinated couscous, cucumber, cranberries, pumpkin seeds, almonds, lemon vinaigrette 18. ⁵

CRISPY CHICKEN & SESAME SALAD
field greens, napa cabbage, cucumber, carrot, radish, sesame seeds, crispy wontons, almonds, citrus sesame vinaigrette 16. ⁵

GREEK SALAD cucumber, feta, tomato, shaved red onion, kalamata olives, over crisp greens, lemon vinaigrette 14   add chicken 4. ⁵ add shrimp 7. ⁵

MARATHON CLASSIC CAESAR 15.  add blackened chicken 4. ⁵ add shrimp 7. ⁵ add salmon 7. ⁵ add calamari 5. ⁵

BLACKENED SHRIMP ARUGULA SALAD
avocado, cherry tomatoes, mushrooms, red onion, shaved parmesan, lemon vinaigrette 18. ⁵ 


CHOPPED MARATHON SALAD
romaine, roasted turkey, black forest ham, bacon, provolone, egg, cucumber, tomato, shaved parmesan, thousand island dressing 16. ⁵ 

{PLATES}

HERB-MARINATED GRILLED CHICKEN
boneless chicken breast, mashed potatoes, corn fricassée, basil oil 21 

GRILLED SALMON
whole grain honey mustard, mashed potatoes, asparagus 24. ⁵ 

GRILLED SOY GINGER SALMON roasted vegetables, warm couscous 24. ⁵

VEGETABLE CAPELLINI spinach, cremini mushrooms, tomato, asparagus, parmigiano-reggiano, fresh basil, extra virgin olive oil 17. ⁵  add herb marinated chicken 4. ⁵ add grilled shrimp 7. ⁵

CRISPY CHICKEN PARM marinara, mozzarella, parmigiano-reggiano, fresh basil chiffonade, over capellini pasta 22. ⁵

BLACKENED CHICKEN QUESADILLA cheddar jack, caramelized onions, roasted peppers, corn, flour tortillas, w. sour cream and fire-roasted salsa 17. ⁵

HOT ROASTED TURKEY PLATE house-roasted turkey, mashed potatoes, broccoli, cranberry compote, turkey gravy 20.


BLACKENED CHICKEN TORTELLINI blush sauce, roasted peppers, spinach, parmigiano-reggiano, 20.

JAMBALAYA andouille sausage, chicken, shrimp, over basmati rice 20.

SHRIMP TACOS blackened shrimp, salsa verde, pico de gallo, fresh avocado, cilantro 19. ⁵

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

OMELETTE & SALAD
cage-free eggs, bacon, tomato, mozzarella w. field greens salad, balsamic vinaigrette, whole wheat toast 16. ⁵

VEGGIE BREAKFAST WRAP scrambled eggs, cheddar jack, caramelized onions, roasted peppers, green peppers, chopped tomatoes, mushroom, spinach 15. ⁵ 

PANCAKES & BACON 17. ⁵
add banana 1. add chocolate chip cookie dough 1.

{ SIDES } HAND-CUT FRIES 7.5 each SWEET POTATO FRIES 7.5 each MASHED POTATOES 7.5 each COUSCOUS 7.5 each BROCCOLI 7.5 each SPINACH 7.5 each ASPARAGUS 7.5 each FRUIT SALAD 7.5 each

 = vegetarian

CATERING 215-561-0500

16TH & SANSOM 215-569-3278

19TH & SPRUCE 215-731-0800

 = gluten-free

order online at 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.

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 4.⁵
blackened chicken 4.⁵
crispy chicken 7.
crispy calamari 5.⁵
grilled salmon 7.⁵
grilled shrimp 6.⁵
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 8.⁵

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 6.

STRAWBERRY & CREAM

vanilla, fresh strawberry purée 6.⁵

ROOT BEER FLOAT

a&w® root beer, with vanilla ice cream 6.⁵

COOKIES & CREAM

oreos, vanilla 6.⁵

{BEVERAGES}

CHESTNUT HILL COFFEE 3.

CAPPUCINO 6

LATTE 6

MIGHTY LEAF TEA 4.

FRESH-BREWED ICED TEA 3.⁵

FRESH-SQUEEZED ORANGE JUICE 5.

PELLGRINO 4.⁵

FOUNTAIN SODAS 4

{MARATHON KIDS MENU}

KIDS CHICKEN MATZOH BALL SOUP 6.⁵

ELIJAH'S MAC & CHEESE 5.⁵ add grilled chicken 3.⁵ add broccoli 1.⁵

SIMONE'S HUMMUS PLATE w. pita 6.⁵ 

PEANUT BUTTER & JELLY whole wheat bread, hand-cut fries or fruit salad 4.⁵

CRISPY CHICKEN FINGERS all white meat chicken, w. fries or fruit salad 7.⁵

NOA'S CHEESE QUESADILLA hand-cut fries or fruit salad 6.⁵ 

GRILLED CHICKEN PARM w. marinara, mozzarella, over capellini pasta 8.⁵

AYA'S CAVATAPPI PASTA w. marinara or bolognese sauce, parmigiano-reggiano 6.

THANKSGIVING DINNER

free range turkey, mashed potatoes, broccoli, turkey gravy 8.⁵

SONIA'S CHEESE TORTELLINI w. blush sauce 8. 

SILVER DOLLAR PANCAKES AND BACON 6.⁵. 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 38 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!



follow us on instagram @eatmarathon

like us on facebook.com/eatmarathon

visit us at eatmarathon.com