

BREAKFAST GRILL

SANDWICHES & OMELETS

Bacon, Egg & Cheese* 🥚🥞🥓🥛🌾 \$7.75

two eggs your way with served with your choice of bread: roll, bagel, english muffin, wrap or croissant

3 Egg Omelet 🥚🥚🥚🥞🌾 \$11.50

served with your choice of toppings and one side served with toast

2 Egg Any Style* 🥚🥚🌾🥞 \$11.50

served with toast and your choice of two sides

MEAL SWIPES

Breakfast: includes egg or sweet entree, choice of potato with a small coffee or small juice

SWEETS

Pancakes 🥞🥞🥞🌾🥚 \$7

Pancakes 🥞🥞🥞🌾🥚 \$7.50

with chocolate chips

French Toast 🥞🥞🥞🌾 \$7

French Toast 🥞🥞🥞🌾🥚🥛 \$8.50

with strawberry and nutella

ADD ONS

Extra Egg* \$1.50

Bacon 🥞 \$3

Sausage 🥞 \$3

Cheese 🥞 \$1.50

Turkey Bacon 🥞 \$3

Hash Browns \$4.50 🥚

Tater Tots \$4.50 🥚



HANDCRAFTED SANDWICHES

SANDWICHES

The Rockville Club 🌿🥚🥚🌾 \$12.75

roasted turkey, bacon, avocado, lettuce, tomato & mayo

The Varsity Roast Beef 🌿🥚🥚🌾 \$12.75

thin-sliced roast beef, horseradish aioli, sharp cheddar & arugula

The Campus Wrap 🌿🥚🌾 \$12.00

grilled chicken, avocado, shredded romaine, roasted corn & chipotle mayo

The North Shore 🌿🥚🌾 \$12.00

fresh mozzarella, tomatoes, basil pesto & balsamic glaze

The Deep Blue Tuna 🌿🐟🥚🌾 \$11.50

house-made tuna salad with celery, red onion & lemon aioli

The Five Towns 🌿🥚🥚🌾 \$12.00

crispy chicken, buffalo sauce, shredded iceberg & blue cheese

The Nassau Chicken Salad 🌿🥚🌾 \$12.00

house-made chicken salad with celery, red onion & fresh dill

The Gold & Maroon Ham & Swiss 🌿🌾 \$11.50

black forest ham, swiss cheese & honey dijon

Lion's Italian 🌿🥚🌾 \$12.00

genoa salami, pepperoni, ham, provolone, roasted peppers, banana peppers & red wine vinegar

Lion's Caesar 🌿🥚🥚🌾 \$11.25

grilled chicken, shredded romaine, parmesan cheese and croutons with caesar dressings

BREAD SELECTIONS

Assorted Wraps , Assorted Gluten Free Multi Grain, Wheat, White Ciabatta, Sourdough or Bread Cones

ADD ONS

Bacon 🥚 \$3

Avocado 🥚 \$3

Double Protein \$5

Cole Slaw 🌿🥚🌾 \$2.50

MEAL SWIPES

Lunch: includes handcrafted sandwich, chips or side salad, dessert & a fountain beverage or water

Dinner: includes handcrafted sandwich, side salad, dessert, 12oz soup & a fountain beverage or water

HANDCRAFTED SALADS

SALADS

The Rockville Cobb 🌱🥚🥗🥑🍷 \$12.75

roasted turkey, bacon, avocado, hard-boiled egg, cheddar & mayo dressing

The Varsity Mediterranean 🌱🥚🥗🥑🍷 \$12.00

tofu, hummus, cucumber, tomatoes, avocado, red onion & lemon tahini

Lion's Italian Chop 🌱🥚🥗🥑🍷 \$12.00

genoa salami, pepperoni, ham, provolone, roasted peppers, banana peppers & red wine vinegar

The Five Towns Buffalo Bowl 🌱🥚🥗🥑🍷 \$12.00

crispy chicken, buffalo sauce, provolone & blue cheese dressing

The Campus Greek 🌱🥚🥗🥑🍷 \$12.75

grilled chicken, feta, olives, cucumbers, tomatoes, red onions & greek vinaigrette

