

side lines

Brown Rice Blend 2.5 (VT/VG)

Jasmine Rice 2.5 (VT/VG/GF)

Vegetable Mix 3 (VT/VG/GF)

carrots, broccoli, cauliflower
raw, steamed, or grilled

Steamed Sweet Stemmed Caulilini 3.5
(VT/VG/GF)

Side Salad 3 (VT/GF)

fresh cut greens, tomato, cucumber, red onion
choice of dressing

Fresh Fruit 4 (VT/VG/GF)

melons, pineapple, berries
2.25 upcharge as a meal side

Power Blend Slaw 3 (VT/VG/GF)

golden beets, broccoli stalks, kohlrabi, brussel
sprouts, kale, radicchio, carrots; tossed with
ginger miso dressing

Cottage Cheese 1.75 (VT/GF)

Natural Applesauce 1.75 (VT/VG/GF)

Pretzels & Dip 3 (VT)

ranch, honey mustard, nacho cheese

Homemade Soup

cup 3.5
bowl 5 served with a baguette

Homemade Chili

cup 4
bowl 6 served with a baguette

salad dressings

simply dressed:

ranch
honey mustard
balsamic vinaigrette
italian
caesar
lemon vinaigrette
raspberry acai
vinaigrette

homemade:

cilantro lime
bbq ranch
southwest
ranch

little league

please step on each base once

FIRST

chicken tenders 7
cheeseburger 7
kraft mac & cheese 7
grilled cheese 7
hot dog 6.5
pac jammer 6.5

SECOND

natural applesauce
cottage cheese
fresh fruit (+2.25)
mandarin oranges
brown or jasmine rice
veggies (*raw or steamed*)
side salad
pretzels & dip

THIRD

skim milk
2% milk
chocolate milk
apple juice
orange juice
cranberry juice
pineapple juice
soft drink

HOME

chocolate chip cookie
fruit snacks
goldfish grahams
mandarin oranges

CONSUMER ADVISORY CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE RISK OF FOODBORNE ILLNESS ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS

Lost Court

FRESH GRILL

warm ups

SPINACH ARTICHOKE DIP

fresh spinach and artichokes in a creamy parmesan garlic
cheese dip; served with naan bread and fresh veggies 11
(VT/GF without naan)

764 cal | 29 g protein | 36 g fat | 17g sat fat | 1822 mg sodium | 86 carbs | 17 g sugar



ROASTED RED PEPPER HUMMUS

served with carrots or pretzels 4 (VT/VG/GF with carrots)

195 cal | 7.5g protein | 7.6g fat | 0g sat fat | 665mg sodium | 28g carbs | 10g sugar



VEGGIE PLATTER

carrots, broccoli, cauliflower, and cucumbers; with simply dressed
ranch 5.5 (VT/VG without ranch/GF)

312 cal | 7.7g protein | 24g fat | 2g sat fat | 566mg sodium | 21g carbs | 10g sugar

SOFT PRETZEL

with or without salt and nacho cheese or honey mustard 3.5 (VT)

275 cal | 6g protein | 8.5g fat | 4g sat fat | 990mg sodium | 47g carbs | 2.5g sugar

STADIUM NACHOS

tri-color tortilla chips with nacho cheese 3.5 (VT/GF)

add salsa 1 add guacamole 2

601 cal | 7g protein | 32g fat | 7g sat fat | 1106mg sodium | 73g carbs | 1.5g sugar

SUPER NACHOS

a platter of tri-color tortilla chips topped with homemade beef taco
meat, nacho cheese, shredded cheddar cheese, diced tomatoes, black
olives, and diced red onions; salsa & sour cream on the side 9.5

1424 cal | 33g protein | 81g fat | 22g sat fat | 4336mg sodium | 130.5g carbs | 7g sugar

substitute fire braised chicken 2 (GF)

1122 cal | 18g protein | 66g fat | 16.5g sat fat | 2789mg sodium | 118g carbs | 7g sugar

on the green

SOUTHWEST CHICKEN SALAD

antibiotic free chicken, black beans, corn, diced tomatoes, onions, avocado,
cheddar cheese on fresh cut mixed greens; served with homemade cilantro
lime dressing 10 (GF)

502 cal | 36g protein | 30g fat | 4g sat fat | 689mg sodium | 27.5g carbs | 5.5g sugar with dressing

