

# LITTLE LEAGUE KIDS MEALS

Proportioned for our junior friends with smaller appetites. All kids sandwiches are served without condiments, just the way they like it.

All Little League Kids Meals include French Fries and Small Soft Drink

- PeeWee Hot Dog ..... 2.99
- PeeWee Grilled Cheese..... 2.99
- PeeWee Burger ..... 3.39
- PeeWee Cheese Burger ..... 3.79
- PeeWee Ham and Cheese ..... 3.79
- PeeWee Chicken Fingers  
Three strips of prime chicken breast with choice of hickory sauce, honey mustard dressing or creamy Ranch dressing..... 3.99
- PeeWee Macaroni & Cheese..... 3.99

## DELICIOUS DESSERTS

- Premium Vanilla Ice Cream  
Finish your meal in style with rich vanilla ice cream drizzled with chocolate syrup ..... 2.95
- Oreo® Brownie Supreme  
Rich, chocolaty brownie made with real Oreo® cookies. Served warm and topped with rich vanilla ice cream..... 3.75



## REFRESHING DRINKS

Coca-Cola Classic, Fanta Orange, Diet Coke, Dr Pepper, Sprite, Root Beer, Fruit Punch, or Fresh Brewed Iced Tea

- Small (16 oz.) ..... 1.79
- Medium (22 oz.) ..... 2.15
- Large (32 oz.) ..... 2.49
- Sunkist™ Real Lemonade  
Small (16 oz.) ..... 2.25
- Medium (22 oz.) ..... 2.50
- Large (32 oz.) ..... 2.95

- Milk (16 oz.) ..... 1.99
- Coffee & Hot Tea ..... 1.75
- Hot Chocolate ..... 1.99

Root Beer Float  
Bigger than ever!  
Premium vanilla ice cream topped with icy root beer served in a tall, frosted mug..... 3.50



## HOW TO ORDER

1. Make your selection  
Order by number or by name...as easy as that.
2. Pick up the telephone  
There's a phone located on the wall near your table. When one of our staff answers, place your order, then replace the receiver.
3. **Ring! Ring!** Your order's ready  
When the phone buzzes, your order is ready at our counter. You can also pick up a wide assortment of condiments, silverware, napkins, straws, and ice water



**1. Midvale**  
6957 South State Street  
801-566-1911

**2. Cottonwood**  
4828 South Highland Drive  
801-272-7398

**3. Sugar House**  
2254 South 1300 East  
(just off I-80 in the Sugar House Center)  
801-484-2900

**4. Layton**  
955 North 400 West  
(just south of Layton Hills Mall)  
801-547-6700

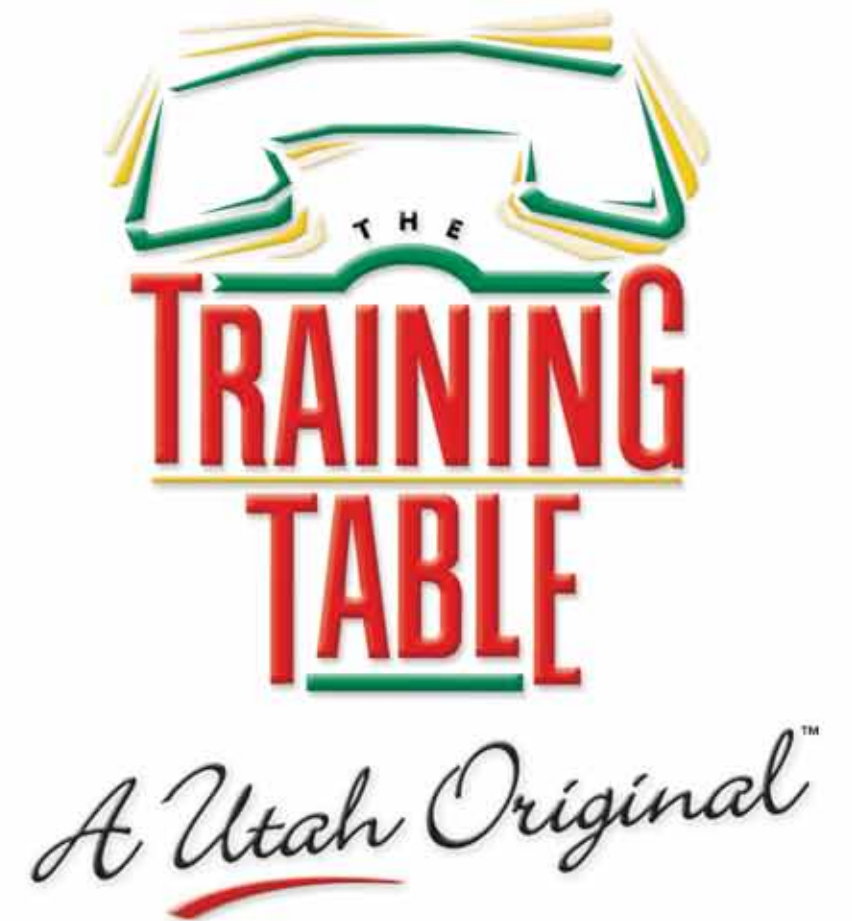
**5. South Towne**  
10672 South State Street  
801-571-1060