The Lion's Caesar 🐟🌱🥚🥗🥑🍷 \$12.00

grilled chicken, shaved parmesan, house-made croutons & classic Caesar dressing

TOPPINGS

Croutons 🌱

Craisins 🥑

Raisins 🥑

Sunflower Seeds 🥑

Sliced Almonds 🌱🥑

Chickpeas 🥑

DRESSINGS

Ranch 🌱🥚🥗

Caesar 🌱🥚🥗🥑

Balsamic Vinaigrette 🌱🥑

Honey Dijon 🌱🥑

Italian 🌱

Chipotle 🌱🥚

Blue Cheese 🌱

Oil & Vinegar 🌱🥑

Lemon Aioli 🌱🥑

Greek 🌱🥑

ADD ONS

Bacon 🥑 \$3

Avocado 🥑 \$3

Double Protein \$5

Additional Dressing \$1.50

SALAD MIX

Mixed Greens 🌱🥑

Classic Romaine 🌱🥑

Arugula 🌱🥑

Quinoa 🌱🥑

MEAL SWIPES

Lunch: includes handcrafted salad, roll, dessert and a fountain beverage or water

Dinner: includes handcrafted salad, roll, dessert, 12oz soup and a fountain beverage or water



BUILD YOUR OWN POKE & RAMEN BOWL

PROTEIN

CHOOSE ONE

Grilled Chicken 🍷 \$12.50

Tofu 🌱🌶️🍌 \$10.50

Shrimp 🍤🍌 \$14.50

Marinated Ahi Tuna* 🐟🍌 \$14.75

BASE

CHOOSE ONE

Ramen Noodles 🌾🍷

White Rice 🍌

TOPPINGS

CHOOSE THREE

Broccoli 🍌

Carrot 🍌

Edamame 🌱🌶️🍌

Cucumber 🍌

Avocado 🍌

Mushroom 🍌

Roasted Corn 🍌

SAUCE

CHOOSE ONE

Sriracha Mayo 🍷🌶️🍌

Teriyaki 🍷🌶️🍌🌾🌱

Thai Glaze 🍷🌶️🍌🍌

Gluten Free Soy Sauce 🍷🌶️🍌

General Tso's 🍷🌶️

ADD ONS

Extra Protein 🍌 \$4

grilled chicken or tofu

Extra Marinated Ahi Tuna* 🐟🍌 \$6

Extra Shrimp 🍤🍌 \$6

Extra Toppings \$1

Extra Sauce \$1

MEAL SWIPES

Lunch: poke or ramen bowl, tuna or shrimp additional, dessert and a fountain beverage or water



BUILD YOUR OWN AÇAÍ + SMOOTHIE

AÇAÍ BOWL \$12.50

YOUR CHOICE OF 5 TOPPINGS

Strawberries 🍓

Banana 🍌

Blueberries 🍇

Chocolate Chips 🍫🌱🥚🥚

Coconut 🥥🌱🥚

Granola 🌱

Nutella 🍫🥚

Peanut Butter 🥜🌱🥚

Pineapples 🍍

Sunflower Butter 🌱🥚

Almond Butter 🌱🥚🥚

Mango 🥭

Flax Seed 🌱

Honey 🍯

SMOOTHIE \$11.50

Strawberry Banana 🍓🍌

Berry Berry 🍇🍓

Banana Pina Colada 🍌🥥🍹

Tropical Dragon 🍹

Green Monster 🌱

ADD ONS

Protein Boost 🥛🥚 \$3.00

WAFFLES

Butter, Syrup & Whipped Cream 🍫🥚🥚🌱 \$8.00

Includes two toppings, one side from the grill, juice and coffee

MEAL SWIPES

Breakfast: Includes one item with a protein boost and a coffee or water

Lunch: Includes one item with a protein boost and a coffee or water

Dinner: Includes one item with a protein boost and a coffee or water



LUNCH & DINNER GRILL

BURGERS

Lion's Burger* 🌱 🥚 🥔 🍷 🌾 \$12.00

bacon, cheddar cheese, lion's sauce, topped with a crispy onion ring on a buttered brioche bun

