



# THE REC ROOM RESTAURANT



## WRAPS

- CHICKEN RANCH WRAP** ..... Full \$6.99 Half \$4.59  
Tender grilled chicken, romaine lettuce, tomatoes, mozzarella cheese & ranch dressing rolled into a tomato basil wrap.
- CHICKEN CAESAR WRAP** ..... Full \$6.99 Half \$4.59  
Tender grilled chicken, romaine lettuce, tomatoes, mozzarella cheese & our signature Caesar dressing rolled into a tomato basil wrap.
- CHICKEN BACON WRAP** ..... Full \$7.49 Half \$5.29  
Tender grilled chicken, premium bacon, romaine lettuce, tomatoes, mozzarella cheese & ranch dressing rolled into a tomato basil wrap.
- ITALIAN CHICKEN WRAP** ..... Full \$6.99 Half \$4.59  
Tender grilled chicken, romaine lettuce, tomatoes, mozzarella cheese & our famous creamy Italian dressing rolled into a tomato basil wrap.
- CLUB DELUXE WRAP** <sup>NEW</sup> ..... Full \$7.69 Half \$5.29  
Oven roasted turkey breast, smoked ham, bacon strips, romaine lettuce, tomatoes, mozzarella cheese and your choice of dressing rolled into a tomato basil wrap.
- MELT DOWN CHICKEN WRAP**  ..... Full \$6.99 Half \$4.59  
Tender grilled chicken, romaine lettuce, tomatoes, mozzarella cheese, jalapenos & our signature Melt Down Sauce rolled into a tomato basil wrap.
- BBQ CHICKEN WRAP** ..... Full \$6.99 Half \$4.59  
Tender grilled chicken, romaine lettuce, tomatoes, mozzarella cheese & Sweet Baby Rays BBQ sauce rolled into a tomato basil wrap.
- CHICKEN SALAD WRAP** ..... Full \$6.99 Half \$4.59  
Homemade chicken salad, romaine lettuce, tomatoes, & mozzarella cheese rolled into a tomato basil wrap.
- BLT WRAP** ..... Full \$7.49 Half \$5.49  
6 strips of premium bacon, romaine lettuce, tomatoes, mozzarella cheese & ranch dressing rolled into a tomato basil wrap.
- DELI WRAP** ..... Full \$6.99 Half \$4.59  
Your choice of Oven roasted turkey breast or Smoked ham, romaine lettuce, tomatoes, mozzarella cheese & your choice of dressing rolled into a tomato basil wrap.
- CLUB WRAP** ..... Full \$6.99 Half \$4.59  
Oven roasted turkey breast, smoked ham, romaine lettuce, tomatoes, mozzarella cheese and your choice of dressing rolled into a tomato basil wrap.
- VEGGIE WRAP** ..... Full \$6.39 Half \$4.29  
Romaine lettuce, tomatoes, cucumber, red onion, broccoli & mozzarella cheese rolled into a tomato basil wrap. Served with a side of our signature Italian dressing
- MALIBU CHICKEN WRAP** ..... Full \$6.99 Half \$4.59  
Tender grilled chicken, romaine lettuce, tomatoes, red onion, pineapple chunks, mozzarella cheese & teriyaki sauce rolled into a tomato basil wrap.



# SANDWICHES



**CLUB DELUXE** ..... \$6.79  
 Oven roasted turkey breast, smoked ham, premium bacon strips romaine lettuce, tomato and monterey jack cheese served on 100 % whole grain wheat toast.

**OVEN ROASTED TURKEY OR SMOKED HAM** ..... \$5.69  
 Your choice of oven roasted turkey breast or smoked ham, romaine lettuce, tomato and monterey jack cheese served on 100 % whole grain wheat toast.

**CHICKEN SALAD SANDWICH** ..... \$5.69  
 Homemade chicken salad, lettuce & tomatoes served on 100 % whole grain wheat toast. (Made fresh daily sometimes we run out)

**GRILLED CHICKEN SANDWICH** ..... \$5.69  
 Premium grilled chicken breast, romaine lettuce, tomato & monterey jack cheese served on our signature whole grain Pretzel Bun.