GRILLED CHICKEN SALAD

antibiotic free chicken, diced tomatoes, onions, mozzarella cheese on fresh
cut mixed greens; served with choice of dressing 9 (GF)

307 cal | 30g protein | 18.5g fat | 4g sat fat | 831mg sodium | 6g 8.5arbs | 2g sugar +dressing

KOREAN BBQ SIRLOIN SALAD

grilled top sirloin atop our power blend slaw; drizzled with korean bbq sauce
and sesame seeds; served with ginger miso dressing 13

596 cal | 40g protein | 38g fat | 9g sat fat | 1184mg sodium | 25g carbs | 17g sugar with dressing



CHICKEN & BERRIES SALAD

antibiotic free grilled chicken breast and mixed berries on fresh cut mixed
greens; served with lemon vinaigrette 10 (GF)

298 cal | 31g protein | 13g fat | 1.5g sat fat | 800mg sodium | 13g carbs | 6g sugar with dressing

CHICKEN CAESAR SALAD

antibiotic free chicken, parmesan cheese, croutons on fresh cut mixed
greens; served with caesar dressing 9.5

357 cal | 35.5g protein | 22g fat | 6.5g sat fat | 1268mg sodium | 6g carbs | 0g sugar with dressing

BBQ CHICKEN SALAD

antibiotic free chicken, black beans, corn, tortilla strips on fresh cut mixed
greens; drizzle of sweet baby rays bbq sauce; served with homemade
bbq ranch dressing 9 (GF)

550 cal | 30g protein | 15g fat | <1g sat fat | 949mg sodium | 65g carbs | 15g sugar with dressing

major league



MISO HUNGRY BOWL

antibiotic free chicken and steamed power blend slaw; topped with grilled
sweet stem caulilini and sesame seeds; served with ginger miso dressing 10 (GF)

410 cal | 28g protein | 25g fat | 4g sat fat | 1519mg sodium | 26g carbs | 13g sugar



LOST COURT DINNER

fire braised chicken with brown rice blend and steamed broccoli 11

substitute salmon 3

substitute steak 3

298 cal | 39.5g protein | 12.5g fat | 3g sat fat | 608mg sodium | 6g carbs | 1.5g sugar with chicken



PALEO HASH

lean angus ground beef, diced sweet potatoes, onion, garlic, green chiles,
jalapenos, spices 9 (GF)

add two eggs 2

598 cal | 36g protein | 35g fat | 13g sat fat | 569mg sodium | 29g carbs | 8g sugar

VT - Vegetarian VG - Vegan GF - Gluten Free



- PAC Personal Training approved meal

minor leagues

all sandwiches & wraps served with 1 side choice and pickle slices

forget the tortilla & bun - make any wrap or sandwich into a bowl with brown or jasmine rice +2

GRILLED CHICKEN WRAP

mozzarella cheese, fresh cut mixed green, diced tomatoes, red onions, antibiotic free chicken on choice of tortilla; ranch or southwest ranch on wrap 10

612 cal | 38g protein | 27.5g fat | 7g sat fat | 1343mg sodium | 57.5g carbs | 3g sugar

CRUNCHY TUNA WRAP

homemade tuna salad, power blend slaw, mozzarella cheese, diced tomatoes, onions on choice of tortilla 9

529 cal | 35g protein | 16g fat | 6g sat fat | 1178mg sodium | 66g carbs | 10g sugar

CHICKEN CAESAR WRAP

antibiotic free chicken, parmesan cheese, fresh cut mixed greens, croutons, caesar dressing on choice of tortilla 10

616 cal | 48g protein | 22g fat | 10g sat fat | 1785mg sodium | 60g carbs | 1g sugar + dressing

ASIAN CHICKEN WRAP

antibiotic free chicken, sautéed green peppers, onions, pea pods, fresh cut mixed greens, chow mein noodles, korean bbq sauce on choice of tortilla 10

641 cal | 38g protein | 17g fat | 5g sat fat | 2313mg sodium | 86g carbs | 17.5g sugar

GRILLED CHICKEN SANDWICH

char grilled antibiotic free chicken breast, green leaf lettuce, tomato, red onion on a bianco bun 9.5

492 cal | 40g protein | 9g fat | 1.5g sat fat | 855mg sodium | 60g carbs | 6g sugar

TURKEY PESTO MELT

antibiotic free turkey breast, spreadable brie, kale pesto aioli, wilted greens on a bianco bun 12

