

TOTAL *Sports Grill*



**TOTAL
PERFORMANCE**
Training Center



BURGERS, CHICKEN & STUFF

SERVED WITH CHIPS AND PICKLE SPEAR.

SUBSTITUTE FRIES \$1.75 OR CUP OF SOUP \$1.95

***MUSHROOM SWISS BURGER \$7.95**

1/2LB FRESH BEEF PATTY COOKED TO ORDER AND TOPPED WITH MUSHROOMS AND SWISS CHEESE.

***BACON CHEDDAR BURGER \$7.95**

1/2LB FRESH BEEF PATTY COOKED TO ORDER AND TOPPED WITH BACON AND CHEDDAR CHEESE.

***TOTAL SPORTS BURGER \$6.95**

1/2LB FRESH BEEF PATTY COOKED TO ORDER AND SERVED WITH LETTUCE AND TOMATO.

TURKEY BURGER \$7.95

TURKEY BURGER SEASONED WITH GARLIC AND SERVED WITH LETTUCE, TOMATO AND RED ONION.

***SLIDERS \$6.25**

(3) SLIDERS COOKED TO ORDER AND SMOTHERED WITH ONIONS. GET (5) FOR \$8.95.

GRILLED HOT DOG \$2.50

ADD CHILI \$3.50

CHICKEN PHILLY \$8.50

THINLY SLICED CHICKEN BREAST, GRILLED GREEN AND RED PEPPERS, ONIONS AND MUSHROOMS TOPPED WITH MOZZERALLA CHEESE ON A HOAGIE BUN.

GRILLED CHICKEN \$7.75

GRILLED CHICKEN BREAST TOPPED WITH LETTUCE AND TOMATO SERVED ON A KAISER BUN. ALSO AVAILABLE BUFFALO OR BBQ \$0.25.

NACHO GRANDE \$7.95

TORTILLA CHIPS TOPPED WITH MONTEREY JACK CHEESE, RED ONION, LETTUCE, TOMATO, BLACK OLIVES, JALAPENO PEPPERS AND GREEN PEPPERS. **ADD BEEF \$8.95** **ADD CHICKEN \$9.25**

WET BURRITO \$7.95

SEASONED GROUND BEEF, REFRIED BEANS, LETTUCE, TOMATO AND RED ONION TOPPED WITH CHILI AND CHEESE.

CHEESE QUESADILLA \$6.50

MELTED MONTEREY JACK CHEESE INSIDE A GRILLED FLOUR TORTILLA SERVED WITH SOUR CREAM AND SALSA. GARNISHED WITH LETTUCE, TOMATO AND JALAPENO ON THE SIDE. **ADD CHICKEN \$1.50.**

SANDWICHES

SERVED WITH CHIPS AND PICKLE SPEAR

SUBSTITUTE FRIES \$1.75 OR CUP OF SOUP \$1.95

SUPER GRINDER \$7.95

SALAMI, HAM, TURKEY AND BACON TOASTED AND TOPPED WITH LETTUCE, TOMATO, RED ONION AND ITALIAN DRESSING.

GRILLED CHEESE \$6.95

TRIPLE DECKER ON GRILLED SOURDOUGH BREAD WITH SWISS AND AMERICAN CHEESE.

GRILLED CHEESE BLT \$6.95

GRILLED SOURDOUGH BREAD, AMERICAN CHEESE, BACON, LETTUCE, TOMATO AND MAYO. **ADD CHICKEN \$1.50.**

CLASSIC REUBEN \$7.95

CORNED BEEF OR TURKEY, SAUERKRAUT AND SWISS CHEESE ON MARBLE RYE BREAD WITH THOUSAND ISLAND DRESSING.

TURKEY SANDWICH \$7.95

TURKEY BREAST WITH LETTUCE, TOMATO, RED ONION AND MAYO.

JIMMY SANDWICH \$7.95

GRILLED HAM WITH SWISS CHEESE TOPPED WITH LETTUCE, TOMATO AND RED ONION SERVED WITH OUR HOUSE SAUCE.

