



THE REC ROOM

Sports Supplements • Protein Shakes and More



WRAPS

CHICKEN RANCH WRAP Full \$8.49 Half \$6.29

Tender grilled chicken, romaine lettuce, tomatoes, mozzarella cheese & ranch dressing rolled into a tomato basil wrap.

CHICKEN BACON WRAP Full \$8.99 Half \$6.79

Tender grilled chicken, premium bacon, romaine lettuce, tomatoes, mozzarella cheese & ranch dressing rolled into a tomato basil wrap.

CHICKEN CAESAR WRAP Full \$8.49 Half \$6.29

Tender grilled chicken, romaine lettuce, tomatoes, mozzarella cheese & our signature Caesar dressing rolled into a tomato basil wrap.

ITALIAN CHICKEN WRAP Full \$8.49 Half \$6.29

Tender grilled chicken, romaine lettuce, tomatoes, mozzarella cheese & our famous creamy Italian dressing rolled into a tomato basil wrap.

CLUB WRAP Full \$8.49 Half \$6.29

Oven roasted turkey breast, smoked ham, romaine lettuce, tomatoes, mozzarella cheese and your choice of dressing rolled into a tomato basil wrap.

CLUB DELUXE WRAP Full \$8.69 Half \$6.29

Oven roasted turkey breast, smoked ham, bacon strips, romaine lettuce, tomatoes, mozzarella cheese and your choice of dressing rolled into a tomato basil wrap.

BBQ CHICKEN WRAP Full \$8.49 Half \$6.29

Tender grilled chicken, romaine lettuce, tomatoes, mozzarella cheese & Sweet Baby Rays BBQ sauce rolled into a tomato basil wrap.

MELT DOWN CHICKEN WRAP Full \$8.49 Half \$6.29

Tender grilled chicken, romaine lettuce, tomatoes, mozzarella cheese, jalapenos & our signature Melt Down Sauce rolled into a jalapeño cheddar wrap.

MALIBU CHICKEN WRAP Full \$8.49 Half \$6.29

Tender grilled chicken, romaine lettuce, tomatoes, red onion, pineapple chunks, mozzarella cheese & teriyaki sauce rolled into a tomato basil wrap.

CHICKEN SALAD WRAP Full \$8.49 Half \$6.29

Homemade chicken salad, romaine lettuce, tomatoes, & mozzarella cheese rolled into a tomato basil wrap.

BLT WRAP Full \$8.99 Half \$6.79

6 strips of premium bacon, romaine lettuce, tomatoes, mozzarella cheese & ranch dressing rolled into a tomato basil wrap.

DELI WRAP Full \$8.49 Half \$6.29

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.

VEGGIE WRAP Full \$7.99 Half \$5.89

Romaine lettuce, tomatoes, cucumber, red onion, broccoli & mozzarella cheese rolled into a tomato basil wrap. Served with a side of our signature Italian dressing

NEW

TACO CRUNCH WRAP Full Size Only \$8.99

Seasoned ground beef, romaine lettuce, tomatoes, mozzarella cheese, tri-color tortilla strips, and chipotle ranch dressing rolled into a tomato basil wrap.

NEW

FIESTA LIME CHICKEN WRAP Full Size Only \$8.99

Tender grilled chicken, romaine lettuce, tomatoes, mozzarella cheese, tri-color tortilla strips, and fiesta lime sauce rolled into a tomato basil wrap. Served with a side of fiesta lime salsa.



SANDWICHES

CLUB DELUXE \$7.99

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 \$7.29

Your choice of oven roasted turkey breast or smoked ham, romaine lettuce, tomato and monterey jack cheese served on 100 % whole grain wheat toast.

BLT \$7.49

6 strips of Premium bacon romaine lettuce and sliced tomato served on 100% whole grain wheat toast and mayo on the side

GRILLED CHICKEN SANDWICH \$7.29

Premium grilled chicken breast, romaine lettuce, tomato & monterey jack cheese served on our signature whole grain Pretzel Bun.

