THE MEADOWS GOLF COURSE & GRILL



OUTING MENU

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	0 cals/8 oz
Gourmet Decaf Coffee	0 cals/8 oz
Hot Tea	0 cals/8 oz
Water	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/2oz
Orange Juice	110 cals/8 oz
Gourmet Coffee	0 cals/8 oz
Gourmet Decaf Coffee	0 cals/8 oz
Hot Tea	0 cals/8 oz
Water	0 cals/8 oz

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	110 cals/4oz
Vanilla Yogurt	120 cals/4oz
Pineapple	60 cals/4oz
Fresh Strawberries	20 cals/2oz
Walnuts	100 cals/.5oz
Granola	120 cals/1oz







A La Carte Breakfast

Assorted Bagels δ 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/8oz

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 GOLF COURSE & GRILL



OUTING MENU

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
Мауо	25 cals/pack
Assorted Chips	160-260 cals/bag
Assorted Craveworthy Cookie	210-260 cals ea
Bottled Water	0 cals/bottle

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



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

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

STADIUM STYLE TAILGATER

\$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 cals/1 oz
Sautéed Onions	51 cals/1 oz
1/3lb Beef Burger	410 cals/4 oz
Potato Burger Bun	160 cals ea
Crisp Lettuce	5 cals/2 oz
Fresh Tomato	5 cals/1 oz
Onion	5 cals/1 oz
Pickle	0 cals/1 oz
American Cheese	50 cals/slice
American Style Potato Sala	ad 190 cals/4 oz
Sea Salt Kettle Chips	150 cals/1 oz
Fresh Seasonal Fruit	35 cals/2.5 oz
Ketchup	40 cals/1 oz
Mustard	0 cals/1 oz
Mayo	200 cals/1 oz
Craveworthy® Cookies	210-260 cals ea
Lemonade	90 cals/8 oz
Water	0 cals/8 oz



THE MEADOWS Golf Course & Grill



OUTING MENU

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

1/3lb Beef Burger	410 cals/4 oz
Seasoned Grilled Chicken	130 cals/4 oz
Burger Bun	160 cals ea
Crisp Lettuce	5 cals/2 oz
Fresh Tomato	5 cals/1 oz
Onion	5 cals/1 oz
Pickle	0 cals/1 oz
American Cheese	50 cals/Slice
Corn on Cobb	90 cals ea
Creamy Coleslaw	140 cals/4 oz
Kettle Chips	150 cals/1 oz
Fresh Seasonal Fruit	35 cals/2.5 oz
Ketchup	40 cals/1 oz
Mustard	0 cals/1 oz
Мауо	200 cals/1 oz
Sweet Baby Rays BBQ Sau	
Craveworthy® Cookies	210-260 cals ea
Lemonade	90 cals/8 oz
Water	0 cals/8 oz

LAKER BACKYARD \$15.99/PERSON

BBQ 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 cals/2 oz
Fresh Tomato	5 cals/1 oz
Onion	5 cals/1 oz
Pickle	0 cals/1 oz
American Cheese	50 cals/Slice
Creamy Coleslaw	140 cals/4 oz
Sea Salt Kettle Chips	150 cals/1 oz
Homestyle Mac & Cheese	160 cals/4 oz
Sweet Baby Ray's BBQ Sauce	70 cals/1 oz
Ketchup	40 cals/1 oz
Mustard	0 cals/1 oz
Мауо	200 cals/1 oz
Brownies	230 cals ea
Lemonade	90 cals/8 oz
Water	0 cals/8 oz

SMOKEHOUSE BUFFET \$23.99/PERSON

BBQ Pulled Pork, Smoked BBQ Brisket, Cheese & Relish Tray, Mac & Cheese, Coleslaw, Cornbread, Kettle Chips, BBQ Sauce, Brownies, Iced Tea, and Water BBQ Pulled Pork 290 cals/4 oz

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Hickory Smoked BBQ Brisket	220 cals/4 oz
Potato Burger Bun	160 cals ea
Crisp Lettuce	160 cals ea
Fresh Tomato	5 cals/2 oz
Onion	5 cals/1 oz
Pickle	5 cals/1 oz
American Cheese	50 cals/Slice
Mac & Cheese	160 cals/4 oz
Coleslaw	140 cals/4 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 oz
Water	0 cals/8 oz

LAZY SUMMER COOKOUT \$15.99/PERSON

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

Crispy Fried Chicken	280 cals/4 oz
1/3lb Beef Burger	410 cals/4 oz
Burger Bun	160 cals ea
Crisp Lettuce	5 cals/2 oz
Fresh Tomato	5 cals/1 oz
Onion	5 cals/1 oz
Pickle	0 cals/1 oz
American Cheese	50 cals/Slice
American Style Potato Sala	d 190 cals/4 oz
Kettle Chips	50 cals/Slice
Fresh Seasonal Fruit	35 cals/2.5 oz
Ketchup	40 cals/1 oz
Mustard	0 cals/1 oz
Mayo	200 cals/1 oz
Craveworthy® Cookies	210-260 cals ea
Lemonade	90 cals/8 oz
Water	0 cals/8 oz

GREAT STEAKOUT \$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

Butter40 cals eaApple Pie300 cals/ SliceKetchup40 cals/1 ozBBQ Sauce70 cals/1 ozA-1 Sauce30 cals/1 oz
A-1 Sauce 30 cals/1 oz
Iced Tea 0 cals/8 oz
Water 0 cals/8 oz