

University Club of Rockford Lunch Menu

STARTERS

Homemade French Onion Dip: with our famous U Club potato chips. \$7

Chicken Tenders: Four-piece chicken tenders served with BBQ sauce. \$8

Fried Pork Potstickers: 8 crispy fried pork potstickers served with sweet chili sauce. \$10

Cheese Curds: Cheese curds with roasted pepper aioli. \$9

Bruschetta: Toasted crostini topped with marinated tomato, onion, garlic, fresh basil and balsamic finished with parmesan cheese. \$11

SANDWICHES

All Sandwiches come with your choice of side: U Club Chips, Fresh Fruit, French Fries, Cottage Cheese, or Coleslaw. Upgrade to Sweet Potato Fries \$2

8 oz. Forbes Burger: Braveheart prime angus ground chuck, grilled to desired temperature and served on a potato brioche bun with lettuce, tomato, onion, pickles, and choice of cheese. (Add bacon 99¢) \$14

Zesty Black Bean Burger: Black bean, pepper, and onion veggie burger on a potato brioche bun with lettuce, tomato, and onion. \$15

Club Pita Wrap: Toasted pita wrapped with turkey, ham, bacon, lettuce, tomato, mayo, Swiss and cheddar cheese. \$14

Grilled Buffalo Shrimp Po'boy: Toasted hoagie, shredded lettuce, tomato, 6 jumbo grilled shrimp, buffalo sauce and bleu cheese crumbles. \$16

BLT Avocado Wrap: Flour tortilla, loaded with bacon, lettuce, tomato, mayo, and avocado. \$14

U-Club Deli Sandwich: Lettuce, tomato, onion, and pickles. Whole sandwich, \$10 or half sandwich, \$8

Half Deli Sandwich with Cup of Soup: \$10; **Soup of the Day:** Cup \$4, Bowl \$6

Soup & Salad: Cup of Soup, and House or Caesar Salad \$10 (Upgrade to a side wedge \$12)

Breads: Whole wheat, hearty white, marble rye, flour tortilla or buttery croissant, add \$2 for gluten-free bun or gluten-free wrap

Meats: roast beef, roast turkey, ham, herb chicken salad, tuna salad, egg salad, and Applewood-smoked bacon

Cheese: American, Swiss, Cheddar, Bleu Cheese Crumbles, Gouda and Provolone

GREENS

Caesar Salad: Romaine lettuce tossed with house made Caesar dressing, croutons, parmesan cheese and boiled egg. \$10

Cheeseburger Salad: 8-ounce Prime Angus beef seasoned and grilled to medium rare and melted American cheese. Served on topped of chopped iceberg lettuce, tomato, onion, bacon, chopped pickles and thousand island dressing. \$15

Chef Salad: Romaine topped with cherry tomato, onion, cheddar cheese, cucumber, chopped ham, chopped turkey and boiled eggs. \$13

Crab & Lobster Salad: Mixture of crab & lobster salad mixed with celery, onion, dill, lemon juice, and mayonnaise served on a bed of romaine, cherry tomato, and crostini. \$15

Cobb Salad: Romaine topped with piles of bleu cheese crumbles, roasted corn, tomato, green onion, avocado, bacon, ham, turkey and bleu cheese dressing. \$13

Nicoise Salad: Blend of romaine and arugula tossed in stone ground mustard vinaigrette, topped with kalamata olives, green beans, tomato, onion, boiled egg, roasted potato, and red pepper. \$11

Par Three: Romaine topped with tomato, egg salad, tuna salad, chicken salad and toasted crostini. \$15

Add To Any Salad: Chicken \$5; Seared Ahi Tuna \$6; Grilled Salmon \$9, 6 Jumbo Grilled Shrimp \$8

Salad Dressing Choices: Poppyseed, Champagne Dijon Vinaigrette, French Dressing, Caesar, Ranch, Creamy Bleu Cheese, Mustard Vinaigrette, Italian, Balsamic Vinaigrette, Honey Mustard, and Chipotle Ranch.

