

CLUB GRUB

BREAKFAST

Available until 10:30 am

EGGS

Sandwich \$2.75

Build your breakfast from the box below

Burrito \$2.75

Grilled flour tortilla, sour cream, salsa fresca and jalapeños

Bowl \$3.50

Base of kale, quinoa or oven roasted potato hash

pick 4

Eggs	Breads	Proteins	Cheeses
Fried whole	Wheat berry	Bacon	American
Egg white	English muffin	Ham	Cheddar
	Country white	Turkey sausage	Smoked gouda
	Sesame bun	+1 egg	Pepper jack

MORNING SPECIALTIES

Today's Frittata \$3.50

Chef inspired

Belgium Buttermilk Waffle \$3.50

Maple glaze and whipped cream

California Avocado Toast \$3.75

Sliced avocado, tomato, egg, arugula, salsa fresca, jalapeños, sour cream sea salt and citrus olive oil

FUEL Granola and Yogurt \$2.75

Naturally sweet granola with plain Greek yogurt

Southern Steel Cut Oatmeal \$2.50

Warm with local honey and cinnamon
Add raisins, Craisins, coconut or slivered almonds \$.75 ea

APPETIZERS

Salsa Fresca and Queso \$4.95

Endless corn tortilla chips

Spiced Nuts \$5.95

Unique blend of sweet and spiced roasted peanuts, cashews and pecans

Tex-Mex Nachos \$7.95

Corn tortilla chips, southwest seasoned beef, lettuce, queso, salsa fresca, sour cream and jalapeños

Original Buffalo

Spiced Wings \$7.95

Ranch or blue cheese sauce

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

Chili Cheese

Fries \$6.75

Crispy fries with chili and queso finished with cheddar, sour cream and jalapeños

BURGERS

Toasted sesame bun dressed with lettuce, tomato, onion, mustard, Duke's mayo with Zapp's chips

Club Cheeseburger

Turkey Burger

Impossible Burger™

Single	Double
\$4.95	\$6.95
\$5.95	\$7.95
\$7.50	\$14.95

SANDWICHES

Served with Zapp's chips

Substitute french fries, house garden salad or Caesar \$1

"The" Club \$6.95

Roasted turkey, crisp bacon, shaved ham, lettuce and tomato on toasted country white bread

Chesapeake Salmon

Cake Sandwich \$8.75

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

Southern Chicken Salad Sandwich \$6.75

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

Breads

Country white

Sesame bun

Wheat berry

Iceberg lettuce wrap

Chips

Regular

Mesquite barbecue

Salt and vinegar

Voodoo

KIDDO FOOD \$4.75

Includes drink and chips

Add garden salad or fries \$1

Pepperoni Flatbread

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

Grilled Chicken and Cheddar Quesadillas

Salsa fresca, sour cream and jalapeños

Gooey Three Cheese

Grilled on country white bread

ABC Nuggets

(Absolutely Best Chicken)

Ranch, BBQ or Grub dippin' sauce

Double PB & J

Three layers of country white triangles - crusts removed

French Fries

Full order \$2.95

SALADS

Classic Caesar \$6.25

Romaine, grated parmesan and roasted garlic croutons

California Chopped Chicken Cobb \$7.95

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

Southwest Kale \$6.95

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

Sesame Salmon \$8.75

Chopped romaine and heritage greens, tomato and tuxedo seeds with grilled salmon, 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:

Seared herbed salmon \$2.50

Seared rare ahi tuna \$2.50

Oven roasted chicken breast \$1

"Old School" fried egg \$1

Dressings

Fat Free Dijon Vinaigrette

Herbed Buttermilk Ranch

Classic Caesar

Citrus Cilantro Vinaigrette

Honey Wasabi

Italian Vinaigrette*

*Keto, Paleo and Whole30 compliant

SOUPS

Chef Created Cup \$2.75

Soup and Salad \$5.95

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

DRINKS

Iced Coffees \$3.25

20 oz

Caramel Macchiato

Mocha

White Chocolate

Smoothies \$3.25

20 oz

Fruit

Strawberry, banana and/or blueberry

Green

Kale, green apple, spinach

Bases: Almond milk, 2% milk, greek yogurt

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

Everyone

Sweet or Unsweetend Tea \$1.25

Lemonade \$1.25

Soft Drinks - Coke, Diet Coke, Sprite, Dr. Pepper, Root Beer \$1.25

Bottled Water \$1

Icees - cola, strawberry \$2.50

Grown Up

Wine

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

Whites:

Pinot Gris, Ponzi, Willamette Valley, 2017
Sauvignon Blanc, Silverado, Napa Valley, 2017
Chardonnay, Chalk Hill, Sonoma Coast, 2017
Rose', Ferrari-Carano, Sonoma County, 2017

Reds:

Pinot Noir, Elouan, Oregon, 2016
California Blend, Ferrari-Carano, Sonoma County, 2016
Malbec, Catena Vista Flores, Argentina, 2016
Cabernet, Smith & Hook, Central Coast, 2016

Beer

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

Bud Light

Miller Lite

Yuengling Lager

Sierra Nevada P.A.

Michelob Ultra

Corona

Modelo

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