Smashburger* 🌱 🥚 🥔 🍷 🌾 \$9.25

pickles, buttered brioche bun

Bacon Cheeseburger* 🌱 🥚 🥔 🍷 🌾 \$11.50

bacon, american cheese & pickles on a buttered brioche bun

Turkey Burger 🌱 🥚 🥔 🍷 \$9.50

lettuce, tomato, avocado aioli on a buttered brioche bun

Beyond Burger 🌱 🥚 🥔 🍷 \$9.00

lettuce, tomato on a potato bun

Black Bean Burger 🌱 🥚 🥔 🍷 🌾 \$8.50

lettuce & tomato with chipotle mayo on a potato bun

SIDES

Fries \$4.75 🌱 🥔

Cheese Fries \$5.75 🌱 🥔 🍷

Bacon Cheese Fries \$6.75 🌱 🥔 🍷

Mozzarella Sticks \$7.00 🌱 🥔

Mac & Cheese Bites \$6.50 🌱 🥔 🍷

Onion Rings \$5.25 🌱 🥔

Sweet Potato Fries \$5.25 🌱 🥔

CHICKEN TENDERS

Buttermilk Chicken Tenders 🌱 🥚 🥔 🍷 \$9

Nashville Hot Tenders 🌱 🥚 🥔 🍷 \$9.25

crispy tenders tossed in nashville hot glaze

CHICKEN SANDWICHES

Buttermilk Crispy Chicken Sandwich 🌱 🥚 🥔 🍷 \$9.75

mayo, pickles, served on a buttered brioche bun

Nashville Hot Chicken Sandwich 🌱 🥚 🥔 🍷 \$10.25

nashville hot 'n spicy glaze, pickles, coleslaw on a buttered brioche bun

Korean BBQ Chicken Sandwich 🌱 🥚 🥔 🍷 \$11.75

crispy chicken, Korean BBQ sauce, pickled red onions on a buttered brioche bun

MEAL SWIPES

Lunch: includes grill item, fries, dessert and fountain beverage or water

Dinner: includes grill item, fries, side salad, dessert and fountain beverage or water

SANDWICHES

Grilled Cheese 🌱 🥚 🍷 \$7

your choice of cheese on texas toast

Philly Cheesesteak 🌱 🥚 🍷 \$11.75

cheese sauce, peppers and onions

Chicken Cheesesteak 🌱 🥚 🍷 \$10.75

cheese sauce, peppers and onions

QUESADILLAS

Cheese Quesadilla 🌱 🥚 🍷 \$8.25

cheddar cheese with your choice of tortilla

Chicken Quesadilla 🌱 🥚 🍷 \$9.75

chicken & cheddar cheese with your choice of tortilla

Steak Quesadilla* 🌱 🥚 🍷 \$11.75

steak & cheddar cheese with your choice of tortilla

ADD ONS

Bacon 🥚 \$3

Fried Onions \$2 🌱

Fried Egg* 🥚 \$1.50

Cheese 🥚 \$2



INTERNATIONAL **BAR**

INDIAN \$0.80 Per Ounce

Chicken Tikka Masala 🌱 🍌 🥚 🌾

Samosa 🌱 🍌

Tikka Paneer 🌱 🍌 🥚 🌾

Channa Masala 🌱 🍌

Tamarind Chutney 🌱 🍌

Cucumber Raita 🌱 🍌 🥚

Basmati Rice 🌱 🍌

Naan 🌱 🍌 🥚 🌾



ENTRÉE SPECIALS

LUNCH & DINNER

\$0.80 Per Ounce

ENTRÉE

Home Style Meatloaf 🌱

Roasted Turkey with Gravy 🌱

Country Fried Chicken 🌱🥚🐠

VEGETABLES

Glazed Carrots 🌱🥚🐠

Buttered Corn 🌱🥚🐠

Steamed Broccoli 🌱🥚🐠

STARCHES

Mashed Potatoes 🌱🥚🐠

Baked Mac & Cheese 🌱🥚🐠🐠

MEAL SWIPES

Lunch: includes one entrée, two sides, dessert and a fountain beverage or water

Dinner: includes one entree, two sides, roll, side salad, dessert and a fountain beverage or water



