

# *All Access Bar & Grill*

## **First Period**

### **Buffalo Wings – (6)1,020 Cal (10)1,500 Cal**

*Perfectly fried bone-in chicken wings tossed with buffalo wing sauce and served with crisp celery sticks and bleu cheese dressing....6 wings \$12.50, 10 wings \$18.75*

### **Cyclone Sampler – 1640 cal**

*A combination of chicken Quesadilla, Buffalo Wings, and Glier's Goetta Bites, served with BBQ and honey mustard sauces, Jalapeno Cheese sauce, and sour cream, ....\$16.00*

### **Chicken Quesadilla – 1,380 Cal**

*A toasted flour tortilla filled with grilled chicken and shredded cheddar, with sour cream and salsa on the side..... \$11.50*

### **Glier's Goetta Bites – 930 Cal**

*Bite size goodness – Glier's goetta bites are your local goetta with cheddar cheese. Topped with bacon and shredded cheddar. Served with BBQ sauce..... \$12.00*

## **Second Period**

*Add Grilled Chicken (360 Cal) or Fried Chicken (560 Cal) to any salad.....\$3.00*

### **The Barn Salad – 570 Cal**

*Our fabulous arena salad of fresh mixed greens with shredded carrot, sliced radish, purple cabbage, grape tomato, bacon, shredded cheddar, dried cranberries and croutons.....\$9.75*

### **Classic Caesar Salad – 290 Cal**

*Chopped Romaine lettuce topped with parmesan cheese, red onion, cherry tomato, and croutons..... \$9.75*

### **Hummus Plate – 490 Cal**

*Zesty blend of garbanzo beans, tahini, garlic, lemon juices and spices. Served with baby carrots, celery and house made pita chips.....\$9.25*

**Dressings: (4oz) Ranch (400 Cal), Bleu Cheese (600 Cal), Caesar (680 Cal),**

*Ask your server about the soup of the day*

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## Third Period

All entrees are served with French fries (530 Cal)

Substitute onion rings (290 Cal).....\$3.00

All burgers are 8oz (precooked weight)

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

### **The Cyclones Burger – 910 Cal**

Served with lettuce, tomato, onion, and pickle \$11.75

Add cheese \$1.00 American (80 Cal), Cheddar (80 Cal), Swiss (120 Cal), Provolone (80 Cal), Pepper jack (80 Cal)

**Taco Bowl – 1070 Cal – 1110 Cal** Deep fried sundried tomato shell filled with lettuce, pico de gallo, shredded cheddar cheese, sour cream, salsa and your choice of grilled chicken or taco meat.....\$12.00

### **The Empty Netter – 1,070 Cal**

*BEYOND BURGER: The veggie burger that looks and eats like ground beef. Served on a whole wheat bun and topped with lettuce, tomato, onion, and pickle..... \$12.50*

### **Signature Turkey Wrap – 860 Cal – 1,450 Cal**

Sundried tomato wrap, filled with layers of thinly sliced turkey, bacon, smoked gouda, arugula, tomato and a house made garlic aioli..... \$12.00

### **Chicken Tenders – 1230 Cal**

Crispy fried chicken tenders served with your choice of dipping sauce..... \$10.75

## Kid's Entrees

12 yrs and under

All kid's entrees served with French fries

**Chicken Tenders**....\$6.00

**250 Cal – 740 Cal**

**Grilled Cheese**.... \$5.50

**340 Cal - 710 Cal**

**Hot dog**... \$5.50

**320 Cal – 680 Cal**

## Overtime

Ask your server about the dessert of the day 2,000 calories a day is used as general nutrition advice but calorie needs vary. Additional nutrition information available upon request