

Salads

Chef Salad	\$2.95
Julienne Salad	\$4.95
Grilled Chicken Salad	\$6.95
Crispy Chicken Salad	\$6.95
Chicken Caesar Salad	\$6.95
Steak Salad	\$6.95

All salads are served with iceberg & Romaine lettuce, tomatoes, carrots & croutons.

Dressings: Ranch, Italian, Caesar, Blue Cheese, French, Light Italian & Light Ranch

Beverages

Soda:	
S/\$1.50 M/\$2.00 L/\$3.00	
Pepsi, Diet Pepsi, Sierra Mist, Mountain Dew, Orange, Dr Pepper, Gatorade, Lemonade, Iced Tea (Sweetened or Unsweetened)	
Fresh Coffee, Hot Tea	
Hot Chocolate	\$1.25
Milk	\$1.00
Juice	\$1.50
Tomato, Orange, Pineapple	

On Tap:

Bud, Bud Light, Blue, Blue Light and Yuengling	
Pints	\$3.00 Pitcher \$8.75
Bottled Beer	
Bud, Bud Light, Blue, Blue Light, Molson Light, Michelob light, Michelob Ultra, Miller, Miller Lite, Miller High Life, Miller 64, Yuengling, Yuengling Light, Bud Select 55, Coors Light, Smirnoff Ice	\$3.25
Premium Beer: Corona, Heineken, Guinness	\$4.50

Wraps

Ham, Turkey or Tuna	\$4.95
Special Wraps:	
Chicken Caesar	\$5.95
Grilled chicken, mix of romaine & Iceberg lettuce, mozzarella & caesar dressing	
Philly Steak	\$5.95
Philly steak, grilled peppers and onions, provolone cheese, and mayo	
Buffalo Chicken	\$5.95
Crispy chicken, grilled peppers & onions, mozzarella cheese, and blue cheese	
Hot, Medium or Mild	
Fajita	\$5.95
Steak or chicken, grilled peppers & onions, cheddar cheese and salsa	
Garden Veggie	\$5.95
Lettuce, tomato, mushrooms, onions, green & black olives, provolone cheese & mayo	
Wraps: Served on whole wheat or plain flour wraps, with lettuce, tomato, onion, & cheese. Your choice of oil or mayo.	

Breakfast

Breakfast Sandwich	\$3.50
Sausage, Egg, Cheese	
Breakfast Wrap	\$3.50
Bacon, Egg, Cheese	
Bagel W/ Cream Cheese	\$1.75
English Muffin	\$1.25
Toast 2 Slices	\$1.25

Sandwiches

Served with Chips, Lettuce, Tomato and Pickle	
Substitute Fries add	\$1.00
Ham, Turkey, Tuna, Salami, Bologna or Cappicola	\$3.50
BLT	\$3.25
Club Sandwich	\$4.50
Hot:	
Served with Fries	
Roast Beef W/ Gravy	\$4.95
Turkey W/Gravy	\$4.95

From the Grill

Sahlen's Hot Dog	\$2.25	2/	\$3.95
Hamburger	\$3.45		
Cheeseburger	\$3.95		
Grilled Cheese	\$3.25		
Grilled Ham/Cheese	\$3.95		



6oz Beef on Weck	\$5.95
Served with Fries	
Grilled Chicken	\$5.95
Served with Lettuce, Tomato, Mayo on a Costanzo's Roll, Add Bacon 2 Slices .75¢, Mushrooms .75¢ Add cheese .50¢	
Sausage	\$5.95
Served Mild or Hot with sauteed peppers & onions and fries.	
Fried Bologna	\$4.95
Served with peppers, onions provolone cheese and fries.	

Pizza

All Pizza prepared with fresh made dough, Red Pack Pizza sauce w/basil, and Sorrento Mozzarella Cheese.



Slice	Personal	Medium	Large	Tray
	4	6	8	24
Cheese:	\$1.49	\$3.99	\$7.99	\$10.49
Add Items:	.50	\$1.00	\$2.00	\$4.00
*Items	.75	\$1.50	\$3.00	\$4.00
				\$8.00

Additional Items:

Extra Cheese, Pepperoni, Hot Peppers, Sweet Peppers, Mushrooms, Bacon, Black Olives, Green Olives, Sausage, Ham, Onions or Tomato

*Steak, Grilled Chicken, Chicken Fingers

Large pizza w/ 1 topping and 20 wings \$22.95

Wings & Fingers:

Flavors Available: Mild, Medium, Hot, XXHot, BBQ, Hot BBQ, & Honey Garlic

Every 10 Wings and 3 Fingers are served with 1 Cup of Blue Cheese & Celery

Wings:

Single Wing (10)	\$7.49	Char-B-Q	\$8.49
Double Wing (20)	\$12.99	Char-B-Q	\$14.25
Triple Wing (30)	\$17.99	Char-B-Q	\$19.99
Jumbo Bucket(50)	\$24.99	Char-B-Q	\$28.99

Fingers:

Single (3)	\$5.25	Double (6)	\$10.25
Triple (9)	\$14.25	Family (12)	\$19.99

Waves Bar and Grill

Inside Rapids Bowling Center



(776) 297-2500
9524 Niagara Falls Blvd, 14304
www.rapidsbowlingcenter.com

Appetizers

Fries	S/\$1.99	M/\$3.75	L/\$5.49
Add Cheese Sauce or Gravy	.75¢		
Onion Rings	\$3.50		
Mozzarella Sticks	4/\$4.50		
Pizza Logs	4/\$5.95	8/\$10.95	
Served With Marinara Sauce			
Jalapeno Poppers	5/\$4.95		
Served with Hot Sauce or Cheese			
Fresh Veggie Tray	\$2.00		
Fried Veggies	\$4.95		
Mushrooms, Zucchini and Cauliflower			
Served with Ranch			
Nachos	\$2.95		
Served with Salsa & Cheese			
Potato Skins	5/\$5.95		

Combo Deals

2 Chicken Fingers, 2 Pizza Logs & Fries	\$6.75
Pizza Slice with 2 Chicken Fingers	\$3.95
Chicken Fingers 2 with Fries	\$5.50
Rapids Platter	\$6.75
2 Pizza Logs, 3 Mozzarella Sticks, 3 Hot Poppers, & Fries	\$9.95
Deluxe Platter	\$9.95
2 Chicken Fingers, 2 Pizza Logs, 3 Mozzarella Sticks & 2 Hot Poppers	\$16.95
300 Platter	\$16.95
3 Chicken Fingers, 4 Pizza Logs, 4 Mozzarella Sticks, 3 Potato Skins & Fried Veggies	

All Combo's Served with choice of sauces