



TROPHY'S

Sports Bar & Grill

255-1111
2701 DOUGLAS AVE.
DES MOINES, IA

LUNCH MENU SERVED WEDNESDAY - FRIDAY 11AM - 3PM

DINNER MENU ALSO AVAILABLE

MONDAY & TUESDAY 3PM - 11PM

SATURDAY & SUNDAY 11AM - 11PM

BAR & MINI MENU TILL 2 AM DAILY

OPEN 7 DAYS A WEEK!

PRIVATE BANQUET ROOM & LOFT. SEATING UP TO 135

BOWLING AND/OR VOLLEYBALL COMBOS AVAILABLE

www.plazalanesdm.com



PRE-GAME

Our Chicken Wings were voted #1 by Juice Magazine in Des Moines.

CHICKEN STRIPS

Five breaded chicken breast strips served plain, mild, medium or hot with your choice of ranch, honey mustard or bbq sauce for dipping. 8.99

SPINACH & ARTICHOKE DIP

A Trophy's favorite - guaranteed to keep you coming back. Homemade spinach and artichoke mixed with our creamy sauce and fresh crisp tortilla chips. 7.99

CHAMPIONSHIP RINGS

A huge platter of beer-battered onion rings, served with your choice of ranch or honey mustard. 7.99 Half order 5.99

JALAPEÑO POPPERS

Eight breaded cream cheese-filled jalapeño peppers cooked to a golden brown. 7.99

CHIPS & SALSA

Our fresh fried tortilla chips served with salsa. 3.49

NACHOS SUPREME

Fresh fried tortilla chips made daily, topped with melted cheese, lettuce, tomatoes, black olives, jalapeños, sour cream and salsa. Choose beef or chicken. Half Order 7.49 Full Order 9.99

QUESADILLA

A large grilled tortilla shell filled with pico de gallo, melted cheese and your choice of seasoned beef or chicken, with lettuce, tomatoes, black olives, sour cream and salsa. 8.99

TRIPLE PLAY

Four naked wings, four jalapeño poppers and four mozzarella sticks served with ranch... Something for everyone! 10.99

CHICKEN WINGS

Eight large breaded or naked wings served mild, medium hot, bbq, teriyaki, Asian or our own "Angry Chicken" sauce, served with celery and choice of ranch or bleu cheese dressing OR seven boneless wings served any style. 8.99

CHILI CHEESE FRIES

A huge mound of crispy french fries loaded with our homemade chili and melted cheddar cheese, served with sour cream. 7.99

MUSHROOMS

A generous portion of the best breaded mushrooms anywhere, served golden crisp with ranch dressing. 7.99

HOCKEY STICKS

Eight breaded mozzarella cheese sticks served golden with marinara sauce. 6.99

QUESO CHEESE DIP

Our signature cheese dip served with tortilla chips. 3.99

New!

FRIES & RINGS COMBO

Half order of our fried onion rings and crispy french fries. 4.49
make 'em Trophy's fries for 1.00 more

PIG SKINS

Crisp potato skins smothered with diced tomatoes, olives, green onions and cheddar cheese, topped with your choice of bacon, seasoned beef or seasoned chicken, served with sour cream... Great! 7.99

PEPPERJACK CHEESE STICKS

Eight parmesan battered pepperjack sticks fried to a crisp golden brown, served with marinara sauce. 6.99

SOUPS & SALADS

TACO SALAD

A crisp tortilla shell filled with lettuce, tomatoes, black olives and cheddar cheese. Choice of taco beef or chicken, served with salsa and sour cream. 8.99
Half size 7.49

GRILLED CHICKEN SALAD

Crisp lettuce piled high with onions, eggs, tomatoes, broccoli, cheddar cheese and croutons. Topped with a flame-broiled chicken breast (plain or cajun) with your choice of dressing. 9.99

CHICKEN CAESAR SALAD

A six-ounce, flame-grilled chicken breast served over romaine lettuce with garlic-cheese croutons and asiago cheese, tossed with our classic roasted garlic caesar dressing. 9.99
Side Caesar Salad 4.99

DINNER SALAD

A bed of fresh, crisp lettuce topped with tomatoes and croutons, served with your choice of dressing. 4.99

CHEF'S SALAD

Lettuce with smoked ham and turkey, onions, tomatoes, broccoli and egg, served with your choice of dressing. 9.49 Half Chef 7.49

