

Club Café & Deli Banquet Menu

from the Rochester Athletic Club

While looking through this menu, keep in mind that we can also offer numerous other foods. Please ask about certain foods that you would like.

All banquet prices are per person and based on groups of 12 or more served in an environmental friendly buffet style. For smaller groups and plated meals, please ask about pricing and availability. Prices do not include tax or 15% server gratuity.

Cascade Meadow Favorites

Deli Sandwiches – RAC’s famous deli meat, (ham, turkey, tuna salad, or Oprah’s chicken salad), pre-made and served on RAC’s wonderful bread, (multi-grain, wheat, sourdough, or marble rye), with a side of cheese, lettuce, tomatoes, onions, mayo, and mustard. Also includes potato chips

½ sandwich	\$5.50
Full sandwich	\$7.95

Grilled All American – Hamburgers and hot dogs freshly grilled and served on a bun with a side of cheese, lettuce, tomatoes, and onions. Also includes potato chips

\$7.95

Pasta Salads

Cashew Chicken Pasta Salad \$4.95

Cucumber Dill \$4.95

Greek Mukimame \$4.95

Herb Chicken \$4.95

Italian Ham \$4.95

Mediterranean Couscous \$4.95

Contact Information

Food & Beverage Director 507-287-9325

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Lettuce Salads

Romaine & Spring Mix Blend with up to four toppings from below

\$4.95

- Black Olives
- Cheese
- Croutons
- Mushrooms
- Broccoli
- Bleu
- Cucumbers
- Onions
- Cauliflower
- Cheddar
- Green peppers
- Red peppers
- Carrots
- Parmesan
- Tomatoes

Also add a choice of two dressings which are served on the side

Apple Cider Vinaigrette

Blueberry / Raspberry Vinaigrette

Cilantro Lime

Golden Italian

Ranch



Appetizers

Chips & Salsa – Homemade salsa with tortilla chips **\$1.25**

Deli Roll Ups – Delicious combination of ingredients go into these wraps that have a cream cheese spread **\$1.95**

Hummus & Pita Chips – Homemade hummus with fried pita chips **\$1.50**

Mixed Fruit Bowl #1 – Mixture of cut up cantaloupe, grapes, pineapple, and strawberries **\$2.50**

Mixed Fruit Bowl #2—Mixture of whole red apples, green apples, and bananas **\$1.50**

Please ask about other appetizers we have available

Entrée

A lettuce or pasta salad may be added to any entrée for an additional \$3.25 per person

Baked Chicken – 5oz chicken breast baked to perfection. Served with a baked potato, vegetable, and bread \$7.95

Beef Kabobs – 2 skewers of grilled steak, mushrooms, onions, and peppers served over brown rice. Includes bread \$7.95

BBQ Pulled Pork Sandwich – The best pulled pork sandwich in town with RAC's specially prepared barbeque sauce. Served with potato chips and coleslaw \$7.50

Bruschetta Chicken – Baked 5oz chicken breast topped with tomatoes, onions, olive oil, and parmesan cheese. Served with roasted baby red potatoes, vegetable, and bread \$8.25

Chicken Kabobs – 2 skewers of grilled chicken, mushrooms, onions, and peppers served over brown rice. Includes bread \$7.95

Chicken Marsala – 5 oz chicken breast with a rich marsala sauce of garlic, onions, mushrooms, and Marsala wine. Served over fettuccine and includes a basket of bread \$8.25

Chicken Stir Fry – Chicken, onions, broccoli, carrots, and water chestnuts served in an Asian sauce over brown rice. Includes bread \$8.25

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½ sandwich \$5.50

Full sandwich \$7.95

Grilled All American – Hamburgers and hot dogs freshly grilled and served on a bun with a side of cheese, lettuce, tomatoes, and onions. Also includes potato chips \$7.95

Pizza – Wonderful 16" thin crust with your choice of up to 2 toppings
Pizza \$14.95
Per Person \$3.95

Sloppy Joes – Classic Sloppy Joe served with a side of pickles and potato chips \$6.95

Turkey Quinoa Meatloaf – RAC exclusive recipe of a healthy meatloaf that tastes incredible. Served with "Guilt Free" mashed potatoes, vegetable, and a basket of bread \$8.95

Starch Choices

Baked Potatoes
 Brown Rice
 Potato Chips
 RAC Mashed Potatoes
 Roasted Baby Red Potatoes
 White Rice

Vegetable Choices

Broccoli
 Cauliflower
 Corn with Red Peppers
 Sweet Peas
 Specialty Vegetables available for additional charge of \$0.95

- Asparagus
- RAC blend of grilled onions, squash, tomatoes, and zucchini

Bread Choices

Ciabatta
 Garlic Breadsticks
 Parisian Bread
 Whole Wheat Breadsticks



**Rochester
 Athletic Club**

Dessert

Brownies with Cream Cheese Frosting – Chocolate lovers dream
brownies with a homemade cream cheese frosting Each \$1.50

Chocolate Covered Pretzels – Mixture of vanilla and chocolate covered
pretzel rods Each \$0.35

Chocolate Covered Strawberries – Fruit and dessert Each \$0.60

Cookies – Fresh baked blend of chocolate chip and oatmeal raisin
Each \$0.50

Ice cream cups – 4oz vanilla or chocolate ice cream cup
Each \$0.95

Pop & Juice

Bottled Soda – Pepsi products Each \$1.40

Bottled Water Each \$1.40

Bottles of Sobe Lifewater Each \$1.95

Bottled Juice – Apple, cranberry-pomegranate, orange, ruby red
grapefruit Each \$1.40

Coffee

New England Coffee – Regular, Decaffeinated, French Roast, or
Hazelnut Carafe \$7.50

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