# LAKE MURRAY LODGE RESTAURANT MENU

OKL HOMA STATE PARKS

TRAVELOK.COM

# The BLUE HERON

### <u>appetizers</u>

<b>Chips, Queso &amp; Salsa</b> Crispy tortilla chips served with our white beef queso.	\$6
Spinach and Artichoke Dip with Chips	\$6
<b>Fried Green Beans</b> Delicately battered & fried. With your choice of dipping sauces.	\$7
<b>Chicken Tenders</b> With your choice of dipping sauces.	<b>\$</b> 7
<b>Tower of Rings</b> With your choice of dipping sauces.	\$6
<b>Cheese Quesadilla Supreme</b> Filled with cheese, black beans, onions & cilantro. Served with sour cream and salsa. Add grilled chicken for only 99¢.	\$6
<b>Provolone Cheese Sticks</b> Lightly breaded, served with a marinara dipping sauce.	\$7



#### Grilled Chicken Caesar Salad

Fresh romaine lettuce, grilled chicken strips, shaved parmesan cheese & herb croutons. Tossed in our special caesar dressing.

#### Ranch Hand Chef Salad

Smoked turkey, ham and bacon accent this classic salad. Accompanied by sliced eggs, fresh tomatoes, herb croutons & shaved parmesan cheese.

#### Chicken Tender Salad

House greens topped with crispy chicken tenders, diced tomatoes, cheese & bacon.

#### Tuna Star

Tomato star filled with tuna salad, served on a bed of lettuce with hard boiled eggs, olives, pickle spear and choice of dressing.

#### Taco Salad

Your choice of beef or chicken, crisp lettuce salad, tomato, cheddar cheese and salsa.

### sandwiches & wraps

\$8 Each

Served with fresh mesquite potato chips. \*Substitute french fries or dinner salad for \$1.

#### French Dip on Toasted Hoagie Bun

Fresh sliced roast beef with au-jus and a pickle spear.

#### Pulled Pork with Cheddar

Smokey-sweet pulled pork topped with melted cheddar & caramelized onions on a toasted bun.

#### Grilled Chicken Sandwich

A char grilled chicken breast served on a toasted bun with lettuce, tomato, pepper jack cheese, & chipotle mayonnaise.

#### Smoked Turkey with Bacon & Cheddar

On wheatberry, sourdough bread or wrap with lettuce, bacon, thick cheddar cheese and herb mayonnaise.

#### Spicy Tuna Salad on Hearty Wheatberry Bread

Solid white tuna & jalapeno mayonnaise with fresh sliced tomato & lettuce.

#### **Chipotle Philly Beef Wrap**

Shaved, tender beef strips with grilled onions, peppers, mozzarella cheese & chipotle spread, wrapped in a herb garlic tortilla.

#### **Grilled Chicken Wrap**

Fajita chicken, lettuce, tomato, onions, green peppers, cheddar and jack cheese with chipotle spread, wrapped in an herb garlic tortilla.

#### Country Chicken Salad on Hearty Wheatberry Bread or Wrap

Prepared with dried cranberries & pecans with romaine lettuce & tomato.

#### **Club Sandwich**

Double decker served on toasted bread or wrap, ham, turkey, bacon, lettuce & tomato, mayonnaise and pickle spear.

#### Patty Melt

1/3 pound ground beef patty. Served on rye with swiss cheese, choice of cottage cheese and fruit or chips.

#### Reuben

Hot sandwich composed of corned beef, Swiss cheese, sauerkraut, and Russian dressing, grilled between slices of rye bread.

### build your own burger \$8 Each

Served on a toasted bun with lettuce, tomato, pickle spear & french fries. \*Substitute onion rings for \$2.

#### Third Pound Burger

With your choice of cheese & spreads.

**Cheese:** cheddar, american, provolone, pepperjack, swiss, or blue cheese.

**Spreads:** chipotle mayonnaise, chili-lime ranch, caesar dressing, herb mayonnaise, BBQ sauce or steak sauce.

#### Add additional toppings 75¢ each

Bacon, grilled onions, jalapeno relish, mushrooms, onion ring, fried onions or beer battered jalapenos.

#### Vegetarian Burger

Also available with any of the cheese, spreads or toppings.



\*Substitute a dinner salad or sweet potato for \$2

#### Chicken Fried Steak

With mashed potatoes, country gravy & vegetable of the day.

#### Hawg Wild

Slowly smoked pork mini-chops brushed with our special recipe BBQ sauce. Served with mashed potatoes & vegetable of the day.