***consuming raw or uncooked meats may increase your risk of food borne illness, especially if you have a medical condition.**

SIDES

ONION RINGS	\$3.50
BASKET OF FRIES	\$3.50
SEASONED CURLY FRIES	\$3.00
SIDE OF FRIES	\$2.00

CROCK OF CHILI	\$4.75
SERVED WITH CHEESE AND ONION	
CHILI CHEESE FRIES	\$4.00
CHILI FRIES	\$3.50
CHEESE FRIES	\$3.00

SOUP OF THE DAY
CUP \$2.50
BOWL \$3.50

BEVERAGES

We Proudly Carry PEPSI Products

PEPSI, DIET PEPSI, MOUNTAIN DEW, SIERRA MIST, ROOT BEER FRUIT PUNCH, LEMONADE AND ICED TEA. FREE REFILLS.	\$2.00
GATORADE ASSORTED FLAVORS	\$2.00
HOT CHOCOLATE	\$2.00
SMALL COFFEE, DECAF OR HOT TEA	\$1.50
BOTTLED WATER	\$1.50

INQUIRE ABOUT PARTIES AT



APPETIZERS

- *TENDERLOIN TIPS** \$8.75
CHARBROILED STEAK TIPS SERVED IN BBQ SAUCE.
- NACHO GRANDE** \$7.95
TORTILLA CHIPS TOPPED WITH MONTEREY JACK CHEESE, RED ONION, LETTUCE, TOMATO, BLACK OLIVES, JALAPENO PEPPERS AND GREEN PEPPERS. **ADD BEEF \$8.95** **ADD CHICKEN \$9.25**
- JALAPENO POPPERS** \$7.95
BREADED JALAPENO POPPERS STUFFED WITH CREAM CHEESE.
- TOASTED RAVIOLI** \$7.50
CAJUN SEASONED AND STUFFED WITH CHEESE.
- POPCORN CHICKEN** \$7.25
TENDER CHUNKS OF CHICKEN BREAST COOKED GOLDEN BROWN AND SERVED PLAIN, BBQ OR BUFFALO STYLE.
- CHICKEN WINGS**
BREADED AND SERVED HOT, MILD, PLAIN, BBQ OR CAJUN STYLE.
(10) \$7.95 (20) \$15.25 (30) \$19.95
- CHICKEN TENDERS** \$6.95
(4) LIGHTLY BREADED CHICKEN TENDERS SERVED CRISPY GOLDEN BROWN WITH RANCH DRESSING.
- CHEESE STICKS** \$6.95
(6) CHEESE STICKS SERVED CRISPY GOLDEN BROWN.
- CHEESE QUESADILLA** \$6.50
MELTED MONTEREY JACK CHEESE INSIDE A GRILLED FLOUR TORTILLA SERVED WITH SOUR CREAM AND SALSA. GARNISHED WITH LETTUCE, TOMATO AND JALAPENO ON THE SIDE. **ADD CHICKEN \$1.50.**
- CHILI CON QUESO** \$5.95
- CHIPS & SALSA** \$3.95

SALADS

ADD GRILLED CHICKEN TO ANY SALAD \$1.50

- ORIENTAL CHICKEN SALAD**
FRESH MIXED GREENS TOPPED WITH CRISPY CHICKEN STRIPS, TOASTED ALMONDS, CRISPY NOODLES AND SLICED SCALLIONS. TOSSED IN ORIENTAL DRESSING.
SMALL \$6.50 **LARGE \$8.50**
- CRISPY CHICKEN SALAD**
CRISPY GOLDEN BROWN CHICKEN SERVED OVER MIXED GREENS, TOMATO, CUCUMBER, RED ONION, CROUTONS AND CHEDDAR CHEESE.
SMALL \$5.95 **LARGE \$7.95**
- GREEK SALAD**
CRISPY GREENS WITH BEETS, GREEN PEPPER, TOMATO, MILD PEPPER RINGS, GREEK OLIVE, RED ONION AND TOPPED WITH FETA CHEESE.
SMALL \$5.95 **LARGE \$7.95**
- BUFFALO CHICKEN SALAD**
CRISPY BUFFALO STYLE CHICKEN SERVED OVER CRISP LETTUCE, TOMATO, CUCUMBER AND CHEDDAR CHEESE.
SMALL \$5.95 **LARGE \$7.95**
- CLASSIC CAESAR SALAD**
CRISP ROMAINE LETTUCE, TOMATOS, CROUTONS AND PARMESAN CHEESE HAND TOSSED IN CREAMY CAESAR DRESSING.
SMALL \$4.50 **LARGE \$6.50**
- HOUSE SALAD** \$3.95
LETTUCE, TOMATO, CUCUMBER, RED ONION, CHEDDAR CHEESE AND CROUTONS.
- ADD CUP OF CHILI OR SOUP DU JOUR \$2.00**
- DRESSING CHOICES:** RANCH, ITALIAN, HONEY MUSTARD, GREEK, THOUSAND ISLAND, CAESAR OR RASPBERRY VINAIGRETTE.

