



AMERICANA

### BAKED MEATBALL

**860 CALS \$10.99**

BAKED HOUSE-MADE MEATBALL SMOTHERED IN OUR HOUSE-MADE MARINARA SAUCE AND TOPPED WITH A MOZZARELLA BLEND THEN GARNISHED WITH PARSELY  
**CONTAINS: WHEAT, EGG, MILK**

### BAKED EGGPLANT MEATBALLS **490 CALS \$8.99**

BAKED HOUSE-MADE EGGPLANT MEATBALLS SMOTHERED IN OUR HOUSE-MADE MARINARA SAUCE AND TOPPED WITH MOZZARELLA BLEND THEN GARNISHED WITH PARSELY


CAN BE MADE VEGAN UPON REQUEST

**CONTAINS: SOYBEANS** 

### ANTIPASTO SALAD

**240 CALS \$10.99**

A BED OF ROMAINE LETTUCE TOPPED WITH CHERRY TOMATOES, PEPPERONI, SALAMI, MOZZARELLA, PROVOLONE CHEESE, BLACK OLIVES BANANA PEPPERS AND HERB BALSAMIC VINAIGRETTE

**CONTAINS: WHEAT, MILK** 

### ANTIPASTO PASTA SALAD

**215 CALS \$4.99**

FUSILLI PASTA, CHERRY TOMATOES, PEPPERONI, SALAMI, MOZZARELLA, PROVOLONE CHEESE, BLACK OLIVES, BANANA PEPPERS AND HERB BALSAMIC VINAIGRETTE  
**CONTAINS: WHEAT, MILK**

### APPETIZER TEASER

**540-790 CALS \$9.99**

CHOICE OF ONE; FIVE MOZZARELLA STICKS OR SEVEN FRIED ZUCCHINI SERVED WITH FRENCH FRIES

CHOICE OF RANCH OR HOUSE-MADE MARINARA

**CONTAINS: WHEAT, MILK** 

### FRIED APPETIZER PLATTER

**970 CALS \$11.99**

THREE MOZZARELLA STICKS AND FIVE FRIED ZUCCHINI SERVED WITH FRENCH FRIES

CHOICE OF RANCH OR HOUSE-MADE MARINARA

**CONTAINS: WHEAT, MILK** 



vegetarian



vegan



made without gluten



**Meal Exchange Includes**

- ENTREE
- CHOICE OF ONE: ANTIPASTO PASTA, SIDE SALAD OR FOCACCIA BREAD
- FOUNTAIN DRINK

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.



## pasta bowls



AMERICANA

## sandwiches

### CHICKEN ALFREDO



**760 CALS \$10.99**

FETTUCCINE MIXED WITH A CREAMY ALFREDO SAUCE TOPPED WITH GRILLED CHICKEN, AND PARMESAN CHEESE, AND GARNISHED WITH PARSLEY. SERVED WITH FOCACCIA BREAD

**CONTAINS: WHEAT, MILK**

### CHICKEN PARM

**750 CALS \$12.99**

SPAGHETTI TOSSED IN OUR HOUSE-MADE MARINARA SAUCE TOPPED WITH OUR HOUSE BREADED CHICKEN, PARMESAN CHEESE AND GARNISHED WITH PARSLEY. SERVED WITH FOCACCIA BREAD

**CONTAINS: WHEAT, EGG, MILK**

### EGGPLANT PARM

**650 CALS \$11.99**

SPAGHETTI TOSSED IN OUR HOUSE-MADE MARINARA SAUCE TOPPED WITH OUR HOUSE BREADED EGGPLANT, MOZZARELLA BLEND AND GARNISHED WITH PARSLEY. SERVED WITH FOCACCIA BREAD

**CAN BE MADE VEGAN UPON REQUEST**

**CONTAINS: WHEAT** 

### MEATBALL



**1220 CALS \$10.99**

SPAGHETTI TOSSED IN OUR HOUSE-MADE MARINARA SAUCE TOPPED WITH OUR HOUSE-MADE MEATBALL, PARMESAN CHEESE AND GARNISHED WITH PARSLEY. SERVED WITH FOCACCIA BREAD

**CONTAINS: WHEAT, EGG, MILK**


### EGGPLANT MEATBALLS



**840 CALS \$9.99**

SPAGHETTI TOSSED IN OUR HOUSE-MADE MARINARA SAUCE TOPPED WITH OUR HOUSE-MADE EGGPLANT MEATBALLS, MOZZARELLA BLEND AND GARNISHED WITH PARSLEY. SERVED WITH FOCACCIA BREAD