#### **Chicken Strip Dinner**

Charbroiled or fried with creamy gravy, choice of potato and vegetable of the day.

#### **Catfish Dinner**

Fried, grilled, or blackened catfish served with hushpuppies & fresh coleslaw.

#### **Chicken Fried Chicken**

With mashed potatoes, gravy & vegetable of the day.

#### **Char Grilled Chicken Breast**

Served with choice of baked potato, mashed potatoes or french fries & vegetable of the day.

#### 10 oz. Pork Chop

Grilled over an open flame & served with choice of baked potato or french fries & vegetable of the day.

\*Add grilled onions & mushrooms for only \$1.

# usda choice rib eye steak

A 10 oz. steak grilled over an open flame & served with choice of baked potato, mashed potatoes or french fries & vegetable of the day.

#### Grilled Sirloin Steak

\$16

With choice of baked potato or french fries & vegetable of the day.



A lighter portion for kids of all ages. Choice of one: fries, veggie of the day, or fruit cup. Drink included for children 6 & under.

(3) Chicken Strips (Charbroiled or Fried)
Pizza
Corn Dog
Cheese Quesadilla
Mac & Cheese
(2) Beef Sliders

#### On the Side

#### Desserts

Add one scoop of ice cream \$1.50. Extra toppings: strawberry, chocolate, caramel, cherry \$1.

#### Chocolate Cobbler \$5

Warm fudge brownie with scoop of vanilla ice cream, drizzled with chocolate sauce, topped with whipped cream & cherry.

#### Fruit Cobbler \$3

**NY Style Cheesecake \$4** With strawberry or chocolate sauce.

#### Pecan Ball \$6

Generous scoop of vanilla ice cream rolled in chopped pecans, topped with hot fudge & whipped topping.



# breakfast

Served from 7am -

#### **Healthy Start**

Fresh Yogurt Parfait \$4 Fruit, vanilla yogurt & granola to start your day right.

Bowl of Fresh Fruit \$3 Dry Cereal \$2

Quaker<sup>™</sup> Oatmeal \$4 Served with raisins, brown sugar & seasonal fruit cup.

#### Pancake stacks

<b>Full Stack</b> 3 pancakes topped with butter & warm syrup.	<b>\$</b> 5
<b>Short Stack</b> 2 pancakes topped with butter & warm syrup.	\$4
<b>Lighter Side</b> 1 pancake topped with butter & warm syrup.	\$3
<b>French Toast</b> With cinnamon & sugar or hot apple topping.	<b>\$4</b>

Add \$1.50 for additional toppings. Choice of berries, pecans or chocolate chips.

### <u>build your own</u> omelette

\$8 Each with potatoes & choice of toast or biscuit & gravy.

#### Choose three of the following fillings;

Bacon, ham, sausage, mushrooms, peppers, onions, cheese, green chilies, green onion & jalapeno relish. Each additional filling 75¢.

#### You make it great Breakfast Basics

With potatoes & choice of toast or biscuit & gravy.

#### One Egg

\$6

\$7

Any style Your choice of bacon (2), Sausage (2) or ham.

#### Two Egg

Any style Your choice of bacon (2), Sausage (2) or ham.

## three egg country scrambles

\$8 Each

All scrambles topped with melted cheddar-jack cheese & served with potatoes & choice of biscuit & gravy or toast.

Fresh Vegetable Scrambles **Bacon & Onion Scrambles** Ham & Mushroom Scrambles Green Chili, Onion & Salsa Scrambles Philly Scrambles with Beef, Peppers & Onions

#### Hardy Start

Chicken Fried Steak & Egg	\$10
Chicken Fried Steak, 2 eggs, potatoes,	
biscuits or toast.	

\$10 Chop & Egg Pork Chop, 2 eggs, potatoes, biscuits or toast.

#### On the Side

Bacon (2)	<b>\$2</b>
Sausage (2)	\$3
Sausage Biscuit	\$3
Bacon & Egg Biscuit	\$3
Ham	\$3
Wheat or White Toast	<b>\$2</b>
Biscuits (2) & Gravy	\$3
Potatoes	<b>\$2</b>
One Egg	\$1

Consuming raw or uncooked meats, poultry, seafood, or eggs may increase your risk of contracting a foodborne illness. Certain medical conditions may also increase your risk.

Beverages Coffee, Tea \$2 Lemonade/Soft Drinks \$3

**Juices & Milks** Orange, Apple, Cranberry Medium \$2 Large \$3

Milk or Chocolate Milk \$3