



Sparrow

Michigan Athletic Club

COURTSIDE GRILL

FALL 2023 MENU



Breakfast Menu

Build your own:

Omelet\$13

Burrito/Bowl\$13

Sandwich\$13

Choose up to five items:

Meat: ham, bacon, sausage, turkey

Cheese: American, cheddar, swiss, feta, provolone, monterey jack, pepperjack

Veggies: tomato, peppers (red/green), banana peppers, jalapeños, spinach, onion, mushrooms

Stuffed French Toast\$14

French toast stuffed with your choice of strawberry shortcake, peanut butter, banana or Nutella. Served with choice of meat

Avocado Toast\$12

Sourdough toast, avocado, schmear, diced bacon, caramelized onion, queso fresco cheese (option: fried egg)

Southwest Scramble\$14

Chipotle, scrambled eggs with sausage, red and green peppers, avocado, cheese, onion. Served over home fries

Pancakes\$11

Three pancakes served with choice of meat and a side

Breakfast Quesadilla\$12

Bacon, sausage, egg, and cheese

Steak & Eggs\$14

Sirloin steak cooked to order and served with eggs

Omelet Platter\$14

Served with home fries and toast (choose up to 4 items for omelet)

Macfast\$14

Served with eggs, choice of meat, home fries, and toast

BREAD

Brioche

White

Wheat

Flour Tortilla

Plain Bagel

Everything Bagel

SIDES

Home fries

Sweet home fries

Toast

Bacon

Sausage

Turkey Sausage

Pancakes (2)

French Toast (2)



Appetizers

Nachos..... \$13

Tortilla chips, white cheese sauce, shredded cheddar cheese, black beans, corn, jalapeños, tomato, scallions, add protein + \$3 chicken/beef/barbacoa, + \$1 diced avocado, sour cream/salsa, cilantro

Cheese Quesadilla..... \$13

Three Cheese Blend, add protein + \$3 chicken/beef/barbacoa, + \$1 diced avocado, sour cream/salsa, cilantro

Bang Bang Shrimp..... \$12

Crispy shrimp tossed in Bang Bang sauce over dry slaw blend, and topped with scallions

Mozzarella Sticks..... \$9.50

Fried Mozzarella sticks serve with marinara sauce or ranch

Boneless Wings..... \$12

1Lb of boneless wings tossed in your choice of bbq, buffalo, honey garlic, hot honey, or garlic Parmesan sauce. Comes with ranch or blue cheese, celery and carrots.

Pretzel Bites..... \$9.50

Fried pretzel bites served with queso cheese

Brussel Sprouts..... \$10

Deep fried brussel sprouts tossed with Parmesan cheese and served with garlic aioli

Mac & Cheese Bites..... \$9

Fried mac and cheese bites served with garlic aioli or your choice of sauce

Buffalo Cauliflower..... \$8.50

Cauliflower fried and tossed in buffalo sauce. Comes with dry slaw, green onion, feta and ranch or blue cheese

BBQ Pulled Pork Potato Skins..... \$12

Potato skins covered in bbq pulled pork, cheese, bacon, sour cream, scallions and bbq drizzle

Onion Rings..... \$10

Fried onion rings with Bang Bang sauce

Salads & Soups

LUNCH SPECIAL: 1/2 soup and salad (11am-2pm M-F)..... \$7

Your choice of chicken noodle, tomato bisque, or soup of the day

Caesar..... \$10

Romaine, Parmesan cheese, croutons

House..... \$10

Romaine, cheddar cheese blend, tomato, cucumber, croutons, red onion

Mediterranean..... \$10

Mixed greens, cucumber, tomato, feta, red onion, black olives, banana peppers

Michigan Raspberry Almond..... \$12

Mixed greens, dried cherries, apples, almond crusted, chicken breast, sugared pecans, red onions

Santa Fe Salad..... \$12

Cajun chicken, mixed greens, shredded cheddar cheese, black beans, corn, peppers, onion, tomato, avocado

Burgers (Substitute turkey or vegan patty for \$3. Add extra beef for \$5. Gluten free bun available on request)

BYO Burger\$11
½ lb. beef patty with your choice of cheddar, provolone, Swiss, American, pepper jack cheese

Options: lettuce, tomato, pickles, onion, jalapeño, grilled onion, mushroom; +\$1 bacon, avocado

Black & Bleu \$13
Blackened seasoning, mushrooms, blue cheese crumbles, onion, garlic aioli

Portabella & Swiss \$13
Garlic aioli, Swiss cheese, portabella mushrooms, and grilled onion

Royale \$13
Fried eggs, bacon, cheddar cheese, lettuce, tomato

BBQ Bacon.....\$13
Pickles, slaw, cheddar cheese, bbq sauce, pork with onion straws

Handhelds

Tenders \$11
4 tenders, fries, dipping sauce

Veggie Wrap\$12
Portabella mushrooms, spinach, tomato, red onion, artichoke and garlic herb dressing

Caesar Wrap\$12
Flour tortilla, romaine lettuce, Parmesan cheese, chicken, Caesar dressing

Turkey Bacon Wrap (or substitute chicken) \$13
Turkey or chicken, bacon, lettuce, tomato, red onion, cheddar jack cheese and ranch dressing

