

# THE MEADOWS

## GOLF COURSE & GRILL

### SALADS

#### Side Salad \$5.09

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

#### Crispy Chicken Salad \$11.29

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 Cal

#### Grilled Chicken Caesar Salad \$11.29

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

Dressings:

Ranch 200 Cal

Chipotle Ranch 300 Cal

Bleu Cheese 320 Cal

Italian 220 Cal

Caesar 260 Cal

Honey Mustard 260 Cal

French 280 Cal

Thousand Island 260 Cal

### CHICKEN WINGS

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

#### BONE-IN

##### 6 Count \$10.19

400 Cals

##### 12 Count \$17.39

800 Cals

#### BONELESS

##### 6 Count \$9.49

400 Cals

##### 12 Count \$16.69

800 Cals

**Make a Basket with Fries +\$2**

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 \$4.59

430 Cals

#### Onion Rings \$7.19

Battered Sweet Yellow Onion Rings with Zesty Ranch 310 Cals

#### Mozzarella Sticks \$9.19

Breaded Mozzarella Cheese with Marinara 480 Cals

#### Chips and Pico \$5.09

Tortilla Chips with Pico 260 Cals

#### Nachos \$12.29

Tortilla Chips topped with Seasoned Ground Beef, Queso, Pico de Gallo, Lettuce, Tomato, Sour Cream, and Jalapeño Peppers 640 Cals

#### Soft Pretzel \$8.19

Soft Pretzel with Honey Mustard and Queso 1140 Cal

#### Pretzelcuterie \$16.99

Soft pretzel served with a variety of deli meats, cheeses, dried fruit, and honey mustard 1910 Cal

### SAUCES

Buffalo

Sweet Baby Ray's BBQ

Garlic Parmesan

Stingin' Honey Garlic

Sweet Chili

Chipotle BBQ

Plain

10-210 Cals

# BURGERS

Served with Pickle Chips and House Made Chips. **Substitute Beef Patty for Veggie Patty** 230 Cals

**Substitute Chips for: Side Salad** 140 - 400 Cals **+\$2** **Fries** 270 Cals **+\$2** **Onion Rings** 380 Cals **+\$4**

## Classic Burger \$11.29

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 \$14.29

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 \$14.29

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

# SANDWICHES & WRAPS

Served with Pickle Chips and House Made Chips. **Substitute meat for Veggie Patty** 230 Cals

**Substitute Chips for: Side Salad** 140 - 400 Cals **+\$2** **Fries** 270 Cals **+\$2** **Onion Rings** 380 Cals **+\$4**

## Ham & Cheddar Melt \$11.29

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

## BLT \$10.19

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

## Turkey & Swiss Melt \$11.29

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

## Grilled Cheese \$8.69

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

## Turkey Reuben \$11.29

Michigan Turkey, Swiss Cheese, Cole Slaw & Thousand Island Dressing on Marble Rye 940 Cals

## Crispy Chicken Wrap \$11.29

Crispy Chicken with Lettuce, Tomato, Cheddar Cheese, Red Onion, Bacon & Chipotle Ranch in a Flour Tortilla. Try chicken tossed in your choice of sauce 860 Cals

## The Wheatberry Club \$11.29

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

## Grilled Chicken Caesar Wrap \$11.29

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

## Chicken Club \$10.69

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

## Veggie Wrap \$9.19

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

# BEVERAGES

## Soft Drinks 16oz \$2.29

**Pepsi** 200 Cals | **Diet Pepsi** 0 Cals

**Starry** 200 Cals | **MTN Dew** 220 Cals

**Lipton Ice Tea** 0 Cals | **Tropicana Lemonade** 210 Cals

**Ginger Ale** 190 Cals

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

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