



Superior Trail Race Runner's Special Weekend Menu

Asian Chicken Pecan Fettuccini 20.

Asian Grilled Chicken, Pecans, tossed with pasta and toasted sesame oil with broccoli and cherry tomatoes.

Trail Burger 12.

Turkey or Black Bean Burger, topped with a fried egg, avocado, pico de gallo, garlic aioli and sprouts. Served with fries, tots or house salad

Grilled Portabella Wrap 11.

With roasted red peppers, red onion, spinach, Fresh mozzarella, and sundried tomato mayo.

Chicken Wild Rice Penne 20.

Roasted Chicken, tossed with a creamy parmesan garlic alfredo, caramelized onion and sprinkled with Minnesota toasted wild rice.

Superior Salad 14.

Our Twist on a Chef Salad, hard-boiled egg, roasted turkey, smoked ham, cheddar cheese, wild rice, roasted walnuts over arcadian greens and served with your choice of dressing.

Cajun Blackened Shrimp Cavatappi 21.

Tossed with red peppers, onion in a creamy alfredo sauce with a Cajun kick.

Smoked Salmon Salad 14.

Brown sugar cured salmon, slow smoked and served with wild rice, sliced strawberries, aged cheddar, candied walnuts and raspberry vinaigrette.



Superior Trail Race
Runner's Breakfast Buffet
Served Saturday 6:30-11:00am

\$12.95~ Adults, \$7.95~ Children

Vanilla Yogurt And Trail Mix Granola

Banana's, Melons, Berries & Strawberries

Thyme & Olive Oil Drizzled Fried Potatoes

Power Frittata With Asparagus,
Gruyere Cheese & Portabella's

Caramelized Banana French Toast Bake

Scrambled Eggs With Spinach, Garlic And
Caramelized Onion

Apple Smoked Bacon & Breakfast Sausage

Assorted Protein Muffins



Superior Trail Race

After Race Outdoor Grill Out

Served Saturday 5-8pm

\$14.95 Adults and \$8.95 Kids

~Build Your Own Burrito Bar~

Black Beans, Smoked Chicken, Shredded beef, Refried Beans, Rice, Guacamole, Pico De Gallo and all the Fixings

~Salad & Fresh Fruit Bar~

Arcadian Greens, Romaine, Quinoa, smoked salmon, grilled chicken, hard boiled eggs, Assorted Nuts, Feta and Sharp Cheddar, Garlic Roasted Croutons and fresh vegetable assortment

~Fresh Breads and Spreads~

Assorted Fresh Breads with sweet and savory spreads

Outdoor "Grill Out" will be available after the race and through the evening for easy grab-and-go dining. Assortment will include vegetarian and gluten free items, with a focus on high protein and carbs.