CHEFS TABLE

POKE & RAMEN BOWLS

PROTEIN

CHOOSE ONE

Grilled Chicken 🍗 \$12.50

Tofu 🍱 \$10.50

Shrimp 🍤 \$14.50

Marinated
Ahi Tuna* 🐟 \$14.75

BASE

CHOOSE ONE

Ramen Noodles 🍜

White Rice 🍚

TOPPINGS

CHOOSE THREE

Broccoli 🥦

Carrot 🥕

Edamame 🍱

Cucumber 🥒

Avocado 🥑

Mushroom 🍄

Roasted Corn 🌽

SAUCE

CHOOSE ONE

Sriracha Mayo 🌶️

Teriyaki 🍷

Thai Glaze 🍷

Gluten Free Soy Sauce 🌿

General Tso's 🌶️

ADD ONS

Extra Protein 🍗 \$4

grilled chicken or tofu

Extra Marinated

Ahi Tuna* 🐟 \$6

Extra Shrimp 🍤 \$6

Extra Toppings \$1

Extra Sauce \$1

BURRITO BOWL

PROTEIN

CHOOSE ONE

Grilled Chicken 🍗 \$12.50

Sofritas Tofu 🍱 \$10.50

Seasoned Ground Beef 🍖 \$13.50

Barbacoa 🍖 \$13.50

BASE

CHOOSE ONE

Flour Tortilla 🌾

Bowl with Cilantro Lime Rice 🌿

TOPPINGS

CHOOSE THREE

Black Beans 🍲

Fajita Peppers & Onions 🌶️

Corn Salsa 🌽

Pico de Gallo 🌿

Avocado 🥑

Shredded Lettuce 🌿

Shredded Cheese 🧀

Jalapeños 🌶️

SAUCE

CHOOSE ONE

Salsa 🌶️

Salsa Verde 🌿

Chipotle Crema 🌶️

Sour Cream 🧀

Hot Sauce 🌶️

ADD ONS

Extra Protein 🍗 \$4

Queso 🧀 \$2

Extra Toppings 🌿 \$1

Extra Sauce 🌶️ \$1

PASTA BAR

PROTEIN

CHOOSE ONE

Grilled Chicken 🍗 \$12.50

Tofu 🍱 \$10.50

Meatballs 🍖 \$13.50

BASE

CHOOSE ONE

Penne 🍝

Cavatappi 🍝

Gluten Free Pasta 🌿

TOPPINGS

CHOOSE THREE

Broccoli 🥦

Spinach 🌿

Mushroom 🍄

Roasted Peppers 🌶️

Caramelized Onions 🍷

Grated Parmesan 🧀

SAUCE

CHOOSE ONE

Marinara 🍷

Pink Sauce 🌶️

Alfredo 🍷

Garlic & Olive Oil 🌿

ADD ONS

Extra Protein \$4

Extra Toppings \$1

Extra Sauce \$1



CHEFS TABLE

PASTA BAR

PROTEIN

CHOOSE ONE

Grilled Chicken 🍷 \$12.50

Tofu 🌱 🍷 \$10.50

Meatballs 🍷 🌱 \$13.50

BASE

CHOOSE ONE

Penne 🌱 🍷

Cavatappi 🌱 🍷

Gluten Free Pasta 🍷 🌱

SAUCE

CHOOSE ONE

Marinara 🍷 🌱

Pink Sauce 🍷 🌱 🍷

Alfredo 🍷 🌱 🍷

Garlic & Olive Oil 🍷 🍷

ADD ONS

Extra Protein \$4

Extra Toppings \$1

Extra Sauce \$1

TOPPINGS

CHOOSE THREE

Broccoli 🍷

Spinach 🍷

Mushroom 🍷

Roasted Peppers 🍷

Caramelized Onions 🍷

Grated Parmesan 🍷 🌱 🍷

