

THE Spring House



History tells us that the role of the “Spring House” has been of great importance to man. As a storage place of meats, fruits and vegetables and provider of its bountiful, cool waters, it has nourished and sustained man as he struggled to settle and tame his virgin lands.

Our SPRING HOUSE, here on Center Point Road, stands on the site of McLeods Spring an recalls the drama of early Cedar Rapids. Here in 1841,

John G. McLeod first saw the potential of the Big Spring on his claim and built one of the first sawmills in Iowa: In 1945 he added a run of stones for “cracking corn,” and in later years, other uses included: conversion to a distillery, used as a fish hatchery in the 1870’s and later as a source of bottled spring water delivered throughout Cedar Rapids. The great volume of cool, clear water always invited towns people to stop and fill their

containers from the penstock beside Highway 150.

As a manager, owner of the Spring House, I deeply regret that new laws regarding public use of spring water, do not permit us to use this natural resource, even though the Spring Waters are still plentiful under our restaurant.

We welcome you to this historic site... It is our desire to serve you in the tradition of all Spring Houses – providing the nourishment of good food.

YOUR FAMILY RESTAURANT
CEDAR RAPIDS, IOWA

OWNERS: LOREN AND LOIS; LESTER AND JILL SCHMITZ
MANAGER, LESTER SCHMITZ • NIGHT MANAGER, KEITH SCHMITZ • ASST. MANAGER, LADD McGUIGAN

APPETIZERS

Mozzarella Sticks	4.95
Onion Rings	2.95
Broasted Potatoes	2.00
Cheese Sauce 3 oz. side	1.50



T-Bone

STEAK & SEAFOOD

T-Bone (16 oz.) 14.95
With sauteed mushrooms

Boneless Sirloin Strip (8 oz.) 10.95
U.S. Choice with sauteed mushrooms

Steak & Shrimp

6 oz. Ribeye with sauteed mushrooms 11.95

8 oz. Sirloin Strip with sauteed mushrooms 12.95
Choice of Breaded or Sauteed Shrimp

Sauteed Shrimp 8.25

Tilapia Tortilla Crusted 10.95

Tilapia Grilled 8.25

Salmon Fillet 8.25
4 oz broiled with citrus pepper glaze

Breaded Fantail Shrimp 8.25

Battered Cod Fish Fillets 8.25

The above dinners include: choice of potatoes; choice of cottage cheese, cole slaw, gelatin, cup of soup, special salad or tossed salad; hot roll and butter (no roll served on Steak & Shrimp).

Salad Bar instead of Salad, 1.00 extra



Steak & Shrimp



Breaded Fantail Shrimp



Sauteed Shrimp

MEALS

Smokey Mesquite Season, Broiled Boneless, Skinless, Chicken Fillet. 8.25
2 - 4 oz. portions

Broasted Pork Chop 8 oz. 8.25

Ham Steak 7.25

Broasted Chicken:

regular order includes: 1-breast 1-high 1-leg 1-wing 7.95

white meat only, includes: 2-breasts 8.70

Chicken Fried Steak 7.25

ground beef with chicken seasoning, breaded and deep fried and smothered with gravy (no gravy after 8:00 p.m.)

Spaghetti And Meatballs served with Texas toast 6.95

The above dinners include: choice of potatoes (not on spaghetti), choice of cottage cheese, cole slaw, gelatin, special salad or tossed salad, hot roll & butter (not on spaghetti).

Salad Bar instead of Salad, 1.00 extra

Ranch Steak, 6 oz. rib eye served with texas toast. 8.25

Chicken Tenders, 3 all white meat tenders, dinner roll ... 7.25

The above dinners include: French fries and creamy coleslaw



Tilapia Tortilla Crusted



Broasted Chicken



Spaghetti & Meatballs



Chicken Tenders

BUFFET & SALAD BAR

Served Monday - Friday. Includes Soup and Salad Bar

Lunch (10:30am to 4:30pm) 6.25

Dinner (4:30pm to 7:30pm) 7.25

Salad Bar with Soup 6.25

SPRING HOUSE GIFT CERTIFICATES MAKE GREAT GIFTS ANY TIME OF THE YEAR

SPRING HOUSE SPECIALTY SANDWICHES

Add A Cup Of Soup To Any Sandwich For \$1.25



Reuben Delite or Lo-Cal Reuben

A combination of grilled corned beef or turkey, Swiss cheese and sauerkraut served on grilled rye bread, with a dill spear. Served with French fries 7.25
sandwich alone 6.25



Red Lion Cheeseburger

A giant 1/2 lb. hamburger, broiled, topped with cheese and bacon and served on a grilled bun with French fries 7.25
sandwich alone 6.25



Hot Beef Sandwich

(Served until 8:00 P.M.) Served with mashed potatoes and smothered with gravy. . . . 6.25
1/2 order 5.25



Chicken Royal

Breaded or broiled, topped with melted Swiss cheese and bacon. Served with cole slaw and French fries. 7.25
sandwich alone 6.25



T.N.T.