* Add Bacon \$1.50

MELT DOWN CHICKEN SANDWICH \$7.79

Premium grilled chicken breast, jalapenos, pepper jack cheese and melt down sauce. served on our signature whole grain Pretzel Bun with romaine lettuce, tomato

MALIBU CHICKEN SANDWICH \$7.79

Premium grilled chicken breast, romaine lettuce, tomatoes, red onion, pineapple chunks, monterey jack cheese & teriyaki sauce served on our signature whole grain Pretzel Bun

CHICKEN SALAD SANDWICH \$7.79

Homemade chicken salad, lettuce & tomatoes served on 100 % whole grain wheat toast. (Made fresh daily sometimes we run out)

GRILLED CHEESE \$3.99

Your choice of monterey or pepper-jack cheese on grilled 100% whole grain wheat bread.

* (With Ham, Turkey, or Bacon) \$6.99

BURGERS

ANGUS BURGER \$7.79

½ lb premium Angus burger served on our signature Pretzel Bun with monterey jack cheese, lettuce tomato and onion.

* Add Bacon \$1.75 Make it a double + \$3.75

MELT DOWN BURGER \$8.29

½ 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 \$1.75 Make it a double + \$3.75

NEW

LINEBACKER BURGER \$11.49

½ lb premium Angus burger topped with ham, bacon, turkey, scrambled eggs, and monterey jack cheese. Served on our signature Pretzel Bun with lettuce tomato and onion.

* Make it a double + \$3.75

TURKEY BURGER \$7.79

½ lb all white meat turkey burger served on our signature Pretzel Bun with monterey jack cheese, lettuce tomato and onion.

* Add Bacon \$1.75 Make it a double + \$3.75

VEGGIE BURGER \$7.79

¼ lb Morning Star Farms Chipotle veggie burger served on our signature Pretzel Bun with monterey jack cheese, lettuce tomato and onion.

* Make it a double + \$3.75

BEVERAGES

JUICES / MILK Small \$1.99 Large \$2.99

MILK: Fat Free or Chocolate. JUICE: Apple, Orange, Pineapple

BOTTLED SODA \$1.75

Coke, Diet Coke, Check our beverage cooler for other selections

*"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*



SIDE LINES



STEAMED BROCCOLI	\$2.99
SEASONED BROWN RICE	\$2.99
SWEET POTATO STICKS (STEAMED)	\$2.99
SEASONED RED POTATOES	\$2.99
GREEN BEANS	\$2.99
SWEET PEAS	\$2.99
STEAMED STIR FRY VEGETABLES	\$2.99
FRESH FRUIT DISH	\$2.99
VEGGIES & RANCH	\$2.99
ASSORTED CHIPS	\$1.25
GRILLED CHICKEN BREAST 5 OUNCE	\$4.25
ANGUS BURGER PATTY 1 / 3 LB	\$4.25
CHICKEN SALAD	\$4.25
TURKEY PATTY 1 / 3 LB	\$4.25
CHIPOTLE VEGGIE BURGER PATTY	\$4.25
GARDEN SALAD	\$3.99
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	
HOMEMADE SOUPS	CUP \$3.75 BOWL \$4.79
Ask about our Homemade soup of the day Served Monday-Friday	

ENTRÉES

SALSA CHICKEN	Regular Size \$9.49. Dinner Size \$14.49
A tender grilled chicken breast served on a bed of seasoned brown rice topped with garden salsa and melted mozzarella cheese.	
SMOTHERED CHICKEN	Regular Size \$9.49. Dinner Size \$14.49
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.	
MUSHROOM CHICKEN	Regular Size \$9.49. Dinner Size \$14.49
A tender grilled chicken breast served on a bed of seasoned brown rice topped with our homemade mushroom gravy and melted mozzarella cheese.	
SWEET AND SOUR CHICKEN	Regular Size \$9.49. Dinner Size \$14.49
Tender chunks of chicken served over brown rice with green peppers, red onion, pineapple and topped with sweet and sour sauce.	
MELT DOWN CHICKEN	Regular Size \$9.49. Dinner Size \$14.49
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.	
STEAK TIPS AND NOODLES	Regular Size \$10.99 Dinner Size \$15.99
Whole wheat noodles with tender chunks of premium sirloin steak, mushrooms and onions topped with a homemade beef gravy.	
STIR FRY	Regular Size \$9.79 Dinner Size \$14.79
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 \$12.79 Dinner Size \$16.79 Vegetarian Regular Size \$8.79 Dinner Size \$11.79	



BIG BOY WET BURRITO Full \$13.49 Half \$ 10.49 Substitute Steak + \$3.00
 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.

CHICKEN AND BROCCOLI ALFREDO Regular Size \$9.59 Dinner Size \$14.49
 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 option available.

SPAGHETTI Regular Size \$9.49 Dinner Size \$14.49
 Whole wheat noodles with choice of chicken or seasoned ground beef topped with a zesty marinara sauce and Parmesan cheese. Vegetarian option available.

FIESTA LIME CHICKEN Regular Size \$9.59. Dinner Size \$14.59
 Tender grilled chicken. Served over a bed of seasoned brown rice and topped with our signature citrus lime sauce, melted mozzarella cheese, and tri-color tortilla strips. Served with a side of lime-infused salsa.

TERIYAKI CHICKEN Regular Size \$9.59. Dinner Size \$14.59
 A tender grilled chicken breast served on a bed of seasoned brown rice topped with our signature teriyaki sauce and melted mozzarella cheese.



Fiesta Lime Chicken



Chicken Broccoli Alfredo

Breakfast

WESTERN SCRAMBLE \$9.49
 4 Farm fresh eggs with smoked ham green pepper, red onion, and mozzarella cheese. Served with whole wheat toast. Add salsa \$0.60 Add sour cream \$0.60

NEW TACO SCRAMBLE \$9.99
 4 Farm fresh eggs with seasoned ground beef, green pepper, red onion, tomatoes, and mozzarella cheese. Served with salsa, sour cream, and whole wheat toast.

SOUTHWEST SCRAMBLE \$9.79
 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.

TURKEY SCRAMBLE \$9.49
 4 farm fresh eggs with oven roasted turkey, broccoli tomatoes and mozzarella cheese. Served with whole wheat toast. Add salsa \$0.60 Add sour cream \$0.60

STEAK SCRAMBLE \$10.99
 4 Farm fresh eggs with premium sirloin steak tips, green pepper, red onion and mozzarella cheese. Served with whole wheat toast. Add salsa \$0.60 Add sour cream \$0.60

VEGGIE SCRAMBLE \$8.99
 4 Farm fresh eggs with broccoli, tomatoes, peppers, onions, mushrooms, water chestnuts and mozzarella cheese. Served with whole wheat toast. Add salsa \$0.60 Add sour cream \$0.60

BREAKFAST BURRITO \$10.49 With Steak \$13.49
 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

ULTIMATE BREAKFAST SANDWICH \$5.79 Extra Meats \$1.75 each
Two eggs, topped with your choice of meat ham, turkey or bacon and mozzarella cheese. Served on a whole grain Pretzel Bun.

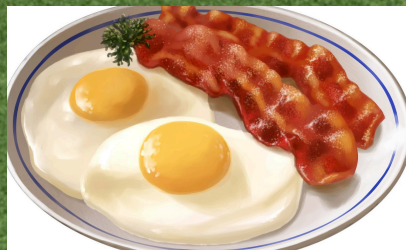
BREAKFAST SANDWICH \$3.49 With Ham, Turkey, or Bacon \$ 5.29
Two eggs and mozzarella cheese served on whole grain wheat toast.

