

Itasca
Grille

Living Well ...

A Traveler's Guide to Better Dining

Dining out is an important element of the traveler's lifestyle. It is our goal to provide zero trans-fat menu options in order to complement our customers' healthy habits.

Our library of recipes, which include carefully selected ingredients, provide a variety of offerings designed to assist our guests in maintaining wellness and a proper nutritional balance.

- **Portobello Mushrooms** – Contain especially high amounts of vitamin B and potassium with very low calories.
- **Fresh Romaine Hearts** – High in vitamin A, low in fat and calories and sodium free. A good source of dietary fiber.
- **Avocados** – An excellent source of vitamins A, C & E, and a good source of potassium, fiber and iron.
- **Fresh Lemon** – Enhances the health of the skin.
- **Balsamic Vinegar** – Contains riboflavin, vitamin B-1 and mineral salts. Naturally low in calories and fat.
- **Omega-3 Oil** – Omega-3 fatty acids aid in lower cholesterol, thin the blood and regulate the heartbeat reducing the risk of cardiovascular disease.
- **Fresh Basil** – Contributes to the lowering of blood pressure.
- **Coconut** – Highly nutritious and rich in fiber, vitamins and minerals.
- **Fresh Asparagus** – Contains no fat or cholesterol and is very low in sodium.

Ingredients may vary based on seasonality, menu and availability.

Dietary information above is based on public health resources and is subject to change without notice. Please consult with your own physician for accurate medical advice.



Breakfast

Served until 10:00 A.M.

Classic Scramble

Three scrambled eggs served with your choice of applewood smoked bacon or sausage patties. Accompanied with seasoned breakfast potatoes and sourdough toast. 8.99

Western Omelet

With cheddar cheese, red onions, green peppers and ham. 8.99

Ham & Cheese Omelet

Loaded with diced breakfast ham and melted cheddar. 8.99

Savory Cheese Omelet

A creamy egg blend with shredded cheddar and jack cheeses. 7.99

Yogurt & Granola Fresh Fruit Plate

Creamy vanilla yogurt served with granola, fresh seasonal fruit and mint. 7.99

Grilled Sourdough Panini

Scrambled eggs, cheddar cheese, diced onions and green peppers with your choice of applewood smoked bacon, sausage or breakfast ham. Served on grilled sourdough bread with seasoned breakfast potatoes. 8.29

Cinnamon Vanilla French Toast

Egg battered thick cut bread grilled until golden brown, served with butter, syrup and your choice of applewood smoked bacon, breakfast ham or sausage. 7.49

Breakfast Burrito

Lightly scrambled eggs with chopped red onion, wrapped and toasted in a flour tortilla. Finished with zesty salsa, jalapeños, sour cream and chopped green onions. Served with seasoned breakfast potatoes. 8.99

Add guacamole 1.29



Appetizers

Fiesta Nachos

A mountain of crisp tortilla chips topped with zesty salsa, sliced jalapeños, black olives and melted cheddar cheese. Finished with a sprinkle of green onions and served with sour cream.

Top it off with your favorite tastes...

With Chili 9.99 With Grilled Chicken 9.99

With The Works! 10.99

Add guacamole 1.29



Crunchy Calamari

Fresh and tender fried calamari served with a tangy marinara sauce. 9.49



Chipotle Chicken Quesadilla

Grilled fajita chicken with authentic black beans, savory chipotle sauce, fresh red onions and cheddar and jack cheeses, grilled in a natural flour tortilla. Garnished with chopped green onions and served with zesty salsa and sour cream. 10.99

Add guacamole 1.29

Tangy Chicken Wings

Traditional style wings served with celery sticks and Blue Ribbon BBQ or Buffalo Hot Wing sauce.

8 for 8.99 or 12 for 11.49

Soups & Salads

Chicken & Wild Rice

Our house specialty! Prepared with chunks of seasoned chicken and wild rice. 5.49

Texan Beef & Bean Chili

Hearty beef and bean chili topped with cheddar cheese and chopped red onions. 5.99

Mediterranean Grilled Chicken Caesar

Chopped Romaine hearts with freshly grated Parmesan cheese, drizzled with classic Caesar dressing and topped with strips of grilled chicken. Served with a lavash cracker. 9.99

Buffalo Chicken Salad

Spicy fried Buffalo chicken tenders with crisp celery, diced red onion and a garden mix of fresh Romaine and iceberg lettuce, tossed with bleu cheese dressing. Served with a lavash cracker. 10.99



Itasca Favorite

Crispy Chicken & Chips

Plump, golden fried tenders served with Blue Ribbon BBQ or Buffalo Hot Wing sauce and seasoned fries. 9.99

Sandwiches

Turkey Applewood Bacon Ciabatta

Sliced turkey breast, applewood smoked bacon and Swiss cheese served on ciabatta bread with mayonnaise, crisp lettuce and vine-ripened tomato. 10.29

Tender Smoked Pork

Slow-roasted, tender pulled smoked pork basted in Blue Ribbon BBQ sauce and piled high on a toasted Kaiser roll. 9.99

Lime Infused Grilled Chicken & Brie

Sliced chicken in a lime and herb infused marinade, then grilled with caramelized red onions, roasted red peppers and a chiffonade of fresh basil. Covered in melted brie with garlic aioli mayonnaise and served on a toasted ciabatta roll. 10.49

Portobello Mushroom & Red Peppers

A marinated portobello mushroom topped with roasted red pepper and basil, covered with brie and fresh mozzarella. Served on a toasted bun. 9.59



Burgers

USDA ground premium beef, perfectly grilled medium well to well done* and served on a toasted bun with garden greens, seasoned fries and a pickle spear.

Substitute crispy onion rings for fries, 1.99

Cheddar Bacon Melt

Topped with melted cheddar, sautéed mushrooms, caramelized red onions and strips of applewood smoked bacon. 10.89

Pepper Jack Fiesta

Topped with our zesty salsa and smothered in pepper jack cheese. 10.89

Add guacamole for 1.29

Personal Chef Creations

- Choose Your Pasture:

Premium Beef

or Mediterranean Turkey 9.99

- Add Your Favorite Toppings .60 each

Cheddar, Swiss and Jack Cheeses,

Sautéed Mushrooms,

Caramelized Red Onions,

or Salsa

Brie Cheese, Applewood Smoked

Bacon or Guacamole 1.29 each



*NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Products containing tree nuts and/or peanuts are stored in this kitchen and may have come into contact with other food items.

Spirits

Classic Calls



Make it a
Double for
only \$3 more!

Premium Pours

Bacardi, Beefeater, Canadian Club,
Captain Morgan, Cuervo Gold, Dewar's,
Maker's Mark, Martini & Rossi, Smirnoff

Beer

Draft Selections



Make it a Big Beer
for only \$1.50 more!

Bottled Selections



Wines

by the Glass

From Sterling ...

Vintner's Collection Chardonnay
Vintner's Collection Merlot

From Robert Mondavi ...

Private Selection Pinot Grigio

From Century Cellars by BV ...

Vineyard Select Chardonnay
Vineyard Select Cabernet Sauvignon

From Beringer ...

White Zinfandel