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WRAPS

SERVED WITH CHIPS AND PICKLE SPEAR.

SUBSTITUTE FRIES \$1.75 OR CUP OF SOUP \$1.95.

CLUB ROLL UP \$7.95

TURKEY BREAST, BACON, LETTUCE, TOMATO AND MAYO.

BUFFALO CHICKEN WRAP \$7.95

SPICY CHICKEN STRIPS, LETTUCE, TOMATO, CHEDDAR JACK CHEESE AND RANCH DRESSING.

GRILLED CHICKEN WRAP \$7.95

SLICED GRILLED CHICKEN TOPPED WITH LETTUCE,
TOMATO, RED ONION AND CHEDDAR JACK CHEESE.

BBQ CHICKEN WRAP \$7.95

GRILLED BBQ CHICKEN TOPPED WITH BACON, LETTUCE, TOMATO AND RED ONION.

BLT WRAP \$6.95

BACON, LETTUCE, TOMATO AND MAYO.

CAESAR ROLL UP \$6.95

ROMAINE LETTUCE, TOMATO, CROUTONS, PARMESAN CHEESE AND CAESAR DRESSING.
ADD CHICKEN \$1.50.

KIDS MENU 10 & UNDER

INCLUDES POP

GRILLED CHICKEN BREAST WITH SMALL SALAD	\$5.50
CHICKEN TENDERS & FRIES	\$5.50
(6) CHICKEN WINGS & FRIES	\$5.50
CHEESE PIZZA	\$5.50
GRILLED CHEESE & FRIES	\$4.50
HAMBURGER & FRIES	\$4.50
HOT DOG & FRIES	\$4.50
MAC & CHEESE	\$4.50

PIZZA

(14") THICK CRUST \$11.95
TOPPINGS \$1.00 EA

FETA CHEESE BREAD \$6.50
CHEESE BREAD \$4.95

TOPPINGS

HAM, BACON, MUSHROOMS, ONION, GREEN PEPPER, PEPPERONI, SALAMI,
SAUSAGE, BLACK OLIVES, TOMATO, JALAPENO, MILD PEPPER RINGS, PINEAPPLE OR EXTRA CHEESE.
ADD CHICKEN \$1.50.

PERSONAL SIZED SPECIALTY PIZZAS

9" THIN CRUST.
THICK CRUST ADD \$3.95.

MEAT-A-TERIAN \$9.95
PEPPERONI, SAUSAGE, BACON, SALAMI AND HAM.

BBQ CHICKEN \$8.95
BBQ CHICKEN, PROVOLONE, MOZZERELLA, BACON AND RED ONION.

BUFFALO CHICKEN \$8.95
GRILLED CHICKEN BREAST SEASONED WITH BUFFALO HOT SAUCE AND SPICY PIZZA SAUCE.

BLT \$8.95
BACON, LETTUCE, TOMATO, PROVOLONE, MOZZERELLA AND MAYO.

HAWAIIAN \$8.95
HAM, PINEAPPLE AND TOASTED ALMONDS.

VEGGIE \$8.95
PROVOLONE AND MOZZERELLA CHEESE TOPPED WITH TOMATO, RED ONION, GREEN PEPPER,
MILD PEPPER RINGS, FRESH MUSHROOMS AND BLACK OLIVES.

GREEK \$8.95
FETA CHEESE, PROVOLONE AND MOZZERELLA TOPPED WITH RED ONION, GREEN PEPPER
AND MILD PEPPER RINGS.