

# COURTSIDE

## BAR & GRILL

Courtside Bar and Grill is committed to providing quality product. We now have gluten-free pasta and tortillas, our salmon is wild, the turkey is fresh roasted and all the chicken is all white meat. Whenever possible, we buy local products.

### Menu

#### STARTERS

##### HUMMUS PLATTER..... 5/8

Our house made hummus, cucumbers, tomatoes, roasted garlic, feta cheese & kalamata olives served with warm, whole-grain pita bread

##### CHEESE PLATTER ..... 8

Chef's choice of artisan cheeses, seasonal chutney & fruit

##### ANTIPASTO PLATTER ..... 7

Salami, assorted cheeses, marinated veggies, olives & roasted garlic

##### NACHOS ..... 7.50

Black beans, cheese, black olives, green onion & jalapeños

Add grilled chicken ..... 11

##### SLIDERS..... 6.50

Ground beef patties on mini buns with cheddar cheese

##### MOZZARELLA STICKS..... 6

House breaded & served with our roasted marinara sauce

##### SIDE OF FRIES/CHICKEN STRIPS/CHIPS & SALSA ..... 4 EACH

#### SOUPS

##### SOUP & SALAD BAR..... 6.50

##### SEASONAL SOUPS

Please ask your server about our daily soup specials. We offer a hearty seasonal variety & a vegetarian soup prepared fresh daily.

Bowl ..... 5

Cup ..... 3

As a side ..... 2

#### SALADS

##### PETITE SIZE / FULL SIZE

##### CLASSIC CAESAR SALAD ..... 4.50/6.50

Crisp Romaine, house-made garlic herbed croutons, shaved parmesan, lemon & cracked pepper, served with our classic Caesar dressing

Add grilled chicken ..... 7/9

Add grilled salmon ..... 10/12

Add seared steak ..... 10/12

##### COBB SALAD ..... 7/11

Crisp Romaine, grilled chicken, hard boiled egg, tomatoes, avocado, bacon & crumbled bleu cheese, served with our house-made bleu cheese dressing

##### NORTHWEST SPINACH SALAD..... 4.50/6.50

Spinach leaves, red onions, tomatoes, Kalamata olives, crumbled feta & candied walnuts, served with our house-made vinaigrette dressing

Add grilled chicken ..... 7/9

Add grilled salmon ..... 10/12

Add seared steak ..... 10/12

##### STEAK SALAD ..... 12

Seared steak cooked to your liking, cherry tomatoes, red onions, croutons, bleu cheese, crisp Romaine tossed in stone-ground mustard dressing

##### CHEF SALAD ..... 7/11

Crisp Romaine, cucumbers, cherry tomatoes, ham, turkey, cheddar cheese & hard-boiled egg

##### THREE SALAD SAMPLER ..... 6.50

Tuna salad, chicken salad & egg salad on a bed of Romaine

#### WRAPS

##### PETITE SIZE / FULL SIZE

All wraps can be made with a gluten-free tortilla

##### CAESAR WRAP..... 5.50/7

Crisp Romaine lettuce, parmesan, croutons, tomatoes & Caesar dressing, wrapped in a whole-grain tortilla with your choice of flame-broiled chicken or tofu

##### CHICKEN SALAD WRAP..... 5.50/7

Diced chicken breast, celery, cranberries, pecans, diced apple & green onion tossed in light mayonnaise, wrapped in a whole-wheat tortilla

##### ROCK CLIMBER WRAP ..... 5.50/7

Braised all-white chicken guisado, Tillamook cheddar cheese, cilantro, sour cream, tomatoes, lettuce, rice & our house-roasted salsa, wrapped in a whole-wheat tortilla

##### TURKEY WRAP..... 5.50/7

Oven roasted turkey breast, lettuce, tomato, cranberry compote & a light spread of cream cheese, wrapped in a whole-wheat tortilla

