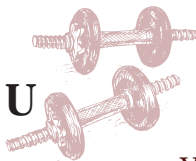


# Jerry Remy's

SPORTS BAR & GRILL



## ATHLETE'S MENU

HEY, GOOD-LOOKIN'! YEAH, WE'RE TALKING TO YOU WITH THE GREAT BODY. YOU WORK HARD. YOU PLAY HARD AND YOU WANT TO EAT HEALTHY, WHICH REALLY ISN'T THAT HARD. WE'VE CREATED TEMPTING CHOICES TO SUIT YOUR LIFESTYLE AND KEEP YOU LOOKIN' GOOD. SO, LOOK NO MORE! SEE WHAT WE'VE GOT COOKIN' WITH OUR NEW ATHLETE'S MENU.

P.S. YOU DON'T HAVE TO BE AN ATHLETE TO TRY IT.

IT'S FOR ANYONE THAT LOVES FRESH, TASTY FOOD AND CARES ABOUT HOW YOU FUEL YOUR BODY!

**Paleo:** ALSO KNOWN AS THE "CAVEMEN DIET", PREFERRED IN THE CROSSFIT COMMUNITY, CONSISTS OF MAINLY PROTEIN AND VEGETABLES, WITH LOW TO NO CARBS OR ARTIFICIAL SUGARS

**Vegetarian:** DOES NOT INCLUDE MEAT, FISH OR CHICKEN. SOME VEGETARIAN DIETS ALLOW DAIRY PRODUCTS

**Vegan:** DOES NOT INCLUDE ANY ANIMAL OR ANY OF ITS BY-PRODUCTS, INCLUDING EGGS OR OTHER DAIRY

**Gluten Free:** DOES NOT CONTAIN THE GLUTEN PROTEIN COMPLEX FOUND IN WHEAT, BARLEY, RYE, TRITICALE AND SOY BY CROSS CONTAMINATION DURING THE ROTATION OF WHEAT CROPS

### PALEO

**FLAT IRON GRASS-FED STEAK**..... 19.9  
Churrasco marinated & grilled, served over a healthy bed of grilled vegetables & sauced with chimichurri. *Beef is pasture-raised locally in Brimfield, MA by River Rock Farm. It's dry-aged 28 days, all natural, hormone free & antibiotic free.*

**HONEY ROASTED PORK BELLY "TACOS"**..... 9.9  
Seared crisp over pico de gallo, fresh avocado, grilled pineapple, sprigs of cilantro & lime wedges. Served in a lettuce wrap

**HERB-CRUSTED ATLANTIC SALMON**..... 14.9  
Pan-seared, oven-roasted & then finished with a balsamic glaze & Extra Virgin Olive Oil. Served over a large bed of grilled vegetables

### VEGETARIAN

**TEMPEH BURGER**..... 9.9  
Fresh avocado, arugula, tomato, soy mozzarella & basil pesto

**BLACK BEAN BURGER**..... 9.9  
Spicy chipotle & blackberry glazed vegetable patty, with green leaf lettuce, tomato, avocado, mayonnaise, mustard corn relish & smoked cheddar

**HERBED TOFU RICOTTA SALAD**..... 9.9  
Balsamic-roasted cherry tomatoes, Extra Virgin Olive Oil, chick peas, lemon & garlic crostini

### VEGAN

**ROASTED BEET SALAD**..... 9.9  
Hearts of palm, cherry tomatoes, cucumbers, roasted artichoke hearts, pine nuts, pomegranate, fennel, rosemary, cashew cheese & roasted vegetable vinaigrette

**QUINOA TABOULEH WRAP**..... 9.9  
Black beans, hummus, fresh greens, carrots, cucumber, brown rice & tahini dressing

**KALE & CRISP APPLE SALAD**..... 9.9  
Massaged kale, carrots, jicama, toasted almonds, cucumbers, avocado, celery, green onions, red peppers & lemon vinaigrette

**AVOCADO & CASHEW CHEESE SANDWICH**..... 9.9  
Fresh avocados, daikon sprouts, cashew cheese, eggless mayonnaise, green leaf lettuce & tomatoes

### GLUTEN FREE OPTIONS

PLEASE INFORM YOUR SERVER OF ANY ITEM YOU WOULD LIKE TO HAVE PREPARED GLUTEN FREE, AND WE WILL CREATE SOMETHING THAT IS APPROPRIATE AND RESPECTFUL OF YOUR REQUEST.

WE WILL GLADLY SUBSTITUTE GLUTEN FREE PASTA AND ROLLS ON ANY OF OUR REGULAR MENU ITEMS.

### OTHER THAN WATER BEVERAGES

#### BEER

REDBRIDGE (gluten free)..... 5.5

#### CIDER

J.P. SKRUMPY'S (gluten free, certified organic)..... 10 (22 oz)

HARPOON CIDER (natural, gluten free)..... 6

#### PALEOTAILS

PALEO BELLINI..... 9.5  
All-natural peach purée topped with Prosecco

STAIRCLIMBER MARGARITA..... 11.5  
Tequila, fresh-squeezed lime juice, club soda, lime garnish

THE NOT-A-COLATA..... 11  
White rum, coconut water, coconut milk, fresh lime juice, orange peel garnish

BLOODY FRAN..... 11  
House-made bloody mix, potato vodka, garnished with extra hot sauce, tomatillo & celery, celery salt rim

BLOODY GRACE..... 11  
House-made bloody mix, silver tequila, garnished with extra hot sauce, tomatillo & celery, chili flake rim

\*These items are cooked to order. The Commonwealth of Massachusetts requires that we inform you that the consumption of raw or undercooked meat, seafood, poultry or eggs may lead to an increased risk of foodborne illness. A gratuity of 18% will be added to parties of 6 or more.