

LUNCH

STARTERS

SOUP DU JOUR

Ask your server for today's selection

CUP 3.50 BOWL 5.50

SUPREME NACHOS

Topped with nacho cheese sauce, black bean and corn salsa, sour cream, guacamole & sliced jalapeños

9

add chicken (5) shrimp (5)

Tf TROPICAL SHRIMP COCKTAIL

Jumbo shrimp served with a tropical fruit salsa and lime garnish

8.50

CHICKEN WINGS

Six jumbo wings served with celery sticks and your choice of BBQ, Buffalo, Honey Mustard or Sweet Chile sauce

8

LIGHT FARE

AVOCADO SHRIMP LOUIS

Tender shrimp tossed in our Louis dressing with avocado and tomatoes served on mixed greens

12.95

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 WARM GOAT CHEESE SALAD

Pecan-crusted goat cheese on fresh spinach with marinated artichokes, hearts of palm, roasted beets, strawberries & Bermuda onions with honey lime vinaigrette

11.95

CAESAR SALAD

SMALL 4.50 LARGE 7

add chicken (5) shrimp (5) salmon (7)

SALAD TRIO

10.95

Chicken salad, tuna salad and egg salad served atop mixed greens & garnished with tomatoes

Tf HOUSE SALAD

SMALL 4.50 LARGE 8

Fresh seasonal vegetables on mixed greens with your choice of dressing



Troon**FiT** entrées under 500 calories

LUNCH

All sandwiches & burgers are served with choice of side

SANDWICHES, WRAPS & FLATBREADS

THE ULTIMATE REUBEN	11.95
Corned beef piled high on grilled rye with Swiss cheese, sauerkraut & Russian dressing	
EXTREME VEGGIE SANDWICH	11.95
Grilled Portobello mushroom, roasted bell pepper, grilled onions & goat cheese served on choice of grilled bread with lettuce, tomato, avocado with garlic herb aioli	
SHADOWS CLUB SANDWICH	11.95
Ham, turkey, bacon, Swiss cheese, lettuce, tomato & mayo on your choice of bread	
ZINFANDEL FLATBREAD	11.95
Seasoned chicken, mozzarella & red onion with BBQ sauce and drizzled with apricot glaze	
TUSCAN FLATBREAD	10.95
Tomato, fresh mozzarella and basil pesto	
THE FAIRWAY MELT	10.95
Ham, turkey & Swiss on choice of grilled bread with apricot chutney	
TURKEY CRUNCH WRAP	10.95
Smoked turkey, Swiss, lettuce, tomato, pecans & cranberry mayo	
BLACKENED CHICKEN WRAP	10.95
Blackened chicken breast, Swiss cheese, lettuce & tomato with spicy Ranch sauce	

ENTREES & BURGERS

SIDES

(*) A LA CARTE

SWEET POTATO FRIES (5)
COTTAGE CHEESE (4)
FRENCH FRIES (4)
ONION RINGS (5)
PASTA SALAD (3)
FRESH FRUIT (5)
COLESLAW (4)
CHIPS (2)

PASTA PRIMAVERA	13.95
Fresh vegetables sautéed in extra virgin olive oil, garlic & herbs served over fettuccini pasta add chicken (5) shrimp (5)	

FISH & CHIPS	12.95
Fresh beer battered cod served with french fries, coleslaw and tartar sauce	

SHADOWS BURGER	10.95
8 oz. Angus beef patty on a brioche bun with lettuce, tomato, onion, and pickle choice of cheese add bacon (1) avocado (1)	

TURKEY BURGER	10.95
All white meat turkey served on grilled sourdough with lettuce tomato, red onion, avocado and Monterey jack cheese	



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