HOMEMADE CHILI

Made fresh with only the finest ingredients. Winston Cup 3.29 Super Bowl 4.29

SOUP OF THE DAY

Ask your server about our featured soup. Winston Cup 3.29 Super Bowl 4.29

CRISPY CHICKEN SALAD

A bed of crisp lettuce piled high with onions, tomatoes, broccoli, egg, cheddar cheese, croutons and two breaded chicken strips (choice of regular or buffalo style) served with your choice of dressing. 9.99 Half Chicken Strip Salad 7.49

Dressings: ranch, fat-free ranch, French, bleu cheese, thousand island, Italian, balsamic vinaigrette, oil & vinaigrette or our house dressing: honey mustard.

ENTRÉES

Entrées include our delicious Italian breadstick, soup or salad, steamed vegetables and your choice of one: cottage cheese, cole slaw, baked potato, garlic mashed potatoes or seasoned fries... **Make 'em Trophy fries for 1.00 more.**

All of our steaks are hand cut 21-day-aged USDA-choice... We suggest our steaks be cooked no higher than medium for tenderness and flavor.

***Not responsible for steaks ordered well done.**

* RIBEYE

A twelve-ounce USDA-choice perfectly seasoned ribeye steak well-marbled to ensure excellent taste and tenderness, sealed with our house seasonings for maximum flavor and flame-grilled. 17.99

* ST. LOUIS RAMS BBQ RIBS

Slow cooked, tender "St. Louis Style" pork ribs basted with Sweet Baby Ray's BBQ sauce, oh, so tender and tasty.
half rack 11.99 full rack 16.99

* TOP DOG

An aged USDA-choice, seasoned center cut top sirloin... This is one to try.
six oz 9.99 ten oz 13.99

* CHICKEN FRIED STEAK

A tenderized, breaded steak with a generous portion of mashed potatoes, smothered with gravy, served with steamed vegetables 10.99

MONDAY NIGHT COWBOY STEAK SANDWICH

only 7.99
5pm - 10 pm

WEDNESDAY NIGHT ALL-YOU-CAN-EAT SPAGHETTI

Adults 7.99 Children 4.99
5pm - 10 pm

* THURSDAY NIGHT RIBEYE NIGHT

only 12.99
5pm - 10 pm

* SATURDAY NIGHT TROPHY'S BBQ RIBS

Half Rack 10.99 Full Rack 13.99
5pm - 10 pm

TUESDAY NIGHT KIDS EAT FREE

with each paid adult meal
5pm - 10 pm

DATE NIGHT

select 2 sandwiches (up to 8.49 ea)
and a pitcher of domestic beer or
pop for only 19.99
5pm - 10 pm

* FRIDAY NIGHT PRIME RIB NIGHT

10 oz 13.99 12 oz 15.99
5pm - 10 pm

SUNDAY MEATLOVERS OR TACO PIZZA

(Sixteen Inch) only 16.99
10:30 am - 2 am

* Choice of 2 sides or dinner salad and 1 side

PASTABILITIES

Pastas include our delicious Italian breadstick and your choice of soup or salad.

CHICKEN BROCCOLI ALFREDO

Fresh broccoli tossed with creamy alfredo sauce and fettuccine noodles, topped with a perfectly flame-grilled chicken breast fillet. This one's a crowd pleaser! 13.49

FETTUCCHINE

A heaping plate of thick fettuccine noodles smothered with your choice of alfredo or marinara sauce. 9.49
With meatballs 10.49

CAJUN CHICKEN ALFREDO

A bed of fettuccine noodles covered in a combination of spicy cajun spices and creamy alfredo sauce, topped with marinated, cajun chicken breast and melted pepperjack cheese. 13.49

EXTRA POINTS

BACON .69

COLE SLAW 1.29

COTTAGE CHEESE 1.29

TEXAS TOAST .79

RANCH OR BBQ .69 each

JALAPEÑOS .69

CHEESE (swiss, american, mozzarella, pepperjack) .69 each

SAUTÉED GREEN PEPPERS, ONIONS OR MUSHROOMS .69 each

GARLIC MASHED POTATOES 2.49

MASHED POTATOES with gravy 2.49

FRENCH FRIES regular 2.49 large 3.49

TROPHY FRIES 3.79

BAKED POTATO 2.49

STEAMED VEGETABLES 2.49

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

AN 18% GRATUITY WILL BE ADDED TO ALL PARTIES OF 8 OR MORE.

