

# *All Access Bar & Grill*

## First Period

### **Buffalo Wings – (6)1,020 Cal (10)1,500 Cal**

*Perfectly fried bone-in chicken wings tossed with buffalo wing sauce and served with crisp celery sticks and bleu cheese dressing.... 6 wings \$12.50, 10 wings \$17.50*

### **Cyclone Sampler – 1,270 Cal**

*A combination of chicken tenders, loaded tater tots, Gliers Goetta Bites, served with BBQ sauce, sour cream, jalapeno cheese sauce, and chipotle aioli....\$15.00*

### **Chicken Quesadilla – 1,380 Cal**

*A toasted flour tortilla filled with grilled chicken and shredded cheddar, with sour cream and salsa on the side..... \$10.00*

### **Loaded Potato Skins – 1,350 Cal**

*5 perfectly fried potato skins loaded with shredded cheddar cheese, bacon bits, green onion and served with a side of sour cream..... \$9.50*

### **Loaded Tater Tot – 930 Cal**

*Deep fried tater tots topped with bacon and scallions. Accompanied by jalapeno cheese sauce and sour cream.....\$9.00*

### **Glier's Goetta Bites – 930 Cal**

*Bite size goodness – Glier's Goetta bites are your local goetta with cheddar cheese. Topped with bacon and shredded cheddar. Served with BBQ sauce..... \$9.00*

## Second Period

*Add Grilled Chicken (360 Cal) or Fried Chicken (560 Cal) to any salad.....\$2.50*

### **The Barn Salad – 570 Cal**

*Our fabulous arena salad of fresh mixed greens with shredded carrot, sliced radish, purple cabbage, cherry tomato, bacon, shredded cheddar, dried cranberries and croutons.....\$9.00*

### **Classic Caesar Salad – 290 Cal**

*Chopped Romaine lettuce topped with parmesan cheese, red onion, cherry tomato, and croutons..... \$9.00*

### **Caprese Salad – 750 Cal**

*Layers of sliced buffalo mozzarella and tomato topped with a drizzle of olive oil and Balsamic Vinegar..... \$9.75*

### **Hummus Plate – 490 Cal**

*Zesty blend of garbanzo beans, tahini, garlic, lemon juices and spices. Served with baby carrots, celery and pita chips.....\$8.75*

**Dressings: (4oz) Ranch (400 Cal), Bleu Cheese (600 Cal), Caesar (680 Cal),**  
*Ask your server about the soup of the day*

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## Third Period

All entrees are served with French fries (530 Cal)

Substitute onion rings (290 Cal).....\$2.50

All burgers are 8oz (precooked weight)

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

### **The Cyclones Burger – 910 Cal**

Served with lettuce, tomato, onion, and pickle \$10.75

Add cheese \$1.00 American (80 Cal), Cheddar (80 Cal), Swiss (120 Cal), Provolone (80 Cal), Pepper jack (80 Cal)

### **The Puck Chop Burger – 1,760 Cal**

Our version of a mac and cheese burger that includes real bacon bits and chopped Glier's Hot Mett .....\$13.50

### **Buffalo Chicken Winger – 940 Cal**

Juicy grilled or fried chicken breast dipped in hot sauce and served on a potato bun with a side of bleu cheese dressing(300 Cal).... \$12.00

### **Breaded Cod sandwich – 1,420 Cal**

A beer battered and deep fried cod fillet served on a fresh sub roll with shredded lettuce and tartar sauce...\$12.00

**Taco Bowl – 1070 Cal – 1110 Cal** Deep fried sundried tomato shell filled with lettuce, pico de gallo, shredded cheddar cheese, sour cream, salsa and your choice of grilled chicken or taco meat.....\$11.00

### **The Empty Netter – 1,070 Cal**

*BEYOND BURGER:* The veggie burger that looks and eats like ground beef. Served on a whole wheat bun and topped with lettuce, tomato, onion, and pickle..... \$11.00

### **Classic Turkey Club – 860 Cal – 1450 Cal**

Three slices of toasted bread filled with layers of thinly sliced turkey, bacon, American cheese, lettuce, tomato and a house made citrus pepper aioli..... \$10.00

### **Chicken Tenders – 1230 Cal**

Crispy fried chicken tenders served with your choice of dipping sauce..... \$10.00

## Kid's Entrees

12 yrs and under

All kid's entrees served with French fries

**Chicken Tenders**....\$5.25  
**250 Cal – 740 Cal**

**Grilled Cheese**.... \$5.25  
**340 Cal - 710 Cal**

**Hot dog**... \$5.00  
**320 Cal – 680 Cal**

## Overtime

Ask your server about the dessert of the day 2,000 calories a day is used as general nutrition advice but calorie needs vary. Additional nutrition information available upon request