# THE MEADOWS GOLF COURSE \& GRILL 

## Breakfast seLECTIONS

## BASIC BEGINNINGS \$9.49/PERSON

Choice of One (1) Breakfast Pastry served with Butter, Jam, Cream Cheese, Water and Coffee, Decaf and Hot Water with Tea Bags
Assorted Danish
110-130 cals ea
Assorted Mini Muffins 120-130 cals ea
Assorted Scones 390-440 cals ea
Assorted Bagels
200-510 cals ea
Gourmet Coffee
Gourmet Decaf Coffee
Hot Tea
Water $\qquad$ 0 cals/8 oz 0 cals/8 oz 0 cals/8 oz 0 cals/8 oz

## QUICK START \$11.39/PERSON

Miniature Muffins, Danish, and Bagels served with Butter, Jam, Cream Cheese, Seasonal Fresh Fruit Platter, Orange Juice, Water, Coffee, Decaf and Hot Water with Tea Bags

| Assorted Danish | 110-130 cals ea |
| :---: | :---: |
| Assorted Mini Muffins | 120-130 cals ea |
| Assorted Scones | 390-440 cals ea |
| Assorted Bagels | 210-500 cals ea |
| Seasonal Fresh Fruit | 30 cals/20z |
| Orange Juice | 110 cals/8 oz |
| Gourmet Coffee | $0 \mathrm{cals} / 8 \mathrm{oz}$ |
| Gourmet Decaf Coffee | $0 \mathrm{cals} / 8 \mathrm{oz}$ |
| Hot Tea | $0 \mathrm{cals} / 8 \mathrm{oz}$ |
| Water | 0 cals/8 |

## YOGURT PARFAIT BAR \$9.99/PERSON

Choice of Two (2) yogurt flavors served with Diced Pineapple, Fresh Strawberries, Walnuts and Granola
Greek Yogurt
100 cals/4oz
Strawberry Yogurt
Vanilla Yogurt 110 cals/4oz 120 cals/4oz
Pineapple $\qquad$
Fresh Strawberries
Walnuts 60 cals/4oz 20 cals/2oz 100 cals/.50z
Granola


## A La Carte Breakfast

Assorted Bagels \&
Condiments
\$23.99/dozen
200-210 cals/bagel
Assorted Danishes
\$23.99/dozen
110-130 cals ea
Granola Bars
\$2.59/each
120-130 cals ea
Assorted Scones
\$23.99/dozen
$390-440$ cals ea
Miniature Muffins
\$23.99/dozen
120-130 cals ea
Individual Yogurts
\$3.09/each
50 cals ea

Gourmet Regular Coffee \$24.99/gallon
0 cals/8 oz
Gourmet Decaf Coffee
\$24.99/gallon
0 cals/8 oz
Hot Chocolate
\$21.99/gallon
160 cals/80z
Hot Tea
\$21.99/gallon
0 cals/8 oz
Orange Juice
\$19.99/gallon
110 cals/8oz
Apple Juice
\$19.99/gallon
90 cals/8oz

## Deli \& Sandwich selections

## CLASSIC BOX LUNCH \$14.99/PERSON

Your choice of Classic Sandwich served with Mustard, Mayo, Potato Chips, Craveworthy Cookies and Bottled Water

| Bavarian Ham \& Swiss Sandwich | 510 cals ea |
| :--- | ---: |
| Turkey \& Swiss Sandwich | 560 cals ea |
| Chicken Club Sandwich | 640 cals ea |
| Grilled Vegetable Ciabatta Sandwich | 475 cals ea |
| Mustard | 0 cals/packet |
| Mayo | 25 cals/pack |
| Assorted Chips | $160-260$ cals/bag |
| Assorted Craveworthy Cookie | $210-260$ cals ea |
| Bottled Water | 0 cals/bottle |

## Outings SELECTIONS

## BALLPARK FARE \$13.99/PERSON

Grilled Burgers, Cheese and Relish Tray, American Style Potato Salad, Kettle Chips, Seasonal Fresh Fruit, Assorted Cookies, Condiments, Lemonade, and Ice Water