FROM THE BAR

(Subject to change)

DRAFT BEER

Available in... 16-ounce ~ 23-ounce glass ~ Pitchers

Try The GIANT Trophy Tower... 120-ounce beer tower w/ tapper

Bud Light ~ Budweiser ~ Sam Adams (seasonal)
Michelob Golden Light ~ Michelob Ultra ~ Michelob Amber Bock
Miller Lite ~ Coors Light ~ Boulevard Wheat

** Beers Subject To Change **

BOTTLED BEER

Bud Light ~ Budweiser ~ Bud Select ~ Schlitz ~ Michelob Golden Light
Miller Lite ~ Miller High Life ~ MGD ~ MGD 64 ~ Bud Ice ~ PBR ~ Coors Light
Busch Light ~ O'Douls ~ O'Douls Amber ~ Bud Light (Cans) ~ Bud Light & Calamato

PREMIUM BOTTLED BEER

Bud Light Lime ~ Michelob Light ~ Michelob Ultra ~ Michelob Amber Bock
312-American Ale ~ Boulevard Wheat ~ Blue Moon ~ Sam Adams
Fat Tire ~ Woodchuck

IMPORT BOTTLED BEER & SPECIALTIES

Corona ~ Corona Light ~ Heineken ~ Guinness ~ New Castle
Rolling Rock ~ Stella Artois

FLAVORED ALCHOLIC BEVERAGES

Mike's Hard Lemonade (ask your server about available flavors)
Smirnoff Ice ~ Smirnoff Triple Black ~ Bacardi Raz ~ Smirnoff Apple

ENERGY DRINKS

Red Bull ~ Red Bull Sugar Free

WINES

Sutter Home By The Glass:

Chardonnay ~ Cabernet Sauvignon
Merlot ~ White Zinfandel

**ASK ABOUT OUR
BOTTLED WINES**

BEVERAGES

* includes one free refill

* **COKE PRODUCTS OR LEMONADE** 1.99

HOT CHOCOLATE 1.49

* **COFFEE OR HOT TEA** 1.69

ORANGE JUICE (16 oz) 1.99

* **FRESH BREWED ICED TEA** 1.99

MILK (white or chocolate 16 oz) 1.99

FINISH LINE

**FEATURED DESSERT...
ASK YOUR SERVER ABOUT
TODAY'S FEATURE**

ICE CREAM

Cold vanilla ice cream with your choice of
strawberry or chocolate topping. 2.99

CHOCOLATE VOLCANO

Just like it sounds, a mound of moist chocolate brownie
oozing with a warm chocolate center, topped with
ice cream and whipped cream. 6.99

PEE WEES

All meals are served with a small drink.

12 & under only, please.

Kids eat free on Tuesdays... One child per adult paid meal.



Mac n' Cheese 3.99

Fettuccine 4.29
(choice of marinara or alfredo sauce and texas toast)

Items below are served with an ice cream cup and your choice
of french fries, cottage cheese or mashed potatoes.

Chicken Strips (2) 4.99

Cheese Sticks 4.29

Grilled Cheese 3.99

Hot Dog 3.79

Cheeseburger 4.99

Mini Corn Dogs 4.49

BURGERS

All burgers are grilled to medium, unless otherwise specified, and are served with lettuce, tomato, pickle, onion and your choice of cottage cheese, cole slaw or seasoned fries... **Make 'em Trophy fries for 1.00 more.**

SUBSTITUTE A DINNER SALAD OR UNION RINGS for 1.99

DOUBLE ANY BURGER for 2.99 extra **OR ADD A CUP OF SOUP** for 1.49 extra

* CUBBY MELT

A 1/2-pound flame-grilled burger with sautéed onions, Swiss and American cheese on grilled marble rye bread. 8.49

* MUSHROOM SWISS

A 1/2-pound burger with seasoned, sautéed mushrooms and melted Swiss cheese on a grilled kaiser bun. 8.49

* CHIEF'S CHILI CHEESEBURGER

A 1/2-pound flame-grilled burger smothered with our homemade chili and melted cheddar cheese, served open-faced on grilled texas toast. 8.99

* TROPHY BURGER

A 1/2-pound burger flame-grilled to your liking, topped with a spicy cappicola ham and melted Swiss cheese, served on a grilled kaiser bun. 8.99

New!