BREAKFAST BAGEL \$3.69 With Ham, Turkey, or Bacon \$ 5.49
Two eggs and mozzarella cheese served on whole grain bagel

BREAKFAST WRAP \$5.79 Extra Meats \$1.75 each
Scrambled eggs, your choice of meat ham, turkey, or bacon, and shredded mozzarella cheese rolled into a tomato basil wrap. Add salsa \$0.60 Add sour cream \$0.60

NEW **PROTEIN FRENCH TOAST** \$5.49
Thick-sliced Texas toast dipped in our homemade protein cinnamon-infused egg batter and topped with vanilla protein powder. served with butter and maple syrup. Add Strawberry Topping \$1.00

NEW **PROTEIN STUFFED FRENCH TOAST** \$7.49
Thick-sliced Texas toast dipped in our homemade protein cinnamon-infused egg batter, stuffed with vanilla protein cream cheese filling, and topped with strawberry topping and vanilla protein powder. 50 grams of protein.



Eggs & More

TWO EGGS AND TOAST \$3.79
Two eggs any style served with whole wheat toast

TWO EGGS, TOAST, BACON OR SAUSAGE LINKS \$5.29
Two eggs any style, two sausage links or two strips of bacon and whole wheat toast

SIDE ORDER BACON \$2.69

NEW **SIDE ORDER SAUSAGE LINKS** \$2.69

WHOLE WHEAT TOAST \$1.89

BAGEL \$2.79 With Cream Cheese \$3.39

FRESH FRUIT DISH \$2.99

OATMEAL Cup \$3.50 Bowl \$4.79
Whole grain oatmeal served with butter and brown sugar

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may increase your risk of food borne illness*



Salads



CHEF SALAD Regular Size \$9.49 Dinner Size \$13.49

Romaine lettuce, ham, turkey, tomato, red onion, cucumber, mozzarella cheese, and hard boiled eggs. Served with your choice of dressing.

COBB SALAD Regular Size \$9.49 Dinner Size \$13.49

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 \$9.49 Dinner Size \$13.49

Romaine lettuce, grilled chicken, tomato, red onion, cucumber and parmesan cheese. Served with Caesar dressing.

CHICKEN SALAD Regular Size \$9.49 Dinner Size \$13.49

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.

CRANBERRY PECAN SALAD Regular Size \$9.49 Dinner Size \$13.49

Romaine lettuce, grilled chicken, tomato, cucumber, feta cheese ,pecans and dried cranberries. Served with lo fat raspberry vinaigrette

TRAIL MIX SALAD Regular Size \$10.49 Dinner Size \$14.49

Romaine lettuce, grilled chicken, tomato, cucumber, feta cheese ,pecans, slivered almonds and dried cranberries. Served with lo fat raspberry vinaigrette

RASPBERRY SALAD Regular Size \$9.49 Dinner Size \$13.49

Romaine lettuce, grilled chicken, strawberries, pineapple, tomato, cucumber, and slivered almonds. Served with lo fat raspberry vinaigrette



MELT DOWN SALAD Regular Size \$9.49 Dinner Size \$13.49

Romaine lettuce, grilled chicken marinated in Melt Down sauce, tomato, red onion, jalapenos, cucumber, and mozzarella cheese. Served with our signature Melt Down Dressing.

TACO SALAD Regular Size \$10.49 Dinner Size \$14.49

Romaine lettuce, your choice of ¼ lb or ½ lb seasoned ground beef or chicken, tomato, red onion, black olives, mozzarella cheese, and Tri color tortilla strips Served with salsa and sour cream.

VEGETARIAN CHOPPED SALAD Regular Size \$8.79 Dinner Size \$12.79

Romaine lettuce, tomato, red onion, cucumber, broccoli, carrots celery, hard boiled egg and mozzarella cheese. Served with your choice of dressing.

BBQ CHICKEN SALAD Regular Size \$10.49 Dinner Size \$14.49

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.

NEW

FIESTA LIME CHICKEN SALAD Regular Size \$10.49 Dinner Size \$14.49

Romaine lettuce, grilled chicken marinated in teriyaki lime sauce, tomato, red onion, cucumber, mozzarella cheese, and. topped with Tri-color tortilla strips. Served with our signature fiesta lime salsa.



DRESSINGS

*Ranch, Ceaser, Creamy Italian, French, Raspberry Vinaigrette
1000 Island, BBQ Ranch, Melt Down Ranch, Fiesta Lime Salsa,
Chipotle Ranch*