**6. E-Center**  
3353 So. Decker Lake Drive  
801-908-6500

**7. Riverton**  
13298 Market Center Drive  
(Next to Home Depot)  
801-302-3298



[www.thetrainingtable.com](http://www.thetrainingtable.com)



In the name of quality and good taste, we feature foods and beverages from these premium brand suppliers:



Thoroughly cooking meats and poultry reduces the risk of food borne illness.

Printed in USA 5/11 1.8M

# FRIES & SIDES



**French Fries**  
Country-style, gourmet french fries made from premium Idaho potatoes cooked golden brown and crispy.

Small (perfect for one)..... 1.59  
Medium (large enough to share)..... 2.49  
Large (enough for the family)..... 3.99

**Onion Rings**  
Unequivocally, these are the finest onion rings in town. Lightly breaded and deep fried 'til golden brown..... 4.25

**The Ultimate Dipping Sauce** **TTR**  
For our fries and rings. .... .45

Side of Texas Toast (two slices).... .95

**Cheese Fries** **TTR**  
The cheesy classic everyone loves. Tangy cheddar cheese melted over our hot, golden french fries.

Small (perfect for one)..... 2.39  
Medium (large enough to share)..... 3.49  
Large (enough for the family)..... 5.25

**Chicken Fingers**  
Five, all-white meat chicken breast strips served with your choice of tangy hickory sauce, honey mustard dressing, or our homemade Ranch dressing..... 5.95



## Soup & Salad Combo

A slightly smaller version of our fresh, crisp Garden Salad served with a cup of tasty soup and Texas toast..... 5.75

**CRISP SALADS**  
We've taken our classic, fresh-from-the-garden salads and made them even better with tender romaine and spring greens.

Our salads are offered with your choice of Bleu Cheese, Honey Mustard, Thousand Island, Italian, or our creamy homemade Ranch Dressing.

**Dinner Salad**  
Chilled tossed greens with tomato wedges, cucumbers, fresh grated carrots and seasoned croutons..... 2.99

**Garden Salad**  
The freshest greens, including romaine and spring mix salad tossed with tomato wedges, shredded carrots, cucumber slices, seasoned croutons, and sprinkled with fresh, grated Cheddar cheese served with a side of Texas toast..... 4.95

**Chef's Salad**  
Tossed greens, tomato wedges, shredded carrots, cucumber slices, seasoned croutons, and sprinkled with grated Cheddar cheese served with a side of Texas toast.  
With sliced Ham..... 6.50  
With sliced Turkey..... 6.50  
With Ham & Turkey (full portions of both!)... 7.25

**Grilled Chicken Salad**  
Chilled salad greens, tomato wedges, artichoke hearts, black olives, grated Parmesan cheese, and croutons, topped with warm seasoned breast of chicken and your choice of dressing served with a side of Texas toast..... 7.50

**Taco Salad**  
Chilled greens, topped with meaty red chili, grated Cheddar cheese, tomatoes, guacamole, and sour cream with crisp taco chips and salsa..... 7.95

## HEARTY SOUPS

The Training Table offers a variety of the finest soups available, made with choice, natural ingredients and no preservatives. An ideal starter course with our burgers and sandwiches, or teamed with a fresh, crisp salad.