| $1 / 3 l \mathrm{~b}$ Beef Burger | $410 \mathrm{cals} / 4 \mathrm{oz}$ |
| :--- | ---: |
| Potato Burger Bun | 160 cals ea |
| Crisp Lettuce | $5 \mathrm{cals} / 2 \mathrm{oz}$ |
| Fresh Tomato | $5 \mathrm{cals} / 1 \mathrm{oz}$ |
| Onion | $5 \mathrm{cals} / 1 \mathrm{oz}$ |
| Pickle | $0 \mathrm{cals} / 1 \mathrm{oz}$ |
| American Cheese | $50 \mathrm{cals} /$ Slice |
| American Style Potato Salad | $190 \mathrm{cals} / 4 \mathrm{oz}$ |
| Sea Salt Kettle Chips | $150 \mathrm{cals} / 1 \mathrm{oz}$ |
| Fresh Seasonal Fruit | $35 \mathrm{cals} / 2.5 \mathrm{oz}$ |
| Ketchup | $40 \mathrm{cals} / 1 \mathrm{oz}$ |
| Mustard | $0 \mathrm{cals} / 1 \mathrm{oz}$ |
| Mavo | $200 \mathrm{cals} / 1 \mathrm{oz}$ |
| Craveworthy $®$ Cookies | $210-260 \mathrm{cals} \mathrm{ea}$ |
| Lemonade | $90 \mathrm{cals} / 8 \mathrm{oz}$ |
| Water | 0 cals $/ 8 \mathrm{oz}$ |

## STADIUM STYLE TAILGATER <br> \$16.49/PERSON

Founders Beer Brats, Sautéed Onions \& Peppers, Grilled Burgers, Cheese and Relish Tray, American Style Potato Salad, Kettle Chips, Seasonal Fresh Fruit, Assorted Cookies, Condiments, Lemonade, and Ice Water

| Founders Beer Brat | 470 cals ea |
| :--- | ---: |
| Buttery Brat Bun | 170 cals ea |
| Sautéed Peppers | $50 \mathrm{cals} / 1 \mathrm{oz}$ |
| Sautéed Onions | $51 \mathrm{cals} / 1 \mathrm{oz}$ |
| $1 / 3 l \mathrm{l}$ Beef Burger | $410 \mathrm{cals} / 4 \mathrm{oz}$ |
| Potato Burger Bun | 160 cals ea |
| Crisp Lettuce | $5 \mathrm{cals} / 2 \mathrm{oz}$ |
| Fresh Tomato | $5 \mathrm{cals} / 1 \mathrm{oz}$ |
| Onion | $5 \mathrm{cals} / 1 \mathrm{oz}$ |
| Pickle | $0 \mathrm{cals} / 1 \mathrm{oz}$ |
| American Cheese | 50 cals $/ \mathrm{slice}$ |
| American Style Potato Salad | 190 cals $/ 4 \mathrm{oz}$ |
| Sea Salt Kettle Chips | 150 cals $/ 1 \mathrm{oz}$ |
| Fresh Seasonal Fruit | 35 cals $/ 2.5 \mathrm{oz}$ |
| Ketchup | 40 cals $/ 1 \mathrm{oz}$ |
| Mustard | 0 cals $/ 1 \mathrm{oz}$ |
| Mavo | 200 cals $/ 1 \mathrm{oz}$ |
| Craveworthy® Cookies | $210-260 \mathrm{cals} \mathrm{ea}$ |
| Lemonade | $90 \mathrm{cals} / 8 \mathrm{oz}$ |
| Water | $0 \mathrm{cals} / 8 \mathrm{oz}$ |

## DELI EXPRESS \$13.09/PERSON

Sliced Oven-Roasted Turkey, Sliced Roast Beef and Deli Ham; Cheese and Relish Tray; Assorted Baked Breads and Rolls served with a choice of Two (2) Side Salads, Chips, Assorted Craveworthy Cookies and Choice of Beverages

| Sliced Oven Roasted Turkey | $30 \mathrm{cals} / 1 \mathrm{oz}$ |
| :--- | ---: |
| Sliced Roast Beef | $40 \mathrm{cals} / 1 \mathrm{oz}$ |
| Deli Ham | $30 \mathrm{cals} / 1 \mathrm{oz}$ |
| Relish Tray (Tomato, Lettuce and Onion) | $10 \mathrm{cals} / 1 \mathrm{oz}$ |
| Assorted Baked Breads and Rolls | $200-300 \mathrm{cals} \mathrm{ea}$ |
| Fresh Tossed Salad | $50 \mathrm{cals} / 4 \mathrm{oz}$ |
| Ranch Dressing | $100 \mathrm{cals} / 1 \mathrm{oz}$ |
| Italian Dressing | $15 \mathrm{cals} / 1 \mathrm{oz}$ |
| American Style Potato Salad | $190 \mathrm{cals} / 4 \mathrm{oz}$ |
| Pasta Salad | $260 \mathrm{cals} / 4 \mathrm{oz}$ |
| Creamy Coleslaw | $140 \mathrm{cals} / 4 \mathrm{oz}$ |
| Assorted Chips | $160-260 \mathrm{cals} / \mathrm{bag}$ |
| Assorted Craveworthy Cookie | $210-260 \mathrm{cals}$ ea |
| Lemonade | $90 \mathrm{cals} / 8 \mathrm{oz}$ |
| Water | $0 \mathrm{cals} / 8 \mathrm{oz}$ |

