

# 45

## HOME OF CHAMPIONS

ONE CLUB

### TEAM BOXED LUNCHES

MEAL INCLUDES: BOTTLED WATER, FRUIT, AND OATMEAL COOKIE

#### SANDWICHES

\$15 plus tax & service charge.

Choose from white or wheat bread.

##### Turkey Bacon Ranch Sandwich

Turkey, Bacon, Lettuce, Tomato, Onion, Ranch Dressing, & American Cheese

##### BLT Sandwich

Bacon, Lettuce, & Tomato

##### Ham & Cheese Sandwich

Ham & Melted Cheddar Cheese.

##### Peanut Butter & Banana Sandwich (Only \$5.50)

Peanut Butter & Banana

#### GREENS & SALADS

\$9 plus tax & service charge.

Add Chicken or Shrimp +\$4

##### Boss of the Moss

Mixed Greens, feta, dried cranberries, sliced almonds, and dressing.

##### Caesar Salad

Romaine, stressed parmesan cheese, croutons, and dressing

##### Green House Salad

Mixed Greens, shredded cheddar, red onions, tomatoes and dressing

##### 45 Power Bowl

Quinoa, Avocado, Roasted Curry Chickpeas, Feta, and Grape Tomatoes with lemon vinaigrette

#### WRAPS & THINGS

\$15 plus tax & service charge.

##### Double Eagle

Grilled or Fried Chicken, Bacon, Cheddar Cheese, Lettuce, Onion, Tomato, Onion, Flour Tortilla, Ranch Dressing

##### Chicken Caesar Wrap

Grilled or Fried Chicken with parmesan cheese, lettuce, and dressing on a tortilla shell.

##### Veggie Wrap

Red pepper hummus, red onion, feta, red peppers, sliced olives, cucumbers and arugula.

##### Chicken Tacos

Grilled Chicken, Shredded Lettuce, Cheddar Cheese, Tomato, & House Seasoning

##### Shrimp Tacos

Grilled Shrimp, Shredded Lettuce, Tomato, Cheddar Cheese, and House Seasoning

##### The Mulligan Quesadilla

Grilled Chicken, Bell peppers, Red onion, Tomato, Cheddar Cheese, and House Seasoning. Salsa and Sour Cream Served on the side.

## COURTSIDE DELIVERY

### 251-206-5689

\*Minimum Orders of 8

\*PLEASE PLACE ORDER 48 HOURS IN ADVANCE

45 RESTAURANT @ ONE CLUB GULF SHORES | 4500 GULF SHORES PARKWAY  
WWW.ONECLUBGULFSHORES.COM