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## B A R & G R I L L

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#### SANDWICHES

All sandwiches are served with a choice of seasonal fruit, hand-cut french fries or sweet potato fries

Add soup or salad ..... 2

#### GRILLED CHICKEN SANDWICH ..... 7

Flame-broiled chicken breast, lettuce, tomato & onions, served on a fresh baked bun

Add cheese, sautéed mushrooms, caramelized onions. .... 50¢ each

Add avocado or bacon ..... 1 each

#### TURKEY BACON SWISS SANDWICH ..... 8

Turkey, bacon, Swiss cheese & avocado, served with light mayonnaise on grilled sourdough

#### BLT SANDWICH ..... 6.50

Bacon, lettuce & fresh tomato, served on toasted focaccia bread

Add avocado ..... 1

#### GRILLED PORTABELLA MUSHROOM SANDWICH ..... 9

Marinated Portabella mushroom, grilled served open-face with sauteed peppers & onions, served on toasted focaccia bread topped with melted provolone

#### COLD SANDWICH ..... ½ SAND 6/8

Your choice of oven roasted turkey, ham, fresh albacore tuna, veggies, egg salad or chicken salad sandwich. Served with tomato, lettuce & light mayonnaise on whole grain bread

Add avocado or bacon ..... 1 each

#### GRILLED TURKEY BURGER ..... 9

A patty of fresh-pressed, free-range turkey, seasoned & grilled, lettuce, tomato, onion & light mayonnaise, served on a fresh baked bun

Add cheese, sautéed mushrooms, caramelized onions. .... 50¢ each

Add avocado or bacon ..... 1 each

#### TUNA MELT ..... 8

Albacore tuna salad & topped with Tillamook sharp cheddar cheese, served on grilled sourdough bread with a dill pickle

#### CLASSIC CLUB SANDWICH ..... 8

Turkey, ham, bacon, Tillamook sharp cheddar cheese, lettuce, fresh tomato, served with light mayonnaise on toasted focaccia bread

#### SPECIALTIES

#### VEGGIE OMELETTE ..... 8.50

Mushrooms, bell peppers, onion, spinach & cheddar cheese, served with fresh fruit & breakfast bread

#### BACON & CHEESE OMELETTE ..... 8.50

Bacon & cheddar cheese, served with fresh fruit & breakfast bread

Add tomatoes, onions, mushrooms ..... 50¢ each

#### STIR FRY ..... 8

Seasonal vegetables stir-fried, tossed with served brown rice or Jasmin rice with your choice of...

Grilled chicken ..... 7

Tofu or Shrimp ..... 8

Seared steak ..... 9

Salmon ..... 10

#### BENTO ..... 7

Grilled chicken, white or brown rice & assorted vegetables, served with Teriyaki sauce

Tofu ..... 8

Seared steak ..... 10

Salmon ..... 11

#### PENNE ALFREDO ..... 9

Penne pasta served with our made-to-order creamy Alfredo sauce, served with garlic toast

Add grilled chicken ..... 12

#### PENNE PRIMAVERA ..... 9

Penne pasta tossed with assorted fresh veggies tossed in a light white wine, garlic & olive oil sauce topped with parmesan cheese, served with garlic toast

#### CHICKEN TACOS ..... 8

Two flour tortillas, seasoned shredded chicken breast, lettuce, Tillamook sharp cheddar cheese, diced tomatoes, served with tortilla chips, our house roasted salsa, sour cream & guacamole

#### CLASSIC BURGER

All-natural patty, seasoned & grilled to perfection, lettuce, tomato, onion & light mayonnaise, served on a fresh baked bun

Beef or harvest vegetarian burger ..... 7

Buffalo burger ..... 9

Add cheese, sautéed mushrooms, caramelized onions. .... 50¢ each

Add avocado or bacon ..... 1 each

#### DESSERT

#### CHOCOLATE LAVA CAKE ..... 6

Served with vanilla ice-cream, hot fudge & caramel