**Chicken Noodle, Clam Chowder or Cream of Broccoli Soup**  
Cup..... 2.25  
Bowl..... 3.25  
Soup, 1 quart, to go..... 8.99

**Chili**  
Meaty red Texas chili with beans.  
With grated Cheddar cheese, just add 50¢  
Cup..... 2.75  
Bowl..... 3.75  
1 quart, to go..... 10.99

All Training Table hamburgers are made fresh with a full quarter pound of 100% choice ground beef and flame-broiled to perfection.

# DELECTABLY FRESH HAMBURGERS



**1 Hickory Burger** **TTR**  
Flame-broiled beef with tangy hickory sauce and grated Cheddar cheese on a lightly toasted bun..... 3.95  
Topped with crisp, hot bacon, just add 95¢

**2 Old-Fashioned Cheese Burger**  
Back by popular demand. Our choice 100% beef patty topped with lettuce, tomato, mustard, pickles, onions, and melted American cheese..... 4.25

**3 New! Triple-Decker Burger**  
Sink your teeth into a triple layer of premium beef patties each topped with a slice of melted American cheese, plus lettuce, tomato and mayonnaise..... 6.45

**4 All-American Burger**  
A quarter pound, flame-broiled beef patty with melted American cheese, pickles, lettuce, onions, and Thousand Island dressing..... 4.35

**5 The Westerner** **TTR**  
A quarter pound of flame-broiled ground beef topped with melted Swiss cheese, lettuce, tomatoes, mayo, three slices of crisp bacon and our special hickory-flavored western BBQ sauce ..... 5.65



## MAKE IT A COMBO

A small order of French fries, a 22 ounce soft drink, and an Ultimate Dipping Sauce

Just add **\$3.95** to the price of the burger or sandwich.

**6 Ranch Burger**  
Crisp bacon, melted American cheese, fresh lettuce, and tomato with our special Ranch dressing on a prime beef patty..... 5.65

**7 New! Jalapeño Burger**  
A premium beef patty topped with mild jalapeños, onions, lettuce, melted American Cheese, and a dollop of sour cream..... 5.65

**8 Mushroom Burger**  
A choice beef patty piled high with scrumptious, sautéed mushrooms and light mushroom sauce, all covered with grated Cheddar cheese.... 5.65

**9 Verdé Smothered Burger**  
An outstanding blend of south-of-the-border tastes. Juicy, quarter-pound burger topped with grated Cheddar cheese, guacamole, sour cream, lettuce, all smothered with mild pork chili verdé! ..... 5.95

**10 Bacon Swiss Burger**  
Quarter pound of choice ground beef topped with melted Swiss cheese, lettuce, tomatoes, and mayonnaise. And of course, lots of hot, crisp bacon ..... 5.55

**11 Hawaiian Burger** **TTR**  
Making waves on the mainland! Premium grade ham, grilled pineapple, lettuce, and a choice 100% beef patty, topped with tangy hickory sauce ..... 5.65

**12 X-TREME Double Burger** **TTR**  
A double dose of all-beef patties piled high with lettuce, tomato, hot bacon, onion, Cheddar cheese, mayonnaise, and our famous Hickory sauce..... 6.45

**13 Double Cheese Burger**  
A traditional-style double cheese burger done The Training Table way. Two 1/4 lb. beef patties, double doses of melted American cheese, ketchup, mustard, pickles and onions ..... 5.45

**14 Stroganoff Burger** **TTR**  
A fantastic combination of melted Swiss cheese topped with fresh, sautéed mushrooms and a dollop of sour cream..... 5.65

**15 Guacamole Bacon Burger**  
Seasoned guacamole, lettuce, melted natural Swiss cheese, crowned with hot, crisp bacon. 6.25

**16 Bleu Bacon Burger** **TTR**  
The one that made us famous! Rich Bleu cheese dressing, hot, crisp bacon, with fresh lettuce, tomatoes and Swiss cheese..... 5.65

**17 Pastrami Burger**  
Full quarter pound beef patty with melted Swiss cheese, topped with mayonnaise, lettuce, tomatoes, and a heaping portion of seasoned pastrami..... 6.25

# SPECIALTY SANDWICHES

Crafted to tantalize your taste buds, our sandwiches are made with only the freshest of ingredients.

