

## free cup of soup



We like tradition and we also understand that we must change with the times.

But one tradition that will remain at the Vermont Sports Grill is that we will always offer you a free cup of soup with your meal (exceptions are appetizers and rookie meals).

So settle in, relax and enjoy one of our creations!

— Chris Purdy

### The Daily Cup

What will we come up with? Your server will let you know!

#### Country Chili

A hearty stew loaded with ground beef, beans and spices.

#### East Coast Clam Chowder

A creamy blend of clams, potatoes and herbs done right.

#### Tomato Herb Bisque

Ripe tomatoes with our own seasoning, blended and finished with a bit of cream.

Soups may be purchased by the cup for 3.99 or bowl for 5.99

#### Our own Onion n' Ale Soup

Savory broth with tons of sweet onions topped with a crunchy herb crouton and lots of cheese, baked in a crock until hot and bubbly 5.99

## Super bowls.....



**Cobb Salad** Fresh mixed greens topped with grilled chicken, tomatoes, bleu cheese crumbles, bacon, veggies and hard-boiled egg. 12.99

**Caesar Salad** The classic...crisp romaine with croutons and parmesan cheese. All tossed in a creamy parmesan and peppercorn dressing. 9.99

**Add on:** Grilled Chicken 12.99  
Roasted Salmon 14.99  
Grilled Shrimp 14.99

**Chef Salad** Assorted mixed greens with julienne turkey, ham, bacon, eggs, olives, tomatoes, onions, cucumbers, croutons, and finished with shredded cheddar, served with choice of dressing. 13.99

**Asian Salmon Salad** Roasted salmon with a garlic and ginger sesame glaze atop a bed of soba noodles, baby spinach, matchstick carrots, red peppers, snow peas and pea shoots. 13.99

**Spinach Salad** Return to the 1980's. A bountiful bowl of fresh spinach topped with chopped egg, red onion, red peppers, croutons and hot bacon dressing. 10.99

**Dressings:** Ranch, Bleu Cheese, Thousand Island, Italian Vinaigrette, Honey Mustard and Parmesan Peppercorn.

## it's a Wrap....



All wraps are served with mixed greens tossed with a Balsamic vinaigrette

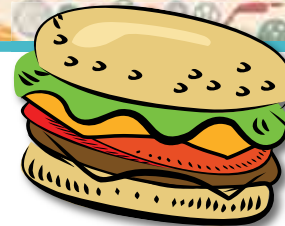
**Chicken Caesar** Grilled chicken tossed with romaine, parmesan cheese and a peppercorn dressing rolled into a whole wheat wrap. 9.99

**Buffalo Chicken** Tender breaded bites of chicken fried, then tossed with buffalo sauce, bleu cheese, lettuce and tomato. Served with ranch dressing. 9.99

**The Club** The classic sandwich all wrapped up with ham, turkey, crisp bacon, lettuce, tomato and mayo. 9.99

**Roasted Veggie** A medley of our fresh roasted veggies with garlic sauce and melted cheddar tucked into a whole wheat wrap. 9.99

## burger town.....



Our half pound fresh certified Angus beef burgers are flat iron grilled **PINK** (med rare to med) or **NO PINK** (med well to well) on a toasted bun with lettuce, tomato and onion. Served with fries and house-made pickles.

**Lum's Burger** Made famous by the landmark Lums Restaurant, which occupied this building prior to the Sports Grill, dusted with Ollies 21 herb and spice blend and topped with bacon, cheddar, grilled onions and thousand island dressing. 10.99

**Philly Burger** Our big burger with grilled peppers, onions, mushrooms and cheddar cheese. 10.99

**Ranch Hand Burger** A half pound of beef grilled then topped with chili, cheddar, jalapeno and guacamole. 10.99

**Bourbon BBQ Burger** Our burger topped with cheddar, onion rings and basted with our sweet and spicy BBQ sauce. 10.99

**Portabello Mushroom Burger** Grilled oven roasted marinated mushroom with baby spinach, caramelized onions, red peppers, and melted swiss and cheddar. 9.99

**Garden Veggie Burger** A guilt free burger... a blend of veggies pattied and topped with grilled onions, peppers, mushrooms and spicy ranch. 9.99

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

### CREATE YOUR OWN

Our hand formed burger with your choice of up to **three** of these **FREE** toppings: 10.99 additional toppings .99 each

Salsa  
Guacamole  
Ranch dressing  
Buffalo hot sauce  
Bacon  
Jalapenos  
Mushrooms  
Grilled onions  
Grilled peppers  
BBQ sauce  
Swiss  
American  
Cheddar  
Bleu cheese  
Parmesan  
Ham  
Black olives  
Garlic sauce  
Thousand island  
Red peppers

## home plates.....



**Roast Turkey** Slow roasted turkey breast layered over corn bread stuffing with smashed potatoes, smothered with Mom's gravy. 10.99

