

STARTERS

BATS AND BITES



Garlic Cheese Sticks 11.95

Mozzarella, parmesan, garlic herb butter, parsley, marinara

Salted Pretzel Sticks 10.95

Served with Boetje's mustard and cheese fondue

Grand Slam Nachos 16.95

House-made queso, pico, avocado, salsa, crema, cilantro
Add beef, chicken, or Impossible for \$4.

Fried Pickles 12.50

Served with buttermilk ranch dressing

Smash Burger Sliders 15.95 / 23.95

Choice of 4 or 6. Hawaiian sweet roll, smash patty, American cheese, club sauce, pickle

SLAM DUNKS 'N' DIPS

Chips 'n' Salsa 8.95

Chips 'n' Queso 12.95

Chips 'n' Guac 12.95

Create a combo for just \$5 more



Spinach Artichoke Dip 13.95

Freshly baked pita, parmesan cheese, lemon zest, chives

Buffalo Chicken Dip 12.95

A classic fan favorite, served with tortilla chips

SALADS AND SOUPS

Add grilled chicken (+5), grilled Impossible chicken (+6), or mahi mahi (+8)

Athletic Club Cobb 17.95

Grilled chicken, house romaine blend, hard-boiled egg, bacon, avocado, tomato, onion, cucumber, honey mustard vinaigrette

Caesar 12.95

House romaine blend, croutons, parmesan, cherry tomato, egg

Crunchy Thai 13.95

Kale, carrot, red pepper, cucumber, peanut, fresh herbs, wonton, Thai peanut dressing

Taco Salad 16.95

Choice of chicken or beef. Salad mix, caramelized onion and pepper, corn, tomato, cheddar, cilantro, avocado ranch, in a fried tortilla shell

House Salad 5.95



Chicken Tortilla 3.25 / 5.25

French Onion 3.25 / 5.25



Elote Dip 10.95

Sour cream, mayo, charred corn, poblano, red onion, queso fresco, cilantro, chipotle powder, lime zest, served with tortilla chips

HALF-TIME LUNCH

Weekdays • 11 am to 2 pm



Personal Pizza 12.95

Choice of any single topping

Two additional non-meat toppings, free; add meat toppings for \$1.25 each

Lunch Nachos 10.95

Add beef, chicken, or Impossible for \$4

Salted Pretzel Sticks 9.95

Garlic Cheese Sticks 9.95

PICK 2 FOR 12.95

Mac 'n' Cheese

Regular • Iowa Mac (+2)
Buffalo Chicken (+2)

Wings (6)

Bone-in • Boneless • Impossible

Quesadilla

Cheese • Chicken (+1) • Sirloin (+1)

Single-Patty Burger

Bacon BBQ • Americana
Vegan • El Diablo • Big Island
Southerner • Frisco Melt

1/2 Sandwich

Chopped Cheese • Mahi Mahi
Gyro • Tenderloin • Club (+1)

Cup of Soup

Chicken Tortilla • French Onion

1/2 Salad

House • Caesar • Thai • Cobb (+1)

Fries

Regular • Bacon Cheese (+1)

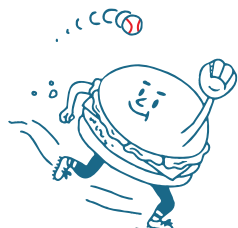
Cottage Cheese

Additions, substitutions, or modifications may result in an additional charge.

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

ENTREES

Gluten-free buns and vegan cheese available



SMASH! BURGERS

Served with crinkle cut fries
Sub chicken or an Impossible patty (+1.50)

Bacon BBQ Burger 16.95

Candied bacon, Swiss cheese, fried onion, dill pickle, honey BBQ sauce, brioche bun

The Americana 15.50

Club sauce, American cheese, lettuce, tomato, red onion, dill pickle, brioche bun

The Southerner 16.95

Pepper jack cheese, bacon, southern chow chow, lettuce, tomato, Nashville hot aioli, brioche bun

El Diablo 15.95

Pepper jack, fried onion, serrano cowboy candy, pickled jalapeño, lettuce, chipotle aioli, brioche bun

Big Island 16.95

Grilled pineapple, Canadian bacon, Swiss cheese, teriyaki, umami aioli, sesame seed, brioche bun

Vegan Burger 16.95

Impossible beef, vegan cheese, spicy mango chutney, kale slaw, hummus, pickled red onion

Frisco Melt 15.95

Two smash patties, American and Swiss cheese, frisco dressing, sourdough

Chopped Cheese 16.25

Smash patties, American cheese, lettuce, tomato, onion, fresno chile, adobo seasoning, garlic aioli, hoagie

WINGS

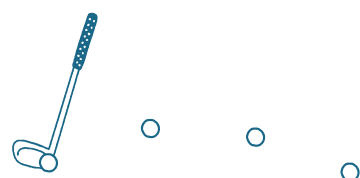
Bone-In Wings (6, 12) 11.95/20.95

Boneless or Impossible (6, 12) 10.95/16.95

Choice of sauce; served with blue cheese or ranch

VOLCANO	
NASHVILLE HOT	
KOREAN FRIED CHICKEN	
GARLIC PARMESAN	
CLASSIC BUFFALO	
TERIYAKI	
HONEY BBQ	

SANDIES



Served with crinkle cut fries (unless specified)

