

THE MEADOWS

GOLF COURSE & GRILL

APPETIZERS

Tortilla Chips with Salsa 340 Cals	\$2.99
Homemade Potato Chips with French Onion Dip 420 Cals	\$3.49
Parmesan French Fries 430 Cals	\$3.49
Hummus and Pita Chips 520 Cals	\$3.49
Onion Petals with BBQ Ranch 820 Cals	\$4.29
Soft Pretzel Sticks with Honey Mustard 970 Cals	\$4.49
Mozzarella Sticks with Marinara Sauce 480 Cals	\$5.49
Southwest Chicken Egg Rolls with Chipotle Ranch 520 Cals	\$5.99
Texas Cheese Fries with Crispy Bacon and Ranch Dressing 1210 Cals	\$6.99
Chicken and Black Bean Quesadilla with Salsa and Sour Cream 990 Cals	\$7.49
Ultimate Nachos with Salsa and Sour Cream 1330 Cals	\$7.99

SOUPS & SALADS

Soup of the Day Ask your server for Today's Selection*	
Cup	\$2.99
Bowl	\$3.99
Side Salad Mixed Greens with Cucumber, Tomato, Seasoned Croutons and Your Choice of Dressing 80 Cals	\$2.99
House Salad Mixed Greens with Cucumber, Tomato, Sliced Onion, Shredded Cheddar Cheese, Bacon, Seasoned Croutons and Your Choice of Dressing 330 Cals	\$4.99
Crispy Chicken Salad 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	\$6.99

BONELESS CHICKEN BITES

Crispy, All-White Meat Chicken tossed with Your Choice of Sauce. Served with Ranch or Bleu Cheese Dressing.	
1/2 Pound Order 640 - 1120 Cals	\$5.49
1 Pound Order 1110 - 1590 Cals	\$10.49
Sauce Options Buffalo, BBQ, Thai Sweet Chili, Garlic Parmesan, Plain	



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
\$6.99

Grilled Chicken Caesar Salad Romaine Lettuce, tossed with Shredded Parmesan Cheese and Ceasar Dressing. Topped with Grilled Chicken Breast and Seasoned Croutons 780 Cals	\$6.99
Chef Salad Mixed Greens with Smoked Turkey Breast,Ham, Cheddar Cheese, Swiss Cheese, Crispy Bacon and Your Choice of Dressing 430 Cals	\$6.99
Southwest Taco Salad Romaine Lettuce with Seasoned Ground Beef, Tomatoes, Onion, Shredded Cheddar Cheese, Black Beans and Jalapeños. Served with Tortilla Chips and Chipotle Ranch Dressing 1108 Cals	\$6.99
Dressings: Ranch 60 Cals, Caesar 260 Cal, Raspberry Vinaigrette 70 Cals, Bleu Cheese 320 Cals, Italian 220 Cals, Honey Mustard 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

Our 1/3 pound, 100% ground sirloin burgers are served with crisp lettuce, vine-ripened tomato, sliced red onion, a pickle spear and Homemade Potato Chips. Substitute Parmesan French Fries, a Side Salad with Your Choice of dressing, or a Cup of Soup for only \$1.29.

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

Classic Burger \$5.99

Served on a Toasted Kaiser Bun | 340 Cals

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

Cowboy Burger \$6.99

Crispy Bacon, Onion Petals, BBQ Sauce & Cheddar Cheese on a Toasted Kaiser Bun | 990 Cals

South of the Border Burger \$6.99

Cheddar Cheese, Sliced Jalapenos, Crushed Tortilla Chips & Chipotle Ranch Dressing on a Toasted Kaiser Bun | 1060 Cals

Laker Burger \$6.99

Cajun Seasoning, Swiss Cheese & Blue Cheese Dressing on a Toasted Kaiser Bun | 850 Cals

Cordon Blue Burger \$7.49

Sliced Ham, Swiss Cheese & Honey Mustard Dressing on a Toasted Pretzel Bun | 1040 Cals

Inferno Burger \$7.49

Crispy Bacon, Pepper Jack Cheese, Sliced Jalapenos & Chipotle Mayo on a Tosted Pretzel Bun | 1100 Cals

Substitute a Grilled Chicken Breast of Malibu Vegan Patty for no additional charge.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne 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

*Coffee \$1.79

Certified Organic Fair Trade Coffee | 0 - 5 Cals

*Tea \$1.79

A Large Variety of Tea | 0 Cals

SANDWICHES

Our Sandwiches and Wraps are served with a pickle spear and Homemade Potato Chips. Substitute Parmesan French Fries, a Side Salad with Your Choice of Dressing, or a Cup of Soup for only \$1.29.

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

Ham & Cheddar Melt \$6.99

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

Turkey & Swiss Melt \$6.99

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

The Wheatberry Club \$7.49

Sliced Ham, Smoked Turkey Breast, Crispy Bacon, Swiss Cheese, Cheddar Cheese, Lettuce, Tomato & Honey Mustard Dressing on Wheatberry Bread | 770 Cals

Chipotle Chicken Wrap \$6.99

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

BLT \$5.49

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

Chicken Caesar Wrap \$6.99

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 \$6.49

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

Grilled Cheese \$4.99

Warm, melted blend of American, Cheddar, Swiss & Pepper Jack Cheese on buttery, grilled Texas Toast | 620 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 men's.

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