**Hot Hamburger** Our grilled burger layered on toast then topped with Mom's gravy. 10.99

**VSG Meatloaf** Homemade and layered on toast with smashed potatoes and our gravy. 9.99

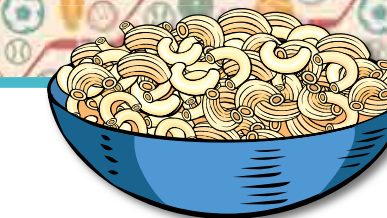
**Fish & Chips** Beer battered cod filet, served with fries, coleslaw, lemon and tartar sauce. 13.99

**Shepherds Pie** Done our way...ground beef, layered with caramelized onions, bacon and corn, topped with red bliss smashed potatoes then baked. 12.99

**Citrus Roasted Salmon** Fresh citrus marinated salmon filet roasted with ribbon vegetables served with rice pilaf. 14.99

**Tequila Lime Shrimp** You'll think you're in Mexico...Sweet succulent shrimp baked in a lime butter sauce, graced with tequila, diced tomatoes and garlic. Served over rice pilaf. 14.99

**Salsa Chicken** Grilled chicken breast topped with our salsa, jalapenos and cheddar with a dollop of sour cream and black olives. 9.99



## gourmet mac n' cheese

### Mom's Five Cheese Recipe

Mom's creamy five cheese sauce recipe baked with buttery crumbs and more cheese until hot and bubbly. 9.99

### Cajun Chicken Alfredo Mac

Spicy slices of grilled chicken top this casserole of noodles and garlicky alfredo sauce. 14.99

### Philly Cheesesteak Mac

Shaved steak with mushrooms, onion and peppers baked in a casserole of curly noodles and philly-licious cheese. 14.99

### Black Forest Ham Mac

Black Forest ham baked with mom's five cheese mac topped with buttery crumbs. 12.99

### Bacon Cheese Burger Mac

Grilled burger with crisp bacon and cheddar baked with mom's mac n' cheese. 14.99

### Buffalo Chicken Mac

Slices of grilled buffalo chicken baked with mom's mac n' cheese topped with bleu cheese crumbles. 14.99

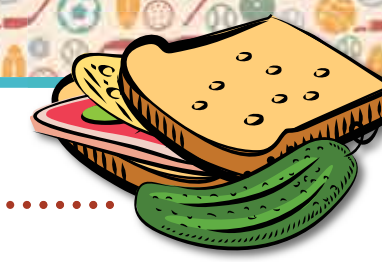
## Sides

- Smashed Red Potatoes • French Fries
- Rice Pilaf • Corn Bread Stuffing
- Chef's Veg • Country Slaw
- Carrots & Celery with ranch dressing

Upgrade for 1.99

- Side Salad • Sweet Potato Fries
- Onion Rings

## Sandwiches.....



(all sandwiches are served with French fries and house-made pickles)

**Meatloaf** Our homemade meatloaf, grilled on sour-dough with melted American cheese and BBQ sauce. 9.99

**Steak or Chicken Philly** Shaved steak or tender strips of chicken grilled with peppers, onions and mushrooms on a toasted hoagie roll with melted cheddar. 10.99

**Red Hots** The classic double hot dog sandwich with secret recipe meat sauce, mustard and onions. 8.99

**CCD's** Two of our mouth-watering chili-cheese dogs. 8.99

**Chicken BLT & C** Grilled, marinated chicken breast with crisp bacon, lettuce, tomato and cheddar on a toasted bun. 9.99

**Chicken Teriyaki** Asian marinated chicken breast with melted swiss cheese, bacon and grilled pineapple on a toasted bun. 9.99

**Big Grilled Cheese** Grilled sourdough with gooey melted swiss, American and cheddar cheeses, served with tomato herb bisque soup for dipping. 7.99 Add tomato or bacon for .99 each

**Pulled Pork** We roast it slow and low until tender, then add BBQ sauce, pile it on a toasted bun and top with coleslaw. 9.99

**Reuben** Classic corned beef on grilled rye with sauerkraut, melted swiss and thousand island dressing. 10.99

**The Sideline** Corned beef, coleslaw and swiss with honey mustard dressing grilled on rye. 10.99

**Harvest Melt** Roasted zucchini, red peppers, tomatoes, red onions, black olives & baby spinach served on a roasted portabello with garlic sauce and melted cheddar. 9.99

**After the Feast** Our roasted turkey with stuffing and homemade cranberry mayo, served on wheat. 9.99

**New England Fish Sandwich** Battered cod, golden fried and served on a toasted bun with tartar sauce. 11.99



## Wings .....

What can we say? We've mastered the wing... marinated in our secret blend of herbs and spices, oven roasted and flash fried until crispy on the outside and juicy on the inside then tossed in one of our many sauces. Served with carrot & celery sticks and your choice of bleu cheese or ranch dressing...extra sauce add .99

Six: 6.99 Twelve: 12.99 Twenty-four: 24.99

### WING SAUCES

**Teriyaki** A blend of soy, pineapple, garlic and ginger.

**Buffalo Bleu Cheese** Our mild buffalo sauce blended with bleu cheese dressing... no dipping required.

**Roasted Garlic & Parmesan** A mouth-watering blend of garlic, herb and parmesan cheese.

**Asian Chile & Lime** Sweet & sour with touch of chile and a splash of lime.

**Honey Bourbon BBQ** A bit of sweet ... a bit of spice everyone can enjoy.

**VSG House Special** This sauce makes the best wings you've ever had!! A combo of spice, BBQ, garlic and a dash of secret stuff.