* RANCH BURGER

A 1/3-pound burger with Swiss cheese, crisp bacon and ranch dressing served on a grilled Kaiser bun. 7.49

* BACON CHEESEBURGER

A 1/2-pound burger with crisp bacon and melted american cheese on a grilled kaiser bun. 8.49

*** BUILD YOUR OWN BURGER...**
ask how

PIZZA

TROPHY'S SPECIALTY PIZZAS

	(12")	(16")
HAWAIIAN BOWL Canadian bacon and pineapple piled over a mound of mozzarella cheese.	12.49	16.99
MEAT LOVERS Graziano sausage, hamburger, pepperoni, Canadian bacon, and bacon spread graciously over this masterpiece.	14.99	18.99
VEGETARIAN Green peppers, banana peppers, mushrooms, olives, onions, tomatoes and lettuce.	14.99	18.99
BUFFALO, BBQ OR ALFREDO CHICKEN Any of these three will send your taste buds through the roof.	14.99	18.99
TROPHY'S SUPREME Graziano sausage, pepperoni, onions, green peppers, olives and mushrooms.	16.99	19.99

CHEESEBURGER PIZZA

This specialty allows your tastebuds to have two of America's favorites all in one. Ground hamburger, slices of American cheese, onions and pickles (12") 13.99 (16") 17.99
Make it a bacon cheeseburger! add...
(12") 1.29 (16") 1.69

TACO PIZZA

We start with our homemade refried bean sauce, seasoned taco meat, special blend of cheeses then we add lettuce, tomatoes, onions and top it with our homemade taco chips. Served with choice of salsa or taco sauce (12") 14.99 (16") 17.99

CREATE YOUR OWN! START WITH A CHEESE PIZZA

(9") 7.49 (12") 9.99 (16") 11.99

ADDITIONAL TOPPINGS

(9") 1.00 per topping (12") 1.29 per topping (16") 1.69 per topping

chicken	hamburger	onions	mushrooms	sauerkraut	jalapeños
bacon	pepperoni	tomatoes	green peppers	pineapple	mozzarella cheese
meatballs	Graziano Sausage	black olives	banana peppers	lettuce	cheddar cheese
	Canadian bacon	green olives	artichoke hearts	taco chips	parmesan cheese

TROPHY'S IS YOUR SPORTS HEADQUARTERS

**SUNDAY NFL TICKET, NFL NETWORK, ESPN COLLEGE FOOTBALL GAMEZONE
ESPNU, ESPN FULL-COURT BASKETBALL & MLB BASEBALL
27 FLAT-SCREEN TV'S INCLUDING 7 INDIVIDUAL BOOTH TV'S &
DES MOINES' LARGEST MONSTER 20-FT. HD BIG-SCREEN...**

**RESERVE OUR 4-SEASON PATIO, UPPER LOFT OR BANQUET ROOMS
FOR YOUR FAVORITE GAME OR PARTY ALL YEAR AROUND!**

(AVAILABLE FOR GROUPS UP TO 135 PEOPLE)

***ENJOY SAND VOLLEYBALL AT VOLLEY'S VOLLEYBALL AND GRILL**

RESERVE YOUR NEXT GROUP PARTY OR EVENT

(SPORTING EVENTS, BIRTHDAYS, ANNIVERSARIES, BACHELOR(ETTE), CORPORATE, CLASS REUNIONS OR OTHER)

**4-SEASON PATIO, UPPER LOFT OR BANQUET ROOM FOR GROUPS UP
TO 135 PEOPLE WITH BUFFET MENU AVAILABLE... PH: 515-255-1111**

SPECIAL TEAMS

All Special Teams sandwiches (unless noted) are served with your choice of cottage cheese, cole slaw or seasoned fries... **Make 'em Trophy fries for 1.00 more.**

SUBSTITUTE A DINNER SALAD OR ONION RINGS for 1.99
OR ADD A CUP OF SOUP for 1.49

REFEREE REUBEN

Corned beef or **smoked turkey** with 1000 island, sauerkraut and two slices of Swiss cheese on grilled marble rye bread. 8.49