**18 Fisherman's Fillet**  
Fish fillet, deep-fried golden brown, with crisp lettuce, tartar sauce, and grated Cheddar cheese..... 5.95

**19 Grilled Cheese**  
Made a special way on authentic San Francisco sourdough bread..... 3.95  
Topped with tomatoes and mayo, add just .45

**20 Original B.L.T.**  
Crisp, hot bacon, with mayonnaise, fresh lettuce and sliced tomatoes..... 5.45

**21 Chili Dawg OR Chili Burger**  
Choose Two juicy, char-broiled franks or a beef patty, topped with thick, meaty chili, and aged Cheddar cheese..... 5.95

**22 Chicago Style Dawg**  
A pair of juicy franks broiled over an open flame with mustard, pickles, onions, and tomatoes, just the way you like it..... 5.25

**23 New! Turkey Guacamole**  
The perfect combination. Deli-sliced turkey breast and fresh guacamole with lettuce, tomatoes, and melted Swiss cheese..... 5.75

**24 Turkey Sandwich**  
Fresh, sliced turkey breast, mayo, lettuce, tomatoes, and melted Swiss cheese..... 5.25

**25 Turkey & Bacon** **TTR**  
Our great turkey breast sandwich with lettuce and tomatoes. Topped with crisp, hot bacon, Swiss cheese, and our unique Ranch dressing..... 5.95

**26 Turkey & Ham**  
Fresh, sliced turkey with lettuce and tomatoes, topped with premium smoke-cured ham, Swiss cheese, and our unique Ranch dressing..... 5.95

**27 Chicken Sandwich**  
Tasty char-broiled chicken breast fillet, with lettuce, tomatoes and mayonnaise..... 5.45

**28 New! Chicken Cordon Bleu**  
A plump, char-broiled chicken breast topped with smoke-cured ham, melted Swiss cheese, lettuce, and special sauce..... 6.45

**29 Chicken Fiesta**  
Grilled pineapple atop a breast of charbroiled chicken with tangy hickory sauce and mayonnaise..... 5.75

**30 Chicken Ranch**  
A juicy, char-broiled chicken breast topped with hot, crisp bacon, lettuce, and tomatoes and a generous helping of our homemade ranch dressing..... 6.45

**31 Hot Pastrami on Rye**  
Heaps of delicately seasoned pastrami, melted Swiss cheese, lettuce, tomatoes, and mayonnaise, served on toasted Rye bread..... 6.45

**32 Hot Ham & Cheese**  
Select deli cuts of smoke-cured ham, melted American cheese, fresh lettuce, tomatoes, and mayonnaise. Served hot..... 4.95

**33 Patty Melt**  
Flame-broiled beef patty with grilled onions, Swiss cheese, served on toasted Rye bread with Thousand Island dressing..... 5.45

**34 The Training Table Club** **TTR**  
Our unique version of an old standby. Ham, turkey, bacon, Swiss cheese, fresh lettuce, tomato, and our special Ranch dressing..... 6.45

**35 Gardenburger®**  
All-natural, meatless patty topped with lettuce, tomato, mustard, pickles, and onion..... 5.75



The Original B.L.T. (#20)



## EXTRAS

Additional Hamburger Patty ..... 1.00  
Bacon (3 strips) ..... 0.95  
Guacamole ..... 0.95  
Side of Texas Toast (2 slices) ..... 0.95

Sautéed Mushrooms ..... 0.95  
Cheese (American, Cheddar or Swiss)..... 0.50  
Tomatoes (2 slices) ..... 0.45  
Hickory Sauce  
1 quart, to go ..... 8.50  
House Ranch Dressing  
1 quart, to go ..... 6.99