

CLUB GRUB

BURGERS

Toasted sesame bun dressed with lettuce, tomato, onion, mustard and Duke's mayo - served with french fries
Substitute Zapp's chips for \$1.50

Club Cheeseburger \$7.50

Add a patty \$2.95

Turkey Burger \$8.50

Add a patty \$3.50

Beyond Burger \$12.50

Add a patty \$7.50

SANDWICHES

Served with french fries
Substitute Zapp's chips \$1.50

Substitute garden salad, Caesar or fruit cup \$2.50

The Club \$10.50

Roasted turkey, crisp bacon, shaved ham, mayo, lettuce and tomato on toasted wheat berry bread

Southern Chicken

Salad Sandwich \$7.95

Pulled roasted chicken, celery and egg with Duke's mayo, served with lettuce and tomato on toasted wheatberry bread
Substitute stuffed tomato for wheat berry bread \$1

Double PB & J \$5.95

Three layers of country white triangles - crusts removed

Chesapeake Salmon Cake Sandwich \$12.50

Grilled salmon, celery, tomato, lettuce and mayo, seasoned with Old Bay on toasted sesame bun

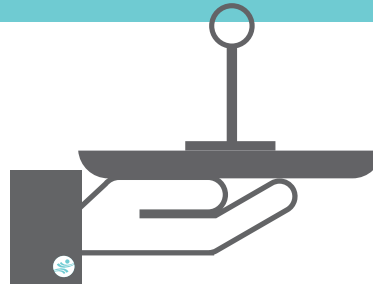
Grilled Cheese \$5.95

Cheddar and American cheeses on country white bread

Breakfast

Sandwich \$4.95

Bacon, egg and choice of cheese and bread (no french fries)



APPETIZERS

Bacon Cheddar

Fries \$6.95

Crispy fries with bacon bits and melted cheddar

Sea-Salted

Edamame \$4.95

Steamed with sea salt and fresh black pepper coconut aminos \$1

Teriyaki Marinated

Ahi Tuna \$9.25

Sesame seed tuna seared rare with sea-salted edamame, pickled ginger and fresh wasabi

Grilled Chicken and Cheddar Quesadillas

\$5.95

Salsa fresca and sour cream

Pepperoni

Flatbread \$4.75

Red sauce, mozzarella and Parmesan cheeses - ranch dippin' sauce

Salsa Fresca and Queso \$5.50

Endless corn tortilla chips

Original Buffalo Spiced Wings \$10.50

Ranch or blue cheese sauce with french fries

Zapps Chips \$2.50

Regular, mesquite barbecue, salt and vinegar or Voodoo

ABC Nuggets (Absolutely Best Chicken) \$5.50

Ranch or BBQ dippin' sauce with french fries

French Fries

Full order \$2.95

Fruit Cup

Large \$3.75

SALADS

Classic Caesar \$6.25

Romaine, grated parmesan and roasted garlic croutons
Substitute gluten-free croutons \$1

California Chopped Chicken Cobb \$11.50

Chopped lettuces, roasted chicken, apple smoked bacon, tomatoes, egg and bleu cheese crumbles

Southwest Kale \$8.50

Chopped kale, black bean, sweet corn, mandarin oranges, tomato and bell pepper - Citrus Cilantro Vinaigrette

Sesame Salmon \$9.50

Mixed greens, tomato and tuxedo seeds with grilled salmon filet, roasted edamame and wonton crisps - Honey Wasabi

Quinoa Tabbouleh \$5.95

Steamed red quinoa, fresh cucumbers, tomatoes and Italian parsley with fresh arugula, lemon, mint and olive oil drizzle

Proteins

Substitute or add:

Pan-seared salmon filet \$4.95

Seared rare ahi tuna \$5.50

Roasted chicken breast \$1.25

Dressings

Herbed Buttermilk Ranch

Classic Caesar

Citrus Cilantro Vinaigrette

Honey Mustard Wasabi

Italian Vinaigrette*

Fat Free Balsamic Dijon
Vinaigrette

*Keto, Paleo and Whole30 compliant

SOUPS

Chef-Created Cup \$3.95

Soup and Salad \$7.95

Daily soup with garden salad
Substitute Club or Chicken Salad Sandwich \$2

Breads

Country white

Sesame bun

Wheat berry

Romaine lettuce wrap

Gluten-free bun \$2.75

Cheeses

American

Cheddar

Pepper Jack

DRINKS

Iced Coffees \$3.25

20 oz

Caramel Macchiato
Mocha
White Chocolate

Smoothies \$5.95

20 oz

Fruit

Strawberry, banana and/or blueberry

Green

Kale, green apple, spinach

Bases: Almond milk or 2% milk

Add peanut butter, Nutella or protein powder \$.50 ea

Grown Up

Wine

6 oz \$7 9 oz \$8.50 Bottle \$28

Whites:

Pinot Gris
Sauvignon Blanc
Chardonnay
Rose'

Reds:

Pinot Noir
California Blend
Malbec
Cabernet

Beer

Can \$2.75 Bucket (4 cans) \$7.95

Bud Light	Coors Light	Sierra Nevada P.A.
Bud Ice	Michelob Ultra	Corona
Miller Lite	Yuengling Lager	Dos Equis

Flyway or Lost Forty heavy pour - 20 oz - \$4.95 (Racquet only)

Specialty

Sangria \$5	White Claw Seagram Escapes Can \$3.25 Bucket (4 cans) \$12	Mimosa \$5
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Everyone

Unsweetened Tea \$2.50 Lemonade \$2.50

Soft Drinks - Coke, Diet Coke, Sprite, Dr. Pepper, Root Beer \$2.50

Bottled Water \$2 Icees - cola, strawberry \$2.50

Grill Hours

Monday - Thursday

11:00 am - 9:00 pm

Friday

11:00 am - 8:30 pm

Saturday

11:00 am - 8:00 pm

Sunday

11:00 am - 8:00 pm

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birthday celebration, book club
meeting, watch party or anything
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