SPECIALTIES

Eggroll Bowl: Choice of protein, Prime Angus ground beef, grilled chicken breast, or 6 jumbo shrimp (+2) sauteed with shredded cabbage, carrots, green onion, garlic, and a savory sweet soy sauce. \$14

Avocado Toast: Whole wheat toast topped with sliced tomato, cucumber and avocado, served with your choice of side. \$14

Ahi Tuna Bowl: Sesame crusted Ahi tuna and seared to rare served on jasmine rice topped with piles of green onion, cucumber, shredded cabbage, carrots, roasted corn, avocado and finished with savory sweet soy glaze. \$16

University Club of Rockford Lunch Menu

STARTERS

Homemade French Onion Dip: with our famous U Club potato chips. \$7

Chicken Tenders: Four-piece chicken tenders served with BBQ sauce. \$8

Fried Pork Potstickers: 8 crispy fried pork potstickers served with sweet chili sauce. \$10

Cheese Curds: Cheese curds with roasted pepper aioli. \$9

Bruschetta: Toasted crostini topped with marinated tomato, onion, garlic, fresh basil and balsamic finished with parmesan cheese. \$11

SANDWICHES

All Sandwiches come with your choice of side: U Club Chips, Fresh Fruit, French Fries, Cottage Cheese, or Coleslaw. Upgrade to Sweet Potato Fries \$2

8 oz. Forbes Burger: Braveheart prime angus ground chuck, grilled to desired temperature and served on a potato brioche bun with lettuce, tomato, onion, pickles, and choice of cheese. (Add bacon 99¢) \$14

Zesty Black Bean Burger: Black bean, pepper, and onion veggie burger on a potato brioche bun with lettuce, tomato, and onion. \$15

Club Pita Wrap: Toasted pita wrapped with turkey, ham, bacon, lettuce, tomato, mayo, Swiss and cheddar cheese. \$14

Grilled Buffalo Shrimp Po'boy: Toasted hoagie, shredded lettuce, tomato, 6 jumbo grilled shrimp, buffalo sauce and bleu cheese crumbles. \$16

BLT Avocado Wrap: Flour tortilla, loaded with bacon, lettuce, tomato, mayo, and avocado. \$14

U-Club Deli Sandwich: Lettuce, tomato, onion, and pickles. Whole sandwich, \$10 or half sandwich, \$8

Half Deli Sandwich with Cup of Soup: \$10; **Soup of the Day:** Cup \$4, Bowl \$6

Soup & Salad: Cup of Soup, and House or Caesar Salad \$10 (Upgrade to a side wedge \$12)

Breads: Whole wheat, hearty white, marble rye, flour tortilla or buttery croissant, add \$2 for gluten-free bun or gluten-free wrap

Meats: roast beef, roast turkey, ham, herb chicken salad, tuna salad, egg salad, and Applewood-smoked bacon

Cheese: American, Swiss, Cheddar, Bleu Cheese Crumbles, Gouda and Provolone

GREENS

Caesar Salad: Romaine lettuce tossed with house made Caesar dressing, croutons, parmesan cheese and boiled egg. \$10

Cheeseburger Salad: 8-ounce Prime Angus beef seasoned and grilled to medium rare and melted American cheese. Served on topped of chopped iceberg lettuce, tomato, onion, bacon, chopped pickles and thousand island dressing. \$15

Chef Salad: Romaine topped with cherry tomato, onion, cheddar cheese, cucumber, chopped ham, chopped turkey and boiled eggs. \$13

Crab & Lobster Salad: Mixture of crab & lobster salad mixed with celery, onion, dill, lemon juice, and mayonnaise served on a bed of romaine, cherry tomato, and crostini. \$15

Cobb Salad: Romaine topped with piles of bleu cheese crumbles, roasted corn, tomato, green onion, avocado, bacon, ham, turkey and bleu cheese dressing. \$13

Nicoise Salad: Blend of romaine and arugula tossed in stone ground mustard vinaigrette, topped with kalamata olives, green beans, tomato, onion, boiled egg, roasted potato, and red pepper. \$11

Par Three: Romaine topped with tomato, egg salad, tuna salad, chicken salad and toasted crostini. \$15

Add To Any Salad: Chicken \$5; Seared Ahi Tuna \$6; Grilled Salmon \$9, 6 Jumbo Grilled Shrimp \$8

Salad Dressing Choices: Poppyseed, Champagne Dijon Vinaigrette, French Dressing, Caesar, Ranch, Creamy Bleu Cheese, Mustard Vinaigrette, Italian, Balsamic Vinaigrette, Honey Mustard, and Chipotle Ranch.

SPECIALTIES

Eggroll Bowl: Choice of protein, Prime Angus ground beef, grilled chicken breast, or 6 jumbo shrimp (+2) sauteed with shredded cabbage, carrots, green onion, garlic, and a savory sweet soy sauce. \$14

Avocado Toast: Whole wheat toast topped with sliced tomato, cucumber and avocado, served with your choice of side. \$14

Ahi Tuna Bowl: Sesame crusted Ahi tuna and seared to rare served on jasmine rice topped with piles of green onion, cucumber, shredded cabbage, carrots, roasted corn, avocado and finished with savory sweet soy glaze. \$16