**Mild Buffalo** The classic wing sauce served our way.

**Cajun** Seasoned then black hot grilled.

**Hot Buffalo** Our classic wing sauce with added spice for heat.

## boneless Wings .....

Tender chicken fingers tossed in your choice of one **wing sauce**, served with carrot & celery sticks and your choice of bleu cheese or ranch dressing. Five: 8.99 Ten: 15.99

\*Wings price subject to change based on market price



## Specials

**TUESDAY** is all you can eat WINGS, for only \$12.99\*

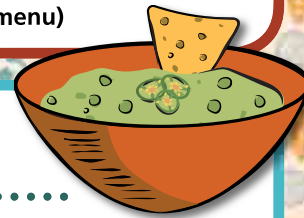
Every Tuesday, served all day. We start you out with a dozen of our amazing wings and reload your plate six more wings at a time...how many can you eat?

\*sharing is not allowed! No Doggie Bags!

**WEDNESDAY** night is FAMILY NIGHT starting at 4:00 until closing

Take a break from the same old routine. Please come and relax with us!

Kids under 12 eat for \$1.99 (from the Rookies menu)



## first inning .....

**Party Platter** Enough to feed the whole team! A huge platter...dozen wings, onion rings, loaded nachos, potato skins, & sliders. 49.99

**Bases Loaded Nachos** Toasted tortilla chips topped with our country chili, cheese, lettuce, tomatoes, scallions, olives and jalapenos. Served with sour cream, guacamole and salsa. 10.99

**Sweet Potato Fries with honey mustard dip** Crispy sweet fries with our own honey mustard sauce. 7.99

**Guacamole, Salsa n' Chips** Our freshly prepared guacamole and salsa, served with toasted tortilla chips. 6.99

**Potato Skins** Golden brown potato skins baked with cheddar cheese and bacon topped with scallions, served with sour cream. 9.99

**Irish Nachos** Crispy fries smothered with our country chili, cheesy queso, bacon bits, sour cream and scallions, baked in a casserole. 11.99

**Onion Rings** A huge pile of beer batter dipped sweet onion slices, fried to a crunchy golden brown, served with our spicy ranch dressing for dipping. 9.99

**The Tater Tower** A beautiful presentation. Golden ribbons of potato quickly fried until crisp, seasoned, then stacked high. Served with house-made ketchup. 7.99

## rookies .....

For our fans under 12 years old.

All meals served with a choice of side and a vanilla ice cream sundae for dessert! 5.99 Add milk, juice or soda for .99

**Mac n' Cheese** A junior size portion of our mom's five cheese recipe.

**Sliders** Two of these little burgers with melted American cheese.

**Grilled Cheese and Tomato Soup** Kids all-time favorite sandwich with yummy tomato soup for dipping.

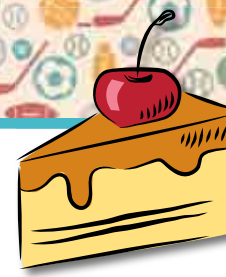
**Stadium Dog** Sooo good, you'll think you're at the game!

**Chicken Fingers** Breaded fingers with ranch dressing for dippin'.

**Roasted Veggie Wrap** Just like the big one but half the size and hold the garlic.



## dessert .....



**Sudden Death Chocolate Lava Cake**

A warm chocolate bundt cake filled with hot, sweet cream ganache, topped with vanilla ice cream and chocolate and caramel sauces. 5.99

**Ice Cream Sundae**

Scoops of vanilla ice cream drizzled with chocolate and caramel sauces, topped with whipped cream and a cherry. 4.99

**D.O.D. (dessert of the day)**

Maybe it's a pie, a cake, cookie, brownie or even a pudding; our little baker will tempt you with something wonderful! Please ask your server. 5.99

## beverages

We serve **Coca-Cola** soft drinks.

Free Refills on all sodas!

Coke	Ginger Ale	Orange
Diet Coke	Dr. Pepper	Lemonade
Root beer	Sprite	Iced Tea

Dasani Bottled Water 1.59

An 18% gratuity will be added to parties of 8 or more.



1705 Williston Road, South Burlington, VT 05403



**VERMONT SPORTS GRILL**  
GOOD EATS ■ GREAT SEATS

*Family, food, fun  
and great seats!*

*Welcome Friends*

Growing up, my Mother always made us kids turn off the TV at meal times.

Here I invite you to watch your game while enjoying your meal!

— Chris Purdy, Owner