The Iowa Athletic Club 16.75

Smoked turkey and ham, bacon, tomato, red onion, lettuce, roasted garlic aioli, sourdough



Mahi Mahi Sandwich 17.25

Choice of fried or grilled, marinated mahi mahi, mango chutney, pickled red onion, chipotle aioli, leaf lettuce, brioche bun

IAC Gyro 15.95

Choice of sirloin or falafel. Gyro seasoning, tzatziki, cucumber, tomato, red onion, mint, pita

Crispy Chx Sandies 15.50

Hand-breaded to your style

IAC – American cheese, chow chow, club sauce, brioche bun

Spicy – Pepper jack, Nashville aioli, dill pickle, brioche bun

CBS (+1) – Bacon, Swiss, lettuce, tomato, honey mustard, brioche bun



Sub grilled chicken, crispy Impossible (+2), or grilled Impossible (+2)

Buffalo Chicken Wrap 14.95

Boneless wings tossed in house buffalo sauce, cheddar cheese, tomato, red onion, house romaine blend, ranch
Sub any sauce

Quesadilla Crunch Wrap 14.50

Choice of beef, chicken, or Impossible. Homemade queso, crema, shredded lettuce, pico, tostada, flour tortilla; served with chips and salsa

Chicken-Fried Pork Tenderloin 14.75

Club sauce, lettuce, tomato, onion, pickle, brioche bun
Try it grilled!

BOWLS



Buffalo Chicken Mac 15.95

Mac 'n' cheese, boneless wings, caramelized onion, fresno pepper, blue cheese crumble, chives

Iowa Mac 15.95

Mac 'n' cheese, corn, bacon, fried tenderloin, chives

ADD A SIDE

Fries • Applesauce • Chicken Tortilla Soup (+.50/1) • French Onion Soup (+.50/1)
Cottage Cheese (+1) • Mac 'n' Cheese (+2) • House Salad (+2)

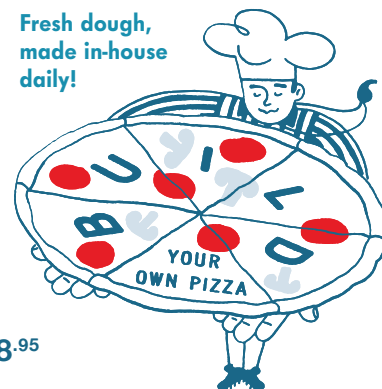
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TAVERN-STYLE PIZZA

10" SMALL 14" LARGE

Vegan cheese and Impossible meat are available
Sub 10" cauliflower crust for \$5

Fresh dough,
made in-house
daily!



HOME TEAM ALL-STARS



The All-Star 16.95/22.95

IAC's supreme pizza – sausage, pepperoni, tomato, poblano, mushroom, onion, olives

Taco 18.95/24.95

Ground beef, Impossible meat, or veggie.
Doritos, red onion, tomato, lettuce, hot sauce

Chicken Bacon Ranch 17.95/22.95

White BBQ, grilled chicken, onion, tomato, chives

Buffalo Chicken 15.95/21.95

Grilled chicken, Nashville buffalo, celery, ranch

Hawaiian 16.95/22.95

Smoked Canadian bacon, guajillo, pineapple, green onion, hot honey

No substitutions on specialty pizzas.

DESIGNATED HITTERS

Cheese 10.95/16.95

Sausage 11.95/18.95

Pepperoni 11.95/18.95

Vegan Impossible Beef 15.95/20.95

Meat Lover's 18.95/24.95

Canadian bacon, bacon, pepperoni, sausage, chicken, taco beef

Veggie Heaven 13.95/19.95

Poblano, mushroom, onion, olives, tomato, corn

Additional toppings 1.50/1.95

Canadian bacon, taco beef, sausage, pepperoni, bacon, pickled jalapeño, banana pepper, poblano pepper, red onion, pickled red onion, fried onion, corn, tomato, pineapple, sauerkraut, black olives, mushroom

DESSERTS

Cosmic Brownie Lava Cake 10.95

Warm brownie served with vanilla ice cream, caramel, rainbow sprinkles

Cast-Iron Cookie 9.95

Chocolate chip cookie topped with soft-serve ice cream

Soft-Serve Ice Cream 4.95

Vanilla, chocolate, or twist!

Add a chocolate drizzle or sprinkles

Keep the helmet!



Root Beer Float 5.95

You know this classic – vanilla ice cream + fizzy root beer

WEEKEND BRUNCH

ALL DAY SAT + SUN

Cereal French Toast Dunkers 14.95

Cinnamon Toast Crunch, Frosted Flakes, cream cheese glaze on sourdough bread, served with maple syrup

Brunchwrap 11.95

egg, American cheese fondue, pico, avocado, hashbrown patty, served with salsa
add sausage or bacon \$3 add sirloin \$5

Breakfast Pizza 17.95/22.95

American cheese, sausage, bacon, egg, chives

SEC Sandy 14.95

Sausage patties, fried egg, American cheese, caramelized onion, frisco sauce, english muffin



GRAND SLAM HAPPY HOUR!

★ 2-FOR-1 ★

ALL DAY MONDAY!
3-5:30 PM TUESDAY-FRIDAY

Some exclusions apply.

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