Buffalo Fried Chicken Wrap \$13
Lettuce, tomato, fried chicken, buffalo sauce, ranch

Steak Wrap\$13
Romaine lettuce, steak, avocado, tomato, onion, chipotle mayo sauce, peppers

Bowls

BYO Bowl\$11
Base: white rice, cilantro lime rice, quinoa

Protein: chicken, steak, barbacoa beef, pulled pork, shrimp, salmon, jackfruit

Toppings: tomato, onion, black beans, corn, peppers, edamame, artichokes, mushrooms, scallions, jalapeños

Barbacoa Beef Bowl..... \$14
Lime rice, black beans, corn, tomato, avocado

BBQ Jackfruit bowl.....\$12
White rice, red onion, cheddar cheese, avocado, crispy onion, red cabbage

Shrimp Bowl \$13
Shrimp, avocado, white rice, cabbage, tomato, scallions

Cajun Salmon\$13
Salmon, quinoa, edamame, tomato, peppers, onions

Pizza (Gluten free option available on request)

BYO Pizza..... \$14

Start with mozzarella cheese and add additional topping for 1.25 each.

Topping Choices: pepperoni, sausage, chicken, bacon, ham, peppers, onion, tomato, mushroom, jalapeño, banana pepper

Pizza Fries..... \$13

Cheesy covered pizza dough brushed with garlic butter and served with pizza sauce

Deluxe \$20

Pepperoni, sausage, green pepper, red onion, mushroom, and our housemade pizza sauce

Meat Lovers..... \$20

Pepperoni, sausage, bacon, ham, and our housemade pizza sauce

BBQ Chicken \$20

BBQ sauce, chicken, bacon, red onion

Buffalo Chicken..... \$20

Buffalo sauce, chicken, red onion, feta

Chicken Bacon Ranch..... \$20

Ranch, chicken, bacon, tomato

Greek \$18

Feta and Parmesan cheese, spinach, tomato, onion, mushroom and pesto on a crispy cauliflower crust

Entrées (Comes with your choice of two sides. Add shrimp to any entree for \$5)

6oz Sirloin..... \$25

Cooked to order on top of our demi-glace

Blackened Salmon \$20

Salmon filet seasoned and blackened to order

Shrimp Scampi..... \$18

Shrimp cooked in our garlic butter scampi sauce with diced tomato

Chicken Frites \$20

Seasoned and cooked chicken breast served over fries and topped with red chimichurri sauce

Sides

Baked potato..... \$5

Sweet potato..... \$5

Seasonal vegetable..... \$4

Slaw..... \$4

Cilantro lime rice..... \$4

Brown rice or quinoa..... \$4

Broccoli..... \$5

French Fries \$5

Sweet French Fries..... \$5

Onion Rings..... \$6

Cottage Cheese \$4

Side Salad (House or Caesar) .. \$5

Kids (12 & under) \$10

(Includes entree, side, drink, and dessert)

Entrées

Chicken tenders

Macaroni and cheese

Burger/cheeseburger

Grilled cheese

Cheese pizza

Mini corn dogs

Cheese quesadilla

Sides

French fries

Veggie blend

Salad

Oranges

Yogurt

Chips

Dessert

Kids sundae

Kids, get a free sundae on your birthday!

Dessert

PB Chocolate Cake \$8

Peanut butter chocolate cake with chocolate drizzle and whipped cream

Cheesecake \$7

Seasonal Cheesecake

Cookie Sundae \$8

Warm chocolate chip cookie, chocolate drizzle, whipped cream served with vanilla ice cream

Brownie Sundae \$8

Warm brownie topped with chocolate and caramel, whipped cream served with vanilla ice cream

Smoothies (Regular \$7 • Kids \$5)

\$1 Add Ins

(PB2) Peanut butter

Flaxseed

Green supplement

Spinach

Kale

B12

Protein powder

Coconut milk

REGULAR

Days Sunshine Smoothie

Strawberry, pineapple, peach, mango, yogurt, and carrot juice. +\$1 protein

Avocado Smoothie

Banana, mango, pineapple, spinach, avocado, yogurt, and almond milk. +\$1 protein

Recovery Smoothie

Banana, blueberry, strawberry, pineapple, and water

Chocolate-covered Raspberry

Chocolate protein, yogurt, raspberry, almond milk or chocolate sauce

Blueberry Strawberry Banana

Flaxseed, blueberry, strawberry, banana, and water

Mean Green

Spinach, kale, flaxseed, ice and water, banana, mango, pineapple

Immunity

Apple juice, blueberry, raspberry, pineapple, protein, ice

Muscle Builder

Banana, graham cracker, ice, milk

Strawberry Banana

Banana, strawberry, ice, water, protein

Energy Boost

Carrot juice, peach, pineapple, strawberry, ice

KID-FRIENDLY

Unicorn Smoothie

Strawberry, banana, yogurt, coconut milk, whipped cream and sprinkles

Berry Lime

Mango, strawberry, blueberry, lime, cranberry juice

Dinosaur Smoothie

Spinach, banana, yogurt, orange juice

Mango Tango

Mango, pineapple, yogurt, orange juice