**MALIBU CHICKEN SANDWICH** ..... \$5.99  
 Premium grilled chicken breast ,romaine lettuce, tomatoes, red onion, pineapple chunks, monterey jack cheese & teriyaki sauce served on our signature whole grain Pretzel Bun

**BLT** ..... \$5.79  
 6 strips of Premium bacon romaine lettuce and sliced tomato served on 100% whole grain wheat toast and mayo on the side

**GRILLED CHEESE** ..... \$2.99  
 Your choice of monterey or pepper-jack cheese on grilled 100% whole grain wheat bread.  
 \* (With Ham, Turkey or Bacon) \$5.79

**MELT DOWN CHICKEN SANDWICH** <sup>NEW</sup> ..... \$5.99  
 Premium grilled chicken breast, jalapenos, pepper jack cheese and melt down sauce. served on our signature whole grain Pretzel Bun with romaine lettuce, tomato

# BURGERS

**ANGUS BURGER** ..... \$5.99  
 1/4 lb premium Angus burger served on our signature Pretzel Bun with monterey jack cheese, lettuce tomato and onion.  
 \* Add Bacon \$1.50

**TURKEY BURGER** ..... \$5.99  
 1/4 lb all white meat turkey burger served on our signature Pretzel Bun with monterey jack cheese, lettuce tomato and onion.  
 \* Add Bacon \$1.50

**VEGGIE BURGER** ..... \$6.29  
 1/4 lb Morning Star Farms Chipotle veggie burger served on our signature Pretzel Bun with monterey jack cheese, lettuce tomato and onion.

**MELT DOWN BURGER** <sup>NEW</sup> ..... \$6.79  
 1/4 lb premium Angus burger served on our signature Pretzel Bun with jalapenos, pepper jack cheese, our signature melt down sauce lettuce tomato and onion.  
 \* Add Bacon \$1.50

**BARN YARD BURGER** <sup>NEW</sup> ..... \$7.99  
 1/4 lb premium Angus burger topped, ham, bacon scrambled eggs, monterey jack cheese. Served on our signature Pretzel Bun with lettuce tomato and onion.

"Ask your server about menu items that are cooked to order or served raw  
 .Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs  
 may increase your risk of food borne illness



# SIDES & MORE



- SEASONED BROWN RICE** ..... \$2.29
- SWEET POTATO STICKS** ..... \$2.29
- STEAMED BROCCOLI** ..... \$2.29
- SEASONED RED POTATOES** ..... \$2.29
- GREEN BEANS** ..... \$2.29
- STEAMED STIR FRY VEGETABLES** ..... \$2.29
- FRESH FRUIT DISH** ..... \$2.29
- VEGGIES & RANCH** ..... \$2.29
- ASSORTED CHIPS** ..... \$1.00
- ANGUS BURGER PATTY 1/3 LB** ..... \$2.99
- BUTTERBALL TURKEY PATTY 1/3 LB** ..... \$2.99
- CHIPOTLE VEGGIE BURGER PATTY** ..... \$2.99
- GRILLED CHICKEN BREAST 5 OUNCE** ..... \$2.99

**HOMEMADE SOUPS** ..... CUP \$2.79 BOWL \$3.89

Ask about our Homemade soup of the day

**GARDEN SALAD** ..... \$3.49

Romaine lettuce, tomato, red onion, cucumber, and shredded mozzarella cheese served with your choice of dressing. Ranch, Cesar, Creamy italian, French, 1000 Island, Raspberry Vinaigrette

**SOUP & SALAD COMBO** ..... CUP \$5.99 BOWL \$6.99

A garden salad paired with our Homemade Soup



## BEVERAGES



**JUICES 100% APPLE, PINEAPPLE, ORANGE, CRAN-GRAPE** .... Small \$1.99 Large \$2.79

**MILK FAT FREE OR CHOCOLATE** ..... Small \$1.99 Large \$2.79

**BOTTLED WATER DASANI REGULAR OR LEMON** ..... \$1.00

**BOTTLED SODA, COKE, DIET COKE, MTN DEW** ..... \$1.50

**SMART WATER** ..... \$2.00





# Salads



**CHEF SALAD** ..... Regular Size \$7.99 Double Size \$10.99  
Romaine lettuce, ham, turkey, tomato, red onion, cucumber, mozzarella cheese, and hard boiled eggs. Served with your choice of dressing.

