

# Shadows RESTAURANT

## Entrees

### Eggs Benedict - 11.95

saturday and sunday only

toasted english muffin, topped with poached eggs,  
canadian bacon, and hollandaise Sauce

### Corned Beef Hash and Eggs - 10.95

made fresh with potatoes, and onions

### Build Your Own Omelet - 10.95

3 eggs, cheese, tomato, spinach, onions, mushrooms,  
bell peppers, bacon, ham, sausage or jalapeños

### Hearty Skillet - 9.95

Three eggs, potatoes, ham, tomatoes, sausage, bacon,  
onions, cheddar cheese, sour cream  
Served with choice of toast

### Breakfast Combo Platter - 8.95

2 eggs any style, 2 pancakes, 2 bacon or 2 link sausages

### **FIT** 2 Eggs Breakfast - 7.95

Choice of meat, side and Toast

### Eggs Choices

Egg breakfast are served with toast and choice of  
tomato slices,  
country potatoes, fresh fruit cup, or cottage cheese

### Smoked Salmon platter - 10.95

Served with a toasted bagel cream cheese, tomato,  
onion, and capers

### Pancakes - 6.25

served with maple syrup, whipped butter

### Cinnamon French Toast - 7.95

served with maple syrup, whipped butter

### Oatmeal - 4.50

brown sugar, raisins, butter and milk

## Sides

TOAST or ENGLISH MUFFEN - 2.00

BAGEL and CREAM CHEESE - 4.00

BACON, SAUSAGE or CANADIAN BACON - 3.00

HASH BROWNS or COUNTRY POTATOES - 4.00

FRESH FRUIT - 4.25

## Beverages

Hot Tea - 2.50

House Coffee and Decaf - 2.50

Hot chocolate - 2.50

Milk - 2.50

### Juice

Apple Orange Cranberry  
Sm. 2.50 Lg. 4.50

TROON GOLF®

[www.theshadowsrestaurant.com](http://www.theshadowsrestaurant.com)

Breakfast daily 8:00 am - 11:00 am  
Hours Sunday thru Thursday 11:00 am - 6:00 pm  
Friday and Saturday 11:00 am - 8:00 pm

TroonFIT

Consumer Advisory: Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of foodborne illnesses.

# Shadows RESTAURANT

## Salads

**GF AVOCADO SHRIMP LOUIS - 13.95**  
tender shrimp tossed in our louis dressing with avocado, tomatoes served on mixed greens

**FIT LAKE TAHOE SALAD - 12.25**  
herb chicken over mixed greens with dried cranberries, avocado, bleu cheese and tomatoes tossed in our balsamic vinaigrette

**FIT ASIAN CHICKEN SALAD - 12.25**  
lo Mein, snow peas, carrots, scallions, red peppers, napa cabbage and ginger- sesame dressing

**SPINACH SALAD - 12.25**  
fresh spinach served with strawberries, cranberries, apricots red onions, candied walnuts and crumbled goat cheese. tossed in a raspberry vinaigrette

**GF PAR 3 SALAD - 11.50**  
chicken salad, tuna salad, egg salad served atop mixed greens and tomatoes

**FIT CAESAR SALAD**  
small 4.75 large 8.25

**FIT GF HOUSE SALAD**  
small 4.75 large 8.25

**OPTIONAL PROTEINS**  
chicken 5.00 shrimp 7.00 salmon 8.00

## Wraps

**TURKEY CRUNCH WRAP - 11.50**  
roast turkey, swiss cheese, lettuce, tomato, pecans and cranberry mayo

**SOUTHWESTERN CHICKEN WRAP - 11.50**  
grilled chicken in a flour tortilla with lettuce, pico de gallo, guacamole, pepper jack cheese and chipotle mayonnaise

**FIT VEGGIE WRAP - 11.50**  
sautéed julienne vegetables in a flour tortilla with lettuce, tomato, swiss cheese and garlic aioli

## The Bunkers

Served with choice of side

**THE ULTIMATE REUBEN - 12.25**  
corned beef piled high on grilled rye with swiss cheese, sauerkraut, and russian dressing

**SHADOWS CLUB SANDWICH - 12.25**  
ham, turkey, bacon, swiss cheese, lettuce, tomato and mayonnaise on your choice of bread

**THE CAROLINA GRILL - 12.25**  
ham, turkey, bacon, cheddar cheese and our house made bbq sauce. served on choice of grilled bread

**FRENCH DIP - 12.25**  
tender roast beef on a french baguette with swiss cheese

**SHADOWS BURGER - 11.25**  
1/2 pound Angus burger on a brioche bun with lettuce, tomato, onion, pickle and choice of cheese add bacon (1) avocado (1)

**THE SICILIAN - 11.25**  
grilled Italian sausage on grilled foccacia with sauteed onions, peppers, marinara sauce and mozzarella cheese

**TUNA MELT - 11.50**  
white albacore tuna grilled on choice of bread with cheddar cheese

**BLT - 8.00**  
choice of bread

## Sliders

**BURGER SLIDERS - 8.00**  
with fried onions and house made steak sauce

**BUFFALO CHICKEN SLIDERS - 8.00**  
with bleu cheese

**BBQ PULLED PORK SLIDERS - 8.00**  
topped with coleslaw

## Sides

**SWEET POTATO FRIES - 5.00 / CHIPS - 2.00**

**COTTAGE CHEESE - 4.00 / COLESLAW - 4.00**

**FRENCH FRIES - 4.00 / ONION RINGS - 5.00**

**FRESH FRUIT 4**

**TROON GOLF**®

[www.theshadowsrestaurant.com](http://www.theshadowsrestaurant.com)

Breakfast daily 8:00 am - 11:00 am  
Hours Sunday thru Thursday 11:00 am - 6:00 pm  
Friday and Saturday 11:00 am - 8:00 pm

**TroonFIT**

Consumer Advisory: Consumption of under cooked meat, poultry, eggs, or seafood may increase the risk of food borne illnesses.

# Shadows RESTAURANