

UNIVERSITY CLUB OF ROCKFORD

LUNCH



OF ROCKFORD

SOUPS

STARTERS

Chips & Salsa \$8 Fried Tortilla Chips, Mild Salsa Fried Ravioli \$10

> Served with Marinara Loaded Fries \$11

Fries, Green Onion, Bacon, Ranch, Cheddar Cheese

Bruschetta \$11 Toasted Crostini, Marinated Tomato, Onion, Garlic, Basil, Balsamic Reduction, Parmesan Cheese

Chicken Tenders \$8 4 Piece Chicken Tenders, BBQ Sauce

Avocado Egg Salad Toast \$9 Whole Wheat Toast, Avocado Egg Salad, Green Onion . 67. David

Cup \$7 Bowl \$8 Soup Of The Day

UClub Favorites Shrimp Bowl \$16

6 Grilled Jumbo Shrimp, Quinoa Pilaf, Cucumber, Roasted Red Peppers, Marinated Artichokes, Kalamata Olives, Feta, Tomato

Eggroll Bowl \$14

Prime Angus Ground Sirloin, Shredded Cabbage, Carrots, Green Onion, Garlic, Savory Sweet Soy Sauce

Add Chicken \$7; Seared Ahi Tuna \$10; Grilled Salmon \$13; 6 Jumbo Grilled Shrimp \$12

<u>Handhelds</u>

All Handhelds Are Served With House Made U Club Chips

Breads Whole Wheat, Hearty White, Marble Rye,

Add \$2 For Gluten-Free Bun, Bread, or Gluten Free Wrap.

Meats

Roast Beef, Turkey, Ham, Herb Chicken Salad, Dill Lemon Tuna Salad, Applewood-Smoked Bacon

Cheese

American, Swiss, Cheddar, Pepper Jack Cheese, Bleu Cheese Crumbles, Gouda, Provolone Whole Sandwich \$11 Or Half Sandwich \$9

8oz. Forbes Burger \$18 Brioche Bun, Lettuce, Tomato, Onion, French Fries

Add: Bacon \$2 Sub: Chipotle Black Bean Burger \$15; Chicken Breast \$16; Grilled Salmon \$18

Uclub Sandwich \$15 3 Slices Wheat Toast, Swiss, Cheddar, Mayo, Lettuce, Tomato, Ham, Turkey, Bacon

Seafood Melt \$15 Grilled Wheat Bread, Provolone, Dill Seafood Salad, Arugula, Onion B.L.T.A Croissaint \$16 Applewood Smoked Bacon, Avocado, Lettuce, Tomato, Mayo Breakfast Sandwich \$15

Toasted Croissaint, 2 Eggs Scrambled, Bacon, Ham, Cheddar Cheese Grilled Chicken Bacon Caesar Wrap \$16

Flour Tortilla, Romaine, Caesar, Parmesan Cheese, Applewood Smoked Bacon

SALADS

Caesar Salad \$10

Romaine Lettuce Tossed With House Made Caesar Dressing, Croutons, Parmesan Cheese And Boiled Egg

Cheeseburger Salad \$16

8-ounce Prime Angus Ground Sirloin, American Cheese, Iceberg, Tomato, Onion, Bacon, Cheddar Cheese, Pickles, Thousand Island Dressing

Burrata & Bruschetta Salad \$12

Acadian Mix, Burrata, Marinated Tomato, Onion, Basil, Garlic, Balsamic Reduction, Crostini

Forbes Par 3 \$14

Romaine, Egg Salad, Tuna Salad, Chicken Salad, Crostini, Cherry Heirloom Tomato

Chef Salad \$11

Romaine, Turkey, Ham, Tomato, Croutons, Cheddar, Cucumber, Boiled Egg

Side Salad \$7

Romaine Lettuce, Heirloom Tomato, Cucumber, Croutons Your Choice Of Dressing Add Grilled Chicken: \$7, Seared Ahi Tuna: \$10, Grilled Salmon: \$13, 6 Jumbo Grilled Shrimp: \$12

Salad Dressing Choices

Raspberry Vinaigrette, French Dressing, Thousand Island, Caesar, Ranch, Creamy Bleu Cheese, Stoneground Mustard Vinaigrette, Italian, Balsamic Vinaigrette, and Honey Mustard.

Desserts

University Club Famous Turtle Sundae

Vanilla Ice Cream, Chocolate and Caramel Sauce, Pecans, Whipped Cream \$7

Brownie Ala Mode Homemade Brownie, Vanilla Ice Cream, Chocolate Sauce, Whipped Cream

\$9 Chef's Featured Dessert

\$9