**CAN BE MADE VEGAN UPON REQUEST**

**CONTAINS: WHEAT** 

### MEATBALL



**710 CALS \$10.99**

HOUSE-MADE MEATBALL AND MOZZARELLA TOPPED WITH HOUSE-MADE MARINARA SAUCE IN A TOASTED ROLL

**CONTAINS: WHEAT, EGG, MILK**

### EGGPLANT MEATBALL



**410 CALS \$9.99**

HOUSE-MADE EGGPLANT MEATBALLS AND MOZZARELLA TOPPED WITH HOUSE-MADE MARINARA SAUCE IN A TOASTED ROLL

**CAN BE MADE VEGAN UPON REQUEST**

**CONTAINS: WHEAT, SOYBEANS** 

### CHICKEN PARM

**560 CALS \$11.99**

HOUSE BREADED CHICKEN TOPPED WITH HOUSE-MADE MARINARA SAUCE AND MOZZARELLA BLEND CHEESE IN A TOASTED ROLL

**CONTAINS: WHEAT, EGG, MILK**

### EGGPLANT PARM

**450 CALS \$10.99**

HOUSE BREADED EGGPLANT TOPPED WITH HOUSE-MADE MARINARA SAUCE AND VEGAN MOZZARELLA IN A TOASTED ROLL

**CAN BE MADE VEGAN UPON REQUEST**

**CONTAINS: WHEAT** 

### RED PEPPER CHICKEN



**500 CALS \$10.99**

GRILLED CHICKEN WITH ROASTED RED PEPPERS, RED PEPPER AIOLI, BACON JAM, LETTUCE AND TOMATO IN A TOASTED ROLL

**CONTAINS: WHEAT, EGG**



### Meal Exchange Includes

- ENTREE
- CHOICE OF ONE: ANTIPASTO PASTA, SIDE SALAD OR FOCACCIA BREAD
- FOUNTAIN DRINK

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

## BURGERS

CHOICE OF FRENCH FRIES OR SIDE SALAD


### BULLDOG DOUBLE CHEESEBURGER 885 Cal \$12.99

Two Newport Pride beef patties, cheddar cheese, lettuce, tomato, red onion, dill pickles, Redlands Island Sauce on a potato bun  
Contains: Dairy, Wheat, Egg, Soybeans

### JR. CHEESEBURGER 645 Cal \$8.99

Newport Pride beef patty, cheddar cheese, lettuce, tomato, red onions, dill pickles and Redlands Island Sauce on a potato bun  
Contains: Dairy, Wheat, Eggs

### PLANT FORWARD BURGER 1010 Cal \$8.99

House-made quinoa-black bean patty, cheddar cheese, lettuce, tomato, red onion, dill pickles, and vegan spread on a potato bun 

(Remove the Cheese to make it Vegan) 

Contains: Dairy, Wheat, Soybeans

## CHICKEN SANDWICHES

CHOICE OF FRENCH FRIES OR SIDE SALAD

### CRISPY CHICKEN SANDWICH 940 Cal \$12.99

Palisades Ranch buttermilk fried chicken breast, lettuce, tomato, dill pickles and spicy chipotle mayo on a potato bun  
Contains: Dairy, Wheat, Eggs, Soybeans

### JR. GRILLED CHICKEN SANDWICH 700 Cal \$8.99

Grilled Palisades Ranch chicken breast, lettuce, tomato, red onion, dill pickles and house-made Redlands Island Sauce on a potato bun  
Contains: Dairy, Wheat, Eggs

## ADD ON'S/SUBSTITUTIONS

CHICKEN BREAST	118 Cal \$3.99
BEEF PATTY	248 Cal \$3.99
BACON	81 Cal \$1.99
QUINOA-BLACK BEAN PATTY	223 Cal \$2.99
SLICED CHEESE	56 Cal \$ .99
VEGGIE TENDERS	190 Cal \$1.69
AVOCADO	45 Cal \$1.99
SAUCES	66-159 Cal \$ .59



vegetarian



vegan



made without gluten

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.



# SALADS

MAKE ANY SALAD INTO A WRAP! \$ .99


**GRILLED CHICKEN CAESAR SALAD**  **770Cal \$12.99**

Grilled Palisades Ranch Chicken Breast, chopped romaine lettuce, house-made croutons, Parmesan cheese, and house-made Caesar Dressing  
Contains: Dairy, Wheat, Eggs, Soybeans, Fish

**CRISPY RANCH CHICKEN SALAD** **835 Cal \$12.99**

Palisades Ranch buttermilk fried Chicken breast, romaine, baby spinach, shredded carrot, red onion, tomato, Croutons, and house-made Ranch Dressing  
Contains: Dairy, Wheat, Eggs, Soybeans

**PLANT POWER PROTEIN SALAD**  **1065 Cal \$9.99**

House made quinoa-black bean patty, romaine and baby spinach, shredded carrot, red onion, tomato, Pepita seeds, house-made croutons, and house-made Balsamic Vinaigrette  
Contains: Wheat, Soybeans 

**SIDE SALAD** **345 Cal \$2.99**

Romain lettuce, shredded carrots, tomato, house-made croutons, and choice of house-made dressings, Ranch, Redlands Island, or Balsamic 

# CHICKEN TENDERS

CHOICE OF DIPPING SAUCE




**BULLDOG BASKET** **1190 Cal \$9.99**

5-Piece Fried Chicken Tenders & 1/2 pound crispy french fries  
Contains: Wheat, Soybeans

**JR. BASKET**  **1105 Cal \$7.99**

3-Piece Fried Chicken Tenders & 1/2 pound crispy french fries  
Contains: Wheat, Soybeans

**FRENCH FRY BASKET**  **460 Cal \$4.59**

1/2 Lb of Crispy French Fries  
  

**SIDE FRENCH FRIES** **255 Cal \$2.99**

1/4 Lb of Crispy French Fries  
  

SAUCES: House-Made Ranch, Barbeque, Honey Mustard, Redlands Island Sauce, Thai Sweet & Sour Sauce

 **Meal Exchange Includes**  
- ENTREE  
- FRENCH FRIES OR SIDE SALAD  
- FOUNTAIN DRINK



vegetarian



vegan



made without gluten

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.