

# THE MEADOWS

## GOLF COURSE & GRILL

### 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 \$6.29

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

#### Crispy Chicken Salad \$8.49

Tender Crispy Chicken with Mixed Greens, Romaine Lettuce, Tomato, Cheddar Cheese Crispy Bacon and your choice Dressing. Try the Chicken tossed in your choice of Sauce 640 Cals

#### Grilled Chicken Caesar Salad \$8.49

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

Dressings:

Ranch 60 Cals | Jalapeño Ranch 260 Cals

Bleu Cheese 320 Cals | Italian 220 Cals

Caesar 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.

### APPETIZERS

#### Seasoned French Fries \$4.49

430 Cals

#### Onion Rings \$6.29

Battered Sweet Yellow Onion Rings with Zesty Ranch 310 Cals

#### Mozzarella Sticks \$6.99

Breaded Mozzarella Cheese with Marinara 480 Cals

#### Popcorn Shrimp \$6.99

Buttermilk battered shrimp, cocktail sauce 820 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 \$6.99

400 Cals

#### 1 Pound Order \$11.99

800 Cals

### BONELESS

#### 1/2 Pound Order \$6.99

400 Cals

#### 1 Pound Order \$11.99

800 Cals

Sauces: Buffalo, Sweet Baby Ray's BBQ, Thai Sweet Chili, Garlic Parmesan, Plain, & Stingin' Honey Garlic 10-210 Cals

# BURGERS

Served with Pickle Spear, choice of Seasoned Fries, Side Salad, or Cup of Soup.  
Seasoned Fries 270 Cals | Side Salad 140 - 400 Cals

## Classic Burger \$8.99

1/3 lb Angus Beef Patty, Lettuce, Tomato, Red Onion, on a toasted Brioche Bun 730 Cals  
Add Your Choice of American, Swiss, Cheddar or Pepper Jack Cheese for 50¢

## Cowboy Burger \$10.99

1/3 lb Angus Beef Patty, Crispy Bacon, Onion Rings, Cheddar Cheese, Lettuce, Sweet Baby Ray's BBQ Sauce on a toasted Pretzel Bun 940 Cals

## Inferno Burger \$10.99

1/3 lb Angus Beef Patty, Cajun Seasoning, Crispy Bacon, Pepperjack Cheese, Sliced Jalapeños, Lettuce, Red Onion, Chipotle Mayo, on a Toasted Pretzel Bun 1100 Cals

## Veggie Burger \$8.99

Malibu Veggie Patty, Lettuce, Tomato, Red Onion, on a toasted Brioche Bun 520 Cals

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

# BEVERAGES

## Soft Drinks 16oz \$1.89

**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 \$1.89

A Variety of Tea 0 Cals

## Coffee \$1.89

Certified Organic, Fair Trade 0 Cals

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**Adorning the walls of the Meadows Clubhouse are the names of 72 colleges and universities with golf courses. Over 150 higher education institutions in the U.S. have a golf course or are directly affiliated with courses for recreation and competition. Since opening in 1994, The Meadows has hosted 9 NCAA national golf championships, 6 women's and 3 men's.**

# SANDWICHES

Served with Pickle Spear, choice of Seasoned Fries, Side Salad, or Cup of Soup.  
Seasoned Fries 270 Cals | Side Salad 140 - 400 Cals

## Ham & Cheddar Melt \$9.99

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

## Turkey & Swiss Melt \$9.99

Michigan Turkey, Melted Swiss Cheese & Honey Mustard Dressing on a Toasted Pretzel Bun 630 Cals  
Add Bacon \$1.00

## The Wheatberry Club \$10.49

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

## BLT \$8.69

Crispy Bacon, Lettuce, Tomato, Mayo, on Wheatberry 680 Cals

## Chicken Club \$10.29

Grilled Chicken Breast, Crispy Bacon, Tomato, Lettuce, Red Onion, Mayo, On a Toasted Brioche Bun 750 Cals

## Crispy Chicken Wrap \$10.99

Crispy Chicken with Lettuce, Tomato, Cheddar Cheese, Red Onion, Bacon & Chipotle Ranch in a Flour Tortilla 860 Cals

## Grilled Chicken Caesar Wrap \$10.99

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

## Veggie Wrap \$8.49

Flour Tortilla, Hummus, Cucumber, Diced Tomato, Red Onion, Jalapeño, Mixed Greens, Balsamic Glaze 680 Cals

## Two All-Beef Hot Dogs \$8.99

Served with Diced Red Onion and Sweet Pickle Relish 680 Cals

## Grilled Cheese \$7.99

Warm, melted blend of American, Cheddar, Swiss & Pepper Jack Cheese on buttery, grilled Wheatberry Bread 600 Cals