**VEGETARIAN CHOPPED SALAD** <sup>NEW</sup> ..... Regular Size \$6.99 Double Size \$8.99  
Romaine lettuce, tomato, red onion, cucumber, broccoli, carrots celery, hard boiled egg and mozzarella cheese. Served with your choice of dressing.


**COBB SALAD** ..... Regular Size \$7.99 Double Size \$10.99  
Romaine lettuce, grilled chicken, bacon bits, tomato, red onion, cucumber, mozzarella cheese, and hard boiled eggs. Served with your choice of dressing.

**CAESAR SALAD** ..... Regular Size \$7.99 Double Size \$10.99  
Romaine lettuce, grilled chicken, tomato, red onion, cucumber and parmesan cheese. Served with Caesar dressing.

**RASPBERRY SALAD** ..... Regular Size \$8.49 Double Size \$11.49  
Romaine lettuce, grilled chicken, strawberries, pineapple, tomato, cucumber, and slivered almonds. Served with low fat raspberry vinaigrette

**CRANBERRY PECAN SALAD** ..... Regular Size \$8.99 Double Size \$11.99  
Romaine lettuce, grilled chicken, tomato, cucumber, feta cheese, pecans and dried cranberries. Served with low fat raspberry vinaigrette

**TRAIL MIX SALAD** ..... Regular Size \$8.99 Double Size \$11.99  
Romaine lettuce, grilled chicken, tomato, cucumber, feta cheese, pecans, slivered almonds and dried cranberries. Served with low fat raspberry vinaigrette

**MELT DOWN SALAD** <sup>HOT</sup>  ..... Regular Size \$8.99 Double Size \$11.99  
Romaine lettuce, grilled chicken marinated in Melt Down sauce, tomato, red onion, jalapenos, cucumber, and mozzarella cheese. Served with our signature Melt Down Dressing.

**BBQ CHICKEN SALAD** <sup>NEW</sup> ..... Regular Size \$8.99 Double Size \$11.99  
Romaine lettuce, grilled chicken marinated in sweet baby rays BBQ sauce, tomato, red onion, cucumber, mozzarella cheese, and topped with Tri color tortilla strips. Served with our signature BBQ Ranch Dressing.

**TACO SALAD** <sup>NEW</sup> ..... Regular Size \$8.99 Double Size \$11.99  
Romaine lettuce, choice of 1/4 lb or 1/2 lb seasoned ground beef or chicken, tomato, red onion, cucumber, black olives, mozzarella cheese, and Tri color tortilla strips Served with salsa and sour cream.

**CHICKEN SALAD** ..... Regular Size \$7.99 Double Size \$10.99  
Our homemade chicken salad served on a bed of romaine lettuce with tomato, red onion, cucumber and mozzarella cheese. Served with our signature creamy italian dressing.

## DRESSINGS:

Ranch, Caesar, Creamy Italian, French, BBQ Ranch  
Melt Down Ranch, 1000 Island, Raspberry Vinaigrette



# Breakfast SERVED ALL DAY



**WESTERN SCRAMBLE** ..... \$7.99  
4 Farm fresh eggs with smoked ham green pepper, red onion and mozzarella cheese. Served with whole wheat toast.

**VEGGIE SCRAMBLE** ..... \$6.99  
4 Farm fresh eggs with broccoli, tomatoes, peppers, onions, mushrooms, water chestnuts and mozzarella cheese. Served with whole wheat toast.

**STEAK SCRAMBLE** ..... \$8.99  
4 Farm fresh eggs with premium sirloin steak tips, green pepper, red onion and mozzarella cheese. Served with whole wheat toast.

**TURKEY SCRAMBLE** ..... \$8.29  
4 farm fresh eggs with oven roasted turkey, broccoli tomatoes and mozzarella cheese. Served with whole wheat toast.

**SOUTHWEST SCRAMBLE** ..... \$8.59  
4 Farm fresh eggs with fajita style chicken, green pepper, red onion and pepper jack cheese. Served with salsa, sour cream and whole wheat toast.

**BREAKFAST BURRITO** ..... \$8.99 With Steak \$10.99  
Choose any breakfast scramble listed above and turn it into a breakfast burrito rolled in a warm tomato basil wrap. Served with salsa & sour cream

**BREAKFAST SANDWICH** ..... \$2.79 With Ham, Turkey, or Bacon \$ 4.29  
Two eggs and mozzarella cheese served on whole grain wheat toast.