## Outings selections (continued)

## ALUMNI SELECTION \$16.99/PERSON

Grilled Chicken \& Burgers, Cheese and Relish Tray, Pasta Salad, Kettle Chips, Seasonal Fresh Fruit, Assorted Cookies, Condiments, Lemonade, And Ice Water

| Seasoned Grilled Chicken | $130 \mathrm{cals} / 4 \mathrm{oz}$ |
| :--- | ---: |
| 1/3lb Beef Burger | $410 \mathrm{cals} / 4 \mathrm{oz}$ |
| Potato Burger Bun | 160 cals ea |
| Crisp Lettuce | $5 \mathrm{cals} / 2 \mathrm{oz}$ |
| Fresh Tomato | $5 \mathrm{cals} / 1 \mathrm{oz}$ |
| Onion | $5 \mathrm{cals} / 1 \mathrm{oz}$ |
| Pickle | $0 \mathrm{cals} / 1 \mathrm{oz}$ |
| American Cheese | $50 \mathrm{cals} / \mathrm{Slice}$ |
| Pasta Salad | $260 \mathrm{cals} / 4 \mathrm{oz}$ |
| Sea Salt Kettle Chips | $150 \mathrm{cals} / 1 \mathrm{oz}$ |
| Fresh Seasonal Fruit | $35 \mathrm{cals} / 2.5 \mathrm{oz}$ |
| Ketchup | $40 \mathrm{cals} / 1 \mathrm{oz}$ |
| Mustard | $0 \mathrm{cals} / 1 \mathrm{oz}$ |
| Mayo | $200 \mathrm{cals} / 1 \mathrm{oz}$ |
| Craveworthy $®$ Cookies | $210-260 \mathrm{cals} \mathrm{ea}$ |
| Lemonade | $90 \mathrm{cals} / 8 \mathrm{oz}$ |
| Water | $0 \mathrm{cals} / 8 \mathrm{oz}$ |

## ULTIMATE GRILL OUT \$19.99/PERSON

Grilled Burgers, Grilled Chicken Breast, Cheese \& Relish Tray, Corn on the Cob, Coleslaw, Kettle Chips, Seasonal Fresh Fruit,
Assorted Cookies, Condiments, Lemonade, and Ice Water

| /3lb Beef Bu | 410 cals/4 |
| :---: | :---: |
| Seasoned Grilled Chicken | 130 cals/4 oz |
| Burger Bun | 160 cals ea |
| Crisp Lettuce | $5 \mathrm{cals} / 2 \mathrm{oz}$ |
| Fresh Tomato | $5 \mathrm{cals} / 1 \mathrm{oz}$ |
| Onion | $5 \mathrm{cals} / 1 \mathrm{oz}$ |
| Pickle | 0 cals/1 oz |
| American Chees | $50 \mathrm{cals} /$ Slice |
| Corn on Cobb | 90 cals ea |
| Creamy Coleslaw | 140 cals/4 oz |
| Kettle Chips | $150 \mathrm{cals} / 1 \mathrm{oz}$ |
| Fresh Seasonal Fruit | $35 \mathrm{cals} / 2.5$ oz |
| Ketchup | $40 \mathrm{cals} / 1 \mathrm{oz}$ |
| Mustard | $0 \mathrm{cals} / 1 \mathrm{oz}$ |
| Mayo | $200 \mathrm{cals} / 1 \mathrm{oz}$ |
| Sweet Baby Rays BBQ Sauce | e 70 cals/1 oz |
| Craveworthy® Cookies 2 | 210-260 cals ea |
| Lemonade | $90 \mathrm{cals} / 8 \mathrm{oz}$ |
| Water | 0 cals/8 |

## LAKER BACKYARD

 \$15.99/PERSONBBO Pulled Pork Sandwich, Cheese and Relish Tray, Creamy Coleslaw, Kettle Chips, Mac \& Cheese, Baked Beans, Brownies, Condiments, Lemonade, and Ice Water
Hickory Smoked BBQ Pulled Pork 290 cals/4 oz