DETROIT TENDERLOIN

This is one of the best! A huge breaded pork tenderloin fried golden brown... Don't be surprised. We couldn't find a bun big enough for this one! 8.49

FRENCH DIP

Seasoned roast beef piled on a grilled hoagie bun, served au jus. 8.49
add sautéed onions, mushrooms or peppers for .69 each add cheese for .69

ASPEN CLUB MELT

Half smoked ham, Half smoked turkey and crisp bacon with tomato, Swiss & American cheese on grilled sourdough bread. 8.99

New!
TITAN CHICKEN SANDWICH

A flame-grilled chicken breast topped with our homemade spinach-artichoke dip. 8.99

THE PACKER CLUB

We "pack" on the smoked ham, turkey, bacon, American cheese, lettuce and tomato, served with mayo on three slices of toasted sourdough bread. 8.99

GRILLED TURKEY

A heaping pile of delicious smoked turkey breast with melted Swiss and American cheese stacked between two slices of grilled texas toast. 7.99

New!

BLT

Crisp bacon, lettuce, tomato and mayo on two slices of toasted sourdough bread. 6.99

THE PHILLY FAN

Thin-sliced ribeye, grilled onions and American or your choice of cheese, served the way it was created back in south Philly in 1930, served on an Italian hoagie roll. 8.49

MEATBALL MANIA

Our famous Italian meatballs smothered with marinara sauce and fresh melted mozzarella cheese, served on an Italian hoagie roll. 8.49

HAM & CHEESE

A heaping pile of smoked ham with melted Swiss and American cheese on grilled texas toast. 7.99

THE HAWKEYE HEATER

Spicy... 1/2 lb of Graziano sausage cooked with just the right spices and sauces, topped with jalapeños and pepperjack cheese. 8.49

* COWBOY SANDWICH

A six-ounce tender top sirloin steak flame-grilled to your liking, topped with sautéed onions and mushrooms, served open-faced on grilled texas toast. 9.49

PITCHER'S MOUND

Tender roast beef stacked high between two slices of sourdough bread with mashed potatoes smothered with piping-hot beef gravy. 8.49 (no sides)

New!
BEARS BURRITO

Seasoned beef or chicken with lettuce, onions, tomatoes, shredded cheddar cheese and Spanish rice. 8.99

CHICKEN & FISH

All sandwiches are served with lettuce, tomato, pickle, onion and your choice of cottage cheese, cole slaw or seasoned fries... **Make 'em Trophy fries for 1.00 more.**

SUBSTITUTE A DINNER SALAD OR ONION RINGS for 1.99
OR ADD A CUP OF SOUP for 1.49

ULTIMATE CHICKEN

Our flame-grilled chicken breast with smoked ham and melted swiss cheese on a grilled kaiser bun. 8.99

CHICKEN STRIP SANDWICH

Our delicious breaded chicken strips deep-fried golden brown, served plain, mild, medium or hot, topped with mozzarella cheese on a grilled kaiser bun. 7.99

FISH & CHIPS

These deep-fried chilean tilapia fillets will savor those fisherman needs. Served with fries and cole slaw. 9.49

New!

CLUB WRAP

A great alternative to the deli sandwich. Smoked turkey, ham, mayo, crisp bacon, lettuce, tomatoes and cheese rolled in a flour tortilla. 8.99

CYCLONE WRAP

Fajita chicken, lettuce, tomato, pico de gallo, banana peppers, cheddar and mozzarella cheese with ranch dressing rolled in a flour tortilla. 8.99

New!

BUFFALO CHICKEN WRAP

Our buffalo sauce covers strips of breaded chicken deep-fried golden brown, with lettuce tomatoes and bleu cheese dressing. 8.99

TROPHY'S CAJUN SANDWICH

A six-ounce chicken breast marinated in a special cajun seasoning, then flame-grilled to perfection, topped with crispy bacon and melted pepperjack cheese on a grilled kaiser bun. 8.99

VIKING MELT

A six-ounce flame-grilled chicken breast with sautéed onions, mushrooms and Swiss cheese, sided with Heinz 57® sauce on a grilled kaiser bun. 8.99

CHICKEN STRIP BASKET

Four of our delicious breaded chicken strips (plain, mild, medium or hot), served with your choice of ranch, honey mustard or bbq sauce for dipping. 8.99

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