

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 \$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

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

Dressings: Ranch 60 Cals | Caesar 260 Cals
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.

APPETIZERS

Seasoned French Fries \$3.49

430 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

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

BONELESS

1/2 Pound Order \$5.99

400 Cals

1 Pound Order \$10.99

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 \$7.99

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 \$8.99

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

Laker Burger \$8.99

1/3 lb Angus Beef Patty, Cajun seasoning, Swiss
Cheese, Bleu Cheese Dressing, Lettuce, Tomato,
Red Onion, on a toasted Broche Bun 950 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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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 \$8.99

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

Turkey & Swiss Melt \$8.99

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

The Wheatberry Club \$9.49

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

Chicken Club \$8.99

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

Chipotle Chicken Wrap \$8.99

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

Grilled Chicken Caesar Wrap \$8.99

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 \$7.99

Served with Diced Red Onion and
Sweet Pickle Relish 680 Cals

Grilled Cheese \$6.99

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

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 com-
petition. Since opening in 1994, The Meadows has hosted 9
NCAA national golf championships, 6 women's and 3 men's.