

## PANINIS

**\$6.00**

*All Paninis are grilled on Ciabatta bread and served with choice of side order*

**COURTYARD** HAM, TURKEY, TOMATO, ONION, 1000 IS. DRESS., CHEDDAR, SWISS

**ITALIAN** SALAMI, HAM, PEPPERONI, LETTUCE, ONION, ITALIAN DRESSING, PROVOLONE, AND SWISS

**HAM & CHEESE** HAM, TOMATO, MAYO, CHEDDAR, SWISS

**PATTY MELT** 1/3 LB BURGER, ONION, CHEDDAR, SWISS

**TUNA** TUNA SALAD, LETTUCE, ONION, CHEDDAR, SWISS

**CHICKEN BLT** CHICKEN BREAST, BACON, LETTUCE, TOMATO, MAYO, CHEDDAR, SWISS

## MEXICAN

**\$6.00**

*Choice of beef or chicken*

*Served with side of bean dip & chips*

**ENCHILADAS** TWO CORN TORTILLAS FILLED WITH MEAT AND TOPPED WITH ENCHILADA SAUCE, CHEDDAR, LETTUCE TOMATO, BLACK OLIVE, AND SOUR CREAM

**TACOS** TWO FLOUR TORTILLAS WRAPPED AROUND MEAT, CHEDDAR, LETTUCE, TOMATO, AND BLACK OLIVE. SALSA ON THE SIDE

**BURRITO GRANDE** A LARGE FLOUR TORTILLA FILLED WITH MEAT, BEANS, LETTUCE, TOMATO, SOUR CREAM AND TOPPED WITH CHILI VERDE, CHEDDAR, LETTUCE TOMATO, AND SOUR CREAM

**NACHOS** TORTILLA CHIPS WITH MEAT, CHEDDAR, GREEN CHILIS, ONION, LETTUCE, TOMATO, OLIVE, SOUR CREAM, AND SALSA

**MACHO TACO** LARGE FLOUR TORTILLA WITH MEAT, CHEDDAR, LETTUCE, TOMATO, BLACK OLIVE, ONION, AND SOUR CREAM

# YMCA

## *Courtyard Café*

Find our Menu, Daily Specials, and Soup of the Day on our web site: [rcymca.org](http://rcymca.org)

## BURGERS

**\$6.00**

*1/3 LB BURGER - PICK YOUR TOPPINGS  
CHOICE OF SIDE ORDER*

## SALADS

**\$6.00**

**GARDEN** TOMATO, ONION, BLACK OLIVE, GREEN PEPPER, CHEDDAR, AND CROUTONS ON A BED OF LETTUCE. CHOICE OF DRESSING

**GRILLED CHICKEN** GARDEN SALAD WITH DICED GRILLED CHICKEN BREAST

**ROADHOUSE BBQ** GARDEN SALAD TOSSED WITH BBQ MAYO, BACON AND CHOICE OF BEEF OR CHICKEN

**HONEY MUSTARD CHICKEN** GARDEN SALAD WITH DICED CHICKEN BREAST, NUTS, AND A SIDE OF HONEY MUSTARD DRESSING

**BUFFALO CHICKEN** GARDEN SALAD WITH DICED CHICKEN BREAST TOSSED IN BUFFALO WING SAUCE AND A SIDE OF RANCH

**TURKEY CLUB** GARDEN SALAD TOPPED WITH TURKEY, HAM, AND BACON

**CHEF** GARDEN SALAD WITH HAM, TURKEY, AND HARD BOILED EGG

**TACO** GARDEN SALAD WITH TORTILLA CHIPS, SOUR CREAM, CHOICE OF CHICKEN OR BEEF. SERVED WITH A SIDE OF SALSA

**ANTI PASTA** GARDEN SALAD WITH SALAMI, HAM, PEPPERONI, AND MOZZARELLA

## SANDWICHES, SUBS & WRAPS

**\$6.00**

*Choice of wheat bread, flour tortilla, or sub roll  
Served with choice of side order*

**BLT** BACON, LETTUCE, TOMATO, MAYO, AND CHEDDAR

**CHICKEN PHILLY** CHICKEN BREAST, ONION, PEPPERS, MUSHROOMS, PROVOLONE

**BUFFALO CHICKEN** CHICKEN BREAST, BUFFALO WING SAUCE, LETTUCE, TOMATO, ONION, CHEDDAR, AND RANCH DRESSING

**TURKEY CLUB** TURKEY, HAM, BACON, LETTUCE, TOMATO MAYO, AND CHEDDAR

**MALIBU CHICKEN** CHICKEN BREAST, PINEAPPLE, LETTUCE, TOMATO, MAYO, AND PROVOLONE

**BEEFEATER** ROAST BEEF, TOMATO, ONION, HORSERADISH SAUCE, CHEDDAR

**GRILLED CHICKEN** CHICKEN BREAST, LETTUCE, TOMATO, MAYO, AND CHEDDAR

## LIGHT APPETITE

### SANDWICHES

**\$4.00**

*Served on wheat with lettuce, tomato, mayo*

**TURKEY**

**HAM & CHEESE**

**TUNA SALAD**

**EGG SALAD**

## SOUP & SANDWICH OR

### SIDE SALAD

**\$5.75**

*Choose a Cup of Soup and a Side Salad or a Light Appetite Sandwich*

