PANTHER ATHLETICA

LUNCH

The Gallery | 11:00am-2:00pm

STARTERS

- Wings
- Chips & Queso
- Crispy Fresh Mozzarella Sticks - parmesan breaded, tomato sauce
- Margherita Pizza
- Garlic Bread with Cheese
- Chips & Guacamole
- Flatbread Pizza
- Chicken Lettuce Wraps
- Chips & Salsa
- Whipped Feta or Goat Cheese + Pita
- Garlic Bread
- Croissant Rolls / Fresh-Baked Bread
- Veggie / Hummus Plate
- Sticky Rolls (Fall, Winter)
- Celery & Carrots with Ranch
- Peanut Butter on Apples (Fall)
- Peanut Butter on Bananas
- Ritz Crackers with Win Schuler's Spreadable Cheese

SALADS

- Classic Caesar
- Southwest BBQ Chicken Salad
- Steakhouse Cobb
- Panther House Salad - half or full
- Cobb
- Apple Chicken Salad (Fall)
- Mediterranean Power Salad (vegetarian) (Spring, Summer)
- Chopped
- Asian
- Wedge
- Caprese (Summer)
- Chef
- Green (vegetarian) (Spring, Summer)
- House / Dinner / Side
- Add or substitute: tuna salad, chicken salad, steak, chicken, salmon, shrimp
- Choose 2: 1/2 salad, 1/2 sandwich, or cup of soup

PIZZA & FLATBREAD

- Pepperoni
- Cheese Pizza - select toppings
- Meat Lovers
- BBQ Chicken
- Bacon Chicken Ranch Flatbread
- Build Your Own
- Margherita
- Italian Garlic Chicken
- Hawaiian
- Mediterranean
- Veggie
- GF / cauliflower crust available

PLATES

- Fried Chicken Nuggets / Tenders & Mashed Potatoes
- Chicken & Waffles - mini chicken and waffles with a light maple drizzle
- Fettuccine - chicken, shrimp, or vegetables

SOUPS

- Chicken Noodle (Fall, Winter)
- Tomato (Fall, Winter)
- Chicken Velvet (Fall, Winter)
- Soup of the Day
- Clam Chowder (Fall, Winter)
- Vegetable Medley (Fall, Winter)
- Potato and Hurst 15 Bean (Winter)

SANDWICHES & WRAPS

- Hamburger / Cheeseburger
- Chicken Sandwich - fried, grilled, or blackened
- Buffalo Chicken Wrap
- Chicken Caesar Wrap
- Steak Sandwich
- BLT Sandwich (Summer)
- Korean BBQ Chicken Wrap
- Buffalo Walking Taco Wrap
- Chicken Salad Sandwich (Spring, Summer)
- Tuna Sandwich
- Impossible Burger
- GF bread / tortillas available

BOWLS

- Burrito Bowl - chicken or steak with black beans, corn salsa & cilantro-lime rice
- Power Bowl - brown rice or quinoa, grilled chicken, black beans, avocado & sweet-heat sauce; protein substitutions available
- Chicken Grain Bowl - brown rice, quinoa, red lentil, cauliflower, spinach, mushroom, sun-dried tomato, basil pesto, fennel + radish slaw
- Veggie Power Bowl - lemon hummus, goat cheese, roasted cauliflower, cherry tomato, spinach, brown rice, quinoa, red lentil & green goddess dressing

SIDES

- Fries
- Mac & Cheese
- Onion Rings
- Fruit
- Potato Chips
- Mashed Potatoes
- Cilantro-Lime Rice
- Fried Rice
- Coleslaw
- Applesauce
- Black Beans
- Refried Beans
- Cottage Cheese

DESSERTS

- Ice Cream
- Cookies
- Pies (Fall, Winter)
- Coffee Cake (Fall, Winter)

- Salmon - herb crusted, grilled asparagus, dill cream
- Herb-Grilled Chicken
- Dips: Honey Lime Buffalo or Southwest Cilantro Ranch

BEVERAGES

- Coke Products
- Lemonade
- Iced Tea
- Sports Drinks / Gatorade
- Bottled Water
- Milkshakes
- Hot / Cold Coffee
- Espresso Drinks
- Energy Drinks
- Apple Juice
- Milk
- Hot Tea
- Alcoholic & non-alcoholic selections from the bar

KIDS

- Chicken Fingers
- Hamburger
- Grilled Cheese
- Spaghetti & Meatballs
- Peanut Butter & Jelly Sandwich
- Ham & Cheese Sandwich
- Turkey Sandwich