Pork tenderloin grilled or breaded served on a bun, with cole slaw and French fries. 7.25
sandwich alone 6.25



French Dip

A beef sandwich featuring juicy, thin-sliced roast beef, served with au jus dipping sauce, a dill spear and French fries . . . 7.25
sandwich alone 6.25

MINI PLATES

Served with french fries, creamy cole slaw, and dinner roll with butter.

- Chicken Nuggets** 6.95
- Mini Shrimp** 6.95
- Mini Fish** (cod). 6.95
- Mini Chicken** breaded or broiled. 6.95
(broiled with smokey mesquite season)



SOUP OF THE DAY

- Cup** 2.25
- Bowl**. 2.95

SANDWICHES

All cold sandwiches are made with lettuce, mayonnaise & butter. Lite mayo upon request.

Add .05 for toasting, Add .25 for sourdough bread
No rare or medium rare hamburgers will be served

- Turkey** 3.50
- Turkey, Ham, Cheese** 4.95
- Ham** hot or cold. 3.50
- Tuna**. 3.50
- Tuna Melt** 3.95
- Fried Egg** 2.95
- Chicken Fillet** breaded or broiled 4.50
(broiled with smokey mesquite season) with lettuce and mayo
- Fish Fillet** 3.95
- American Grilled Cheese**. 2.95
- Grilled Ham & Cheese** 3.95
- Breaded or Grilled Pork Tenderloin** 6.25
- Bacon, Lettuce & Tomato on Toast** 2.95
- Hamburger** 1/4 lb 3.25
- Cheeseburger** 1/4 lb 3.50
- Deluxe Hamburger** 1/4 lb. 3.50
- Red Lion Cheeseburger** 1/2 lb, cheese and bacon 6.25
- Kid's Favorite** Hamburger & French Fries
for kids of all ages 5.95



SALADS

- Ham Chef Salad 6.25
- Turkey Chef Salad 6.25
- Taco Salad 6.25
- Grilled Chicken Strip Salad 6.25

*Dressings: French, Thousand Island, Hidden Valley Ranch and Honey Mustard.
Fat Free Dressings: French & Honey Mustard
Bleu Cheese and Salsa for .20 extra.*

SIDE ORDERS

- All Potatoes (except baked) 2.00
- Baked Potatoes 2.15
- Onion Rings 2.95
- American Fries 2.00
- Jello or Cottage Cheese 1.80
- Creamy Cole Slaw 1.80
- Tossed Salad (bleu cheese .20 extra) 2.25



**Bar B Qued Pork Rib
Friday & Saturday Nights!**

KIDDIE KORNER!

*(Served to children under 12 only)
Served w/ jello, peach, mashed potatoes or french fries, dinner roll & choice of beverage.*

- Chicken Nuggets 3.25
- Grilled Cheese 3.25
- Ham 3.25
- Fish Fillet (One Piece) 3.25
- Spaghetti with Sauce 3.25
(spaghetti has no potato or peach)

DESSERTS



Ice Cream
Vanilla, Flavor of the Month,
Cinnamon, Rainbow Sherbet
1 Dip . . . 1.50 2-dips . . 2.00

- Mini Sundae one dip, syrup 1.95
- Deluxe Sundaes chocolate 2.95
- Hot Fudge Sundae 3.80
- Malts And Shakes 2.50



KATHY'S PIES:

- Fresh Baked Fruit Pies 2.40
(would you like it heated?)
 - a la mode add 1.00
 - Hot Apple Pie & Cinnamon Ice Cream . . 2.95
 - Homemade Cream Pie 2.40
- We also sell whole pies... See cashier to purchase!**



Breakfast served at any time, menu available upon request

BEVERAGES

-  **Coffee** 1.25
regular or decaf
- Cappuccino** 1.50
- Iced Tea** 1.50
-  **Raspberry Iced Tea** 1.50
- Hot Tea, Reg Or Decaf** 1.50
- Pop** free refills 1.50



- Lemonade** (in season) 1.50

- Hot Chocolate** 1.50
- Roberts Milk** chocolate, 2% or skim 1.50
- Malts & Shakes** (we use quality ice milk)
chocolate, strawberry & vanilla 2.50

Bottled Beers



Imports & Malternatives