| Potato Burger Bun | 160 cals ea |
| :--- | ---: |
| Crisp Lettuce | $5 \mathrm{cals} / 2 \mathrm{oz}$ |
| Fresh Tomato | $5 \mathrm{cals} / 1 \mathrm{oz}$ |
| Onion | $5 \mathrm{cals} / \mathrm{oz}$ |
| Pickle | $0 \mathrm{cals} / 1 \mathrm{oz}$ |
| American Cheese | $50 \mathrm{cals} / \mathrm{Slice}$ |
| Creamy Coleslaw | $140 \mathrm{cals} / 4 \mathrm{oz}$ |
| Sea Salt Kettle Chips | $150 \mathrm{cals} / 1 \mathrm{oz}$ |
| Homestyle Mac $\&$ Cheese | $160 \mathrm{cals} / 4 \mathrm{oz}$ |
| Sweet Baby Ray's BBQ Sauce | $70 \mathrm{cals} / 1 \mathrm{oz}$ |
| Ketchup | $40 \mathrm{cals} / 1 \mathrm{oz}$ |
| Mustard | $0 \mathrm{cals} / 1 \mathrm{oz}$ |
| Mayo | $200 \mathrm{cals} / 1 \mathrm{oz}$ |
| Brownies | 230 cals ea |
| Lemonade | $90 \mathrm{cals} / 8 \mathrm{oz}$ |
| Water | $0 \mathrm{cals} / 8 \mathrm{oz}$ |

## SMOKEHOUSE BUFFET

 \$23.99/PERSONBBO Pulled Pork, Smoked BBO Brisket, Cheese \& Relish Tray, Mac \& Cheese, Coleslaw, Cornbread, Kettle Chips, BBO Sauce, Brownies, Iced Tea, and Water BBQ Pulled Pork 290 cals/4 oz Hickory Smoked BBQ Brisket 220 cals/4 oz Potato Burger Bun 160 cals ea
Crisp Lettuce 160 cals ea
Fresh Tomato $5 \mathrm{cals} / 2 \mathrm{oz}$
Onion $5 \mathrm{cals} / 1 \mathrm{oz}$
Pickle 5 cals/1 oz
American Cheese 50 cals/Slice
Mac \& Cheese $\quad 160$ cals $/ 40 \mathrm{oz}$
Coleslaw $140 \mathrm{cals} / 4 \mathrm{oz}$
Cornbread 210 cals ea
Butter 40 cals ea
Kettle Chips 150 cals/1 oz

Sweet Baby Rays BBQ Sauce 40 cals/1 oz
Brownies 230 cals ea
Iced Tea 0 cals $/ 1 \mathrm{oz}$
Water $0 \mathrm{cals} / 8 \mathrm{oz}$

| ZY SUMMER COOKOUT |  |
| :---: | :---: |
| \$15.99/PERSON |  |
| Crispy Fried Chicken, Grilled |  |
| Burgers, Cheese \& Relish Tray, |  |
| American Potato Salad, Kettle |  |
| Chips, Seasonal Fresh Fruit, Assorted Cookies, Condiments, |  |
|  |  |
| Assorted Cookies, Conder |  |
| ispy Fried Chicken | 280 c |
| lb Beef B |  |
| Burger Bun | 160 cals ea |
| risp Lettuce | 5 cals/2 oz |
| resh Tomato | $5 \mathrm{cals} / 1 \mathrm{oz}$ |
| Onion | $5 \mathrm{cals} / 1 \mathrm{oz}$ |
| Pickle | $0 \mathrm{cals} / 1 \mathrm{oz}$ |
| American Cheese | $50 \mathrm{cals} /$ Slice |
| merican Style Po | 190 cals/4 |
| Kettle Chips | $50 \mathrm{cals} / \mathrm{Slice}$ |
| sh Season | 35 cals/2.5 oz |
|  | $40 \mathrm{cals} / 1$ |
| Mustard | $0 \mathrm{cals} / 1 \mathrm{oz}$ |
| Mayo | $200 \mathrm{cals} / 1 \mathrm{oz}$ |
| Craveworthy® Cookies | 210-260 cals ea |
| Lemona | 90 cals/8 oz |
| Water | $0 \mathrm{cals} / 8$ |

## GREAT STEAKOUT <br> \section*{\$32.99/PERSON}

Boneless New York Strip Steaks, Grilled Chicken, Potato Salad, Tossed Salad, Rice Pilaf, Mixed Veggies, Rolls, Condiments, Apple Pie, Iced Tea, and Iced Water
Boneless Beef New York Strip 130 cals/4 oz Seasoned Grilled Chicken $130 \mathrm{cals} / 4 \mathrm{oz}$ American Style Potato Salad 190 cals/4 oz
Fresh Tossed Salad 50 cals/ 4 oz
Ranch Dressing $\quad 100 \mathrm{cals} / 1$ oz
Italian Dressing $\quad 15 \mathrm{cals} / 1 \mathrm{oz}$
Rice Pilaf 330 cals/ $10 z$
Mixed Veggies 210 cals/4 oz
Rolls 110 cals ea
Butter 40 cals ea
Apple Pie 300 cals/ Slice
Ketchup $40 \mathrm{cals} / 1 \mathrm{oz}$
BBQ Sauce 70 cals/ 1 oz
A-1 Sauce $30 \mathrm{cals} / 1 \mathrm{oz}$
Iced Tea 0 cals/8 oz
Water 0 cals/8 oz

