

45

HOME OF CHAMPIONS

ONE CLUB

TEAM PERFORMANCE DINNER MENU

MEAL INCLUDES: ICED TEA AND WATER. SMALL MIXED GREENS SALAD WITH VINAIGRETTE. GREAT PORTIONS, & CHOCOLATE COOKIE OR YOGURT FOR A SWEET FINISH.

POWER BOWL

Keep it simple with a healthy bowl of proteins and greens. Choose your protein:

Grilled Chicken Breast or Grilled Shrimp

Served with: Brown Rice, Onions, Peppers, Zucchini, Summer Squash, Black Beans

\$14.50 per person

PROTEIN PLATE

Go Lean and Green with your choice of protein and greens or rice selections.

Grilled Salmon, Grilled Shrimp, or Grilled Chicken Breast

With Choice of 2 : Bed of Brown Rice; Broccoli; Green Beans; Asparagus; Zucchini; Summer Squash

\$18.00 per person

FAJITA & TACO BAR

Choose Fajita or Taco Style preparation

Choice of Protein:

Seasoned Ground Beef, Grilled Chicken Breast, or Grilled Shrimp

Homemade Salsa, Tortilla Chips, Black Beans, Shredded Cheese, Tomatoes, Diced Onions, Sour Cream, Lettuce, and Flour Tortillas or Hard Corn Taco Shells

\$17.00 per person

\$18.50 with Guacamole

PASTA STATION

Penne offers important carbs without that heavy feeling. Select your favorite from our pasta station.

Penne with Chicken & Broccoli in Alfredo Sauce

Penne with Chicken & Broccoli in Marinara Sauce

Penne with Meat in Marinara Sauce

Penne with Marinara

\$17.50 per person

MORE YUM ON THE BACK.

Pricing based on 25 guest minimum. Pricing does not include service charge or tax. Consuming raw or undercooked meals, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medication conditions.

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SOUTHERN BBQ

A huge helping of Southern hospitality after a great day of competition!

Shredded BBQ Pork Sandwiches
BBQ Chicken Breast

Creamy Potato Salad
Market Fresh Vegetable variety
Warm rolls with butter

\$22.00 per person

HOMETOWN U.S.A

4th of July comes early with Chicken or Burgers Americana and our famous burgers at 45. There is nothing small about this station!

Grilled Chicken Breast or Famous 45 Burger

Roasted Garlic Mashed Potatoes
Chef's Choice of Fresh Vegetables

Dinner Rolls and Butter

Boss of the Moss Salad toppings add feta, sliced almonds, dried cranberries and dressing

\$22.00 per person

PRIZE PIZZAS

Great portions of your favorite pizza, home made with love. Choose Two from the List:

1. Margherita Pizza - Mozzarella Cheese, Sliced Tomato, & Fresh Basil
2. Pepperoni Pizza
3. Cheese Pizza
4. Veggie Pizza - Broccoli, spinach, bell peppers, mushrooms, onions, black olives

\$16.00 per person

WELCOME TO ONE CLUB HOME OF CHAMPIONS

We are proud to serve teams from all corners of the USA with a welcoming blend of healthy meals, team atmosphere, and a beautiful venue at our sports resort.

Many teams like to take selfies by our golf course or poolside or plug in their own "psyche" music. We love it!

So, bring your team flag, team colors, and your favorite tunes!

- Team ONE CLUB