676 cal | 36g protein | 26g fat | 8g sat fat | 1478mg sodium | 71g carbs | 14g sugar

PAC BURGER

stoddards 1/3 lb angus burger, spreadable brie, onion jam on a bianco bun 11

868 cal | 53g protein | 39g fat | 16g sat fat | 1066mg sodium | 70g carbs | 14g sugar

BLT

stoddards nitrite free pork bacon, green leaf lettuce, tomato, mayo with olive oil on choice of bread 8

686 cal | 31g protein | 41g fat | 11g sat fat | 1601mg sodium | 48g carbs | 12g sugar

GRILLED CHEESE

choice of bread; choice of cheese 6.5 (VT)

add ham, turkey, tuna salad, bacon 2

636 cal | 26g protein | 36g fat | 11g sat fat | 714mg sodium | 55g carbs | 10g sugar

DELI SANDWICH

ham, turkey, or tuna salad, with green leaf lettuce, tomato, red onion, and mayo with olive oil on choice of bread with choice of cheese 8

add fresh avocado or guacamole 1

add bacon or double meat 2

BUILD YOUR OWN BURGER

stoddards 1/3 lb angus burger or black bean veggie burger 8

add cheese, fresh avocado, guacamole 1

green leaf lettuce, tomato, raw onion no charge

add grilled onion, grilled mushrooms, jalapenos, spinach, salsa 0.75

add ham, bacon, egg, turkey 2

add second burger patty 4

TORTILLA FLAVORS:

honey wheat
garden spinach
tomato basil

BREAD CHOICES:

white
sprouted multi-grain
marble rye
gluten free 1

CHEESE CHOICES:

cheddar
american
pepper jack
swiss
mozzarella

thirst quenchers

SOFT DRINKS 1 / 1.5 / 2

Pepsi
Diet Pepsi
Mountain Dew
Diet Dew
Wild Cherry Pepsi
Orange Mango Vita Ice
Sprecher Root Beer on tap (+0.3)

Sierra Mist
Sierra Mist Zero Sugar
Orange Crush
Lemonade
Unsweetened Tea
Cherry Lime Klarbrunn

MILK AND JUICE 1.5 / 2

Skim Milk
2% Milk
Chocolate Milk

Apple Juice
Orange Juice
Cranberry Juice
Pineapple Juice

side lines

brown rice	raw veggies	applesauce	power blend slaw	cup soup (+2.75)
jasmine rice	steamed veggies	cottage cheese	steamed caulini	cup chili (+3.25)
side salad	grilled veggies	pretzels & dip	mandarin oranges	fresh fruit (+2.25)

early teetime

breakfast served daily until 10:30am

ask for our breakfast menu

on deck

BUILD YOUR OWN PIZZA

10" cheese 8

14" cheese 12

12" GLUTEN FREE 12

additional toppings 1

additional toppings 1.5

additional toppings 1.5

pepperoni
italian sausage
chicken
bacon
ham

mozzarella
cheddar
feta
mushrooms
onions
green
peppers
tomatoes
black olives
green olives
jalapenos
spinach
artichoke
hearts

SPECIALTY PIZZAS

10 inch 10

14 inch 16

12 inch GLUTEN FREE 16

DELUXE

pepperoni, Italian sausage, mushrooms, onions, green peppers, black olives, mozzarella cheese

CARNIVORE

pepperoni, Italian sausage, ham, bacon, mozzarella cheese

WISCONSIN SPECIAL

Italian sausage, mushrooms, onions, black olives, mozzarella cheese, cheddar cheese

BUFFALO CHICKEN

buffalo sauce, antibiotic free chicken, onions, mozzarella cheese, cheddar cheese; topped with bleu cheese dressing and chopped celery

GARDEN

mushrooms, onions, green peppers, black olives, tomatoes, artichoke hearts, mozzarella cheese (VT)

MEDITERRANEAN CHICKEN

olive oil, antibiotic free chicken, onions, black olives, mozzarella cheese, feta cheese; topped with fresh spinach

TEX MEX

salsa, antibiotic free chicken, corn, black beans, onions, jalapenos, tomatoes, mozzarella cheese, cheddar cheese

BBO CHICKEN

sweet baby rays bbq sauce, antibiotic free chicken, mozzarella cheese

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WE ARE PROUD TO SERVE WISCONSIN PRODUCTS

Stoddard's
Meat Market & Catering

SUPERIOR
fresh