

THE MEADOWS

GOLF COURSE & GRILL

APPETIZERS

Tortilla Chips \$2.99

Tortilla Chips with Salsa | 340 Cals

Seasoned French Fries \$3.49

| 430 Cals

Hummus and Pita Chips \$3.49

Pureed Garbanzo Beans, Sesame, Tahini, Savory spices with Pita Chips | 520 Cals

Onion Rings \$4.29

Battered Sweet Yellow Onion Rings with Chipotle Ranch | 310 Cals

Mozzarella Sticks \$5.49

Breaded Mozzarella Cheese with Marinara | 480 Cals

Popcorn Shrimp \$6.99

Buttermilk Battered Shrimp, with Cocktail Sauce | 438 Cals

Chicken and \$7.49

Black Bean Quesadilla

Grilled Chicken, Black Beans, Corn, Cheese Blend, with Salsa and Sour Cream | 990 Cals

Ultimate Nachos \$7.99

Seasoned Beef, Cheddar, Black Beans, Corn, Jalapeños, Tomatoes, Salsa, Sour Cream | 1330 Cals

SOUPS & SALADS

Soup of the Day

Ask your server for Today's Selection*

Cup \$2.99

| 140-280 Cals

Bowl \$3.99

| 210-420 Cals

Side Salad \$2.99

Mixed Greens with Cucumber, Tomato, Seasoned Croutons and your choice of Dressing | 80 Cals

House Salad \$4.99

Mixed Greens with Cucumber, Tomato, Sliced Onion, Shredded Cheddar Cheese, Bacon, Seasoned Croutons and your choice of Dressing | 330 Cals

Crispy Chicken Salad \$6.99

Tender Crispy Chicken with Mixed Greens, Romaine Lettuce, Tomato, Crispy Bacon and your choice Dressing. Try the Chicken tossed in your choice of Sauce | 580 Cals

CHICKEN WINGS

All-White Meat Chicken tossed with your choice of Sauce. Served with Ranch or Bleu Cheese Dressing.

BONE-IN

1/2 Pound Order \$5.99

400 Cals

1 Pound Order \$10.99

800 Cals

Sauce Options

Buffalo, Sweet Baby Ray's BBQ, Thai Sweet Chili, Garlic Parmesan, Plain, & Stingin' Honey Garlic | 13-211 Cals

BONELESS

1/2 Pound Order \$5.99

400 Cals

1 Pound Order \$10.99

800 Cals

Sauce Options

Buffalo, Sweet Baby Ray's BBQ, Thai Sweet Chili, Garlic Parmesan, Plain, & Stingin' Honey Garlic

MIX'N MATCH COMBO

Choose Two of the following:

Bowl of Today's Soup*

House Salad | 80 Cals

1/2 Wheatberry Club | 390 Cals

1/2 BLT | 340 Cals

1/2 Grilled Cheese | 310 Cals

\$7.99

Grilled Chicken Caesar Salad \$6.99

Romaine Lettuce, tossed with Shredded Parmesan Cheese and Caesar Dressing. Topped with Grilled Chicken Breast and Seasoned Croutons | 780 Cals

Southwest Taco Salad \$6.99

Romaine Lettuce with Seasoned Beef, Tomatoes, Onion, Shredded Cheddar Cheese, Black Beans and Jalapeños. Served with Tortilla Chips and Chipotle Ranch Dressing | 1108 Cals

Dressings: Ranch | 60 Cals, Caesar | 260 Cal, Bleu Cheese | 320 Cals, Italian | 220 Cals, Chipotle Ranch | 260 Cals

* Calories vary due to rotating menu.

Additional nutrition information available upon request. 2000 calories a day is used for general advice, but calorie needs vary.

BURGERS

Served with Pickle Spear, choice of Homemade House Chips, Seasoned Fries, Side Salad, or Cup of Soup.

Potato Chips | 110 Cals, Seasoned Fries | 270 Cals,
Side Salad | 140 - 400 Cals

Classic Burger \$6.99

1/3 lb Angus Beef Patty, Lettuce, Tomato, Red Onion, on a toasted Brioche Bun | 728 Cals

Add Your Choice of American, Swiss, Cheddar or Pepper Jack Cheese for \$0.50

Cowboy Burger \$7.99

1/3 lb Angus Beef Patty, Crispy Bacon, Onion Rings, Cheddar Cheese, Lettuce, Sweet Baby Ray's BBQ Sauce, on a toasted Pretzel Bun.

| 935 Cals

Laker Burger \$6.99

1/3 lb Angus Beef Patty, Cajun Seasoning, Swiss Cheese, Bleu Cheese Dressing, Lettuce, Tomato, Red Onion, on a toasted Brioche Bun | 952 Cals

Veggie Burger \$7.99

Malibu Veggie Patty, Lettuce, Tomato, Red Onion, on a toasted Brioche Bun | 518 Cals

Inferno Burger \$7.99

1/3 lb Angus Beef Patty, Cajun Seasoning, Crispy Bacon, Pepperjack Cheese, Sliced Jalapeños, Lettuce, Red Onion, Chipotle Mayo, on a toasted Pretzel Bun. | 895 Cals

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

BEVERAGES

Soft Drinks 16oz \$1.79

Pepsi | 200 Cals, **Diet Pepsi** | 0 Cals,
Sierra Mist | 200 Cals, **MTN Dew** | 220 Cals,
Mug Root Beer | 190 Cals, **Lipton Ice Tea** | 0 Cals,
Tropicana Lemonade | 210 Cals

Tea \$1.79

A Large Variety of Tea | 0 Cals

Adorning the walls of the Meadows clubhouse are the names of 72 colleges and universities with golf courses. In all, over 150 higher education institutions in the United States have golf courses or are directly affiliated with courses for recreational practice and competitive purposes. Since opening in 1994, The Meadows has hosted 9 NCAA national golf championships, 6 women's finals and 3 mens.

SANDWICHES

Served with Pickle Spear, choice of Homemade House Chips, Seasoned Fries, Side Salad, or Cup of Soup.

Potato Chips | 110 Cals, Seasoned Fries | 270 Cals,
Side Salad | 140 - 400 Cals

Ham & Cheddar Melt \$7.99

Sliced Ham, Melted Cheddar Cheese & Honey Mustard Dressing on a Toasted Pretzel Bun | 630 Cals

Turkey & Swiss Melt \$7.99

Michigan Turkey, Melted Swiss Cheese & Honey Mustard Dressing on a Toasted Pretzel Bun | 630 Cals

Add Bacon \$1.00

The Wheatberry Club \$8.49

Michigan Turkey, Crispy Bacon, Ham, Swiss Cheese, Cheddar Cheese, Lettuce, Tomato & Honey Mustard Dressing on Wheatberry Bread | 960 Cals

Chicken Club \$7.99

Grilled Chicken Breast, Crispy Bacon, Tomato, Lettuce, Red Onion, Mayo, On a Toasted Brioche Bun | 748 Cals

BLT \$6.29

Crispy Bacon, Lettuce, Tomato & Mayo on Texas Toast | 680 Cals

Chipotle Chicken Wrap \$7.99

Crispy Chicken with Lettuce, Tomato, Red Onion, Bacon & Chipotle Mayo in a Flour Tortilla | 830 Cals

Veggie Wrap \$7.29

Flour tortilla, Hummus, Cucumber, Diced Tomato, Red Onion, Jalapeño, Mixed Greens, Balsamic Glaze. | 350 Cals

Grilled Chicken Caesar Wrap \$7.99

Romaine Lettuce tossed with Shredded Parmesan Cheese, Caesar Dressing, Grilled Chicken Breast & Seasoned Croutons in a Flour Tortilla | 790 Cals

Two All-Beef Hot Dogs \$6.99

Served with Diced Red Onion and Sweet Pickle Relish | 680 Cals

Grilled Cheese \$5.99

Warm, melted blend of American, Cheddar, Swiss & Pepper Jack Cheese on buttery, grilled Texas Toast | 620 Cals

Pulled Pork \$7.99

Pulled Pork, Cheddar Cheese, Onion Rings, Sweet Baby Ray's BBQ Sauce on a Toasted Brioche Bun | 825 Cals

Fish and Chips Basket \$7.59

Breaded Pollock, Fries, Tartar Sauce | 448 Cals

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