**ULTIMATE BREAKFAST SANDWICH** ..... \$4.50 Extra Meats \$1.50 each  
Two eggs, topped with your choice of meat ham, turkey or bacon and mozzarella cheese. Served on a whole grain Pretzel Bun.

**BREAKFAST BAGEL** ..... \$2.99 With Ham, Turkey, or Bacon \$ 4.49  
Two eggs and mozzarella cheese served on whole grain bagel

**BREAKFAST WRAP** <sup>NEW</sup> ..... \$4.50 Extra Meats \$1.50 each  
Scrambled eggs, your choice of meat ham, turkey or bacon and shredded mozzarella cheese rolled into a tomato basil wrap.

## EGGS & MORE

**TWO EGGS AND TOAST** ..... \$2.99  
Two eggs any style served with whole wheat toast

**TWO EGGS, TOAST AND BACON** ..... \$4.49  
Two eggs any style, two strips of bacon and whole wheat toast

**BACON 3 STRIPS** ..... \$2.29

**BAGEL (WHOLE WHEAT)** ..... \$2.25 With Cream Cheese \$2.75

**WHOLE WHEAT TOAST** ..... \$1.69

**FRESH FRUIT DISH** ..... \$2.29

**OATMEAL** ..... Cup \$2.69 Bowl \$3.69  
Whole grain oatmeal served with butter and brown sugar



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# Entrées



**SALSA CHICKEN** ..... Regular Size \$7.49 Double Size \$10.49

A tender grilled chicken breast served on a bed of seasoned brown rice topped with garden salsa and melted mozzarella cheese.

**MUSHROOM CHICKEN** ..... Regular Size \$7.99 Double Size \$10.99

A tender grilled chicken breast served on a bed of seasoned brown rice topped with our homemade mushroom gravy and melted mozzarella cheese.

**SMOTHERED CHICKEN** *NEW* ..... Regular Size \$7.99 Double Size \$10.99

A tender grilled chicken breast served on a bed of seasoned brown rice with sautéed mushrooms, red onions and topped with garlic and Parmesan sauce and mozzarella cheese.

**STEAK TIPS AND NOODLES** ..... Regular Size \$8.59 Double Size \$12.59

Whole wheat noodles with tender chunks of premium sirloin steak, mushrooms and onions topped with a homemade beef gravy.

**SWEET AND SOUR CHICKEN** ..... Regular Size \$7.99 Double Size \$11.99

Tender chunks of chicken served over brown rice with green peppers, red onion, pineapple and topped with sweet and sour sauce.

**TERIYAKI CHICKEN** ..... Regular Size \$7.99 Double Size \$10.49

A tender grilled chicken breast served on a bed of seasoned brown rice topped with our signature teriyaki sauce and melted mozzarella cheese.

**MELT DOWN CHICKEN** *HOT* ..... Regular Size \$7.59 Double Size \$10.59

A tender grilled chicken breast served on a bed of seasoned brown rice topped with our signature melt down sauce, jalapenos and melted pepper jack cheese.

**CHICKEN AND BROCCOLI ALFREDO** ..... Regular Size \$7.99 Double Size \$11.99

Whole wheat noodles with tender chunks of chicken, steamed broccoli topped with a creamy Alfredo sauce and Parmesan cheese. Substitute crab meat no extra charge. Vegetarian Regular Size \$6.99 Double Size \$8.99

**SPAGHETTI** ..... Regular Size \$7.99 Double Size \$9.99

Whole wheat noodles with choice of chicken or seasoned ground beef topped with a zesty marinara sauce and Parmesan cheese . Vegetarian Regular Size \$6.99 Double Size \$8.99

**STIR FRY** ..... Regular Size \$7.99 Double Size \$11.99

Tender chunks of chicken, Asian blend stir fry vegetables served over brown rice with our signature teriyaki sauce. Substitute crab meat at no extra charge.

\* Steak Regular Size \$8.99 Double Size \$12.49 Vegetarian Regular Size \$6.99 Double Size \$8.99

**BIG BOY WET BURRITO** *NEW* ..... Full \$11.49 Half \$ 8.49 Substitute Steak \$2.00

Stuffed with your choice of ¼ or ½ lb of seasoned ground beef or chicken, brown rice, black beans and mozzarella cheese. topped with wet burrito sauce, lettuce tomato and red onion. Served with sour cream.

