

DINNER

STARTERS

SOUP DU JOUR

Ask your server for today's selection

CUP 3.50 BOWL 5.50

TUSCAN FLATBREAD

Sliced tomatoes, basil pesto, topped with fresh mozzarella and drizzled with balsamic vinegar reduction

10.95

CHICKEN WINGS

With your choice of BBQ, Buffalo, Honey Mustard, or Sweet Chile sauce

9

Tf TROPICAL SHRIMP COCKTAIL

Jumbo shrimp served with a tropical fruit salsa and lime garnish

8.50

FRIED CALAMARI

Served with sweet chile sauce and cucumber wasabi

7.50

LIGHT FARE

Tf LAKE TAHOE SALAD

Herbed chicken on mixed greens with dried cranberries, avocado, Danish bleu cheese and tomatoes tossed in our balsamic vinaigrette

11.95

DRESSINGS

BALSAMIC VINAIGRETTE

APPLE VINAIGRETTE

THOUSAND ISLAND

HONEY MUSTARD

BLEU CHEESE

HONEY LIME

LORENZO

CAESAR

RANCH

Tf CAPRESE SALAD

Sliced tomatoes on leaf lettuce with fresh mozzarella, extra virgin olive oil balsamic drizzle and basil pesto

7.50

CAESAR SALAD

7

TRADITIONAL WEDGE SALAD

7

Tf HOUSE SALAD

Fresh seasonal vegetables on mixed greens with your choice of dressing

SMALL 4.50 LARGE 8



Troon**Fit** entrées under 500 calories

DINNER

ENTREES

RIBEYE STEAK 23.95

12 oz. steak grilled to perfection served with choice of potato and vegetable of the day

BABY BACK RIBS 17.95

Fall off the bone tender with our own BBQ sauce served with coleslaw and garlic bread

BRAISED SHORT RIBS 17.95

In red wine mushroom sauce served with mashed potatoes, peas and carrots

FRESH FISH OF THE DAY MARKET PRICE

Ask server for the day's special

MARYLAND CRAB CAKES 17.95

Served with a Cajun remoulade

SHRIMP & ARTICHOKE GRATIN 17.95

Jumbo shrimp sautéed with artichoke hearts in white wine sauce with parmesan cheese served on a bed of spinach with balsamic reduction

Tf GRILLED ATLANTIC SALMON 17.95

Served over wilted spinach with roasted potatoes and fresh vegetables topped with a lemon Beurre Blanc

SHRIMP AND CHICKEN CURRY 15.95

Sautéed shrimp and chicken with pineapple and sweet red bell pepper in our curry sauce served over rice

FRIED SHRIMP PLATTER 15.95

Served with french fries, cocktail sauce and lemon

CHICKEN PARMESAN 13.95

Served over pasta with garlic bread

Tf PASTA PRIMAVERA 13.95

Fresh vegetables sautéed in extra virgin olive oil, garlic and herbs served fettuccini pasta **add chicken (5) shrimp (5)**

FISH & CHIPS 12.95

Fresh beer battered cod served with french fries, coleslaw and tartar sauce

DESSERTS

CHEF'S CHEESECAKE 7

Ask server for flavor of the day

CRÈME BRULEE 7

MOLTEN CHOCOLATE LAVA CAKE 7

KEY LIME PIE 6

ADD SCOOP ICE CREAM 1



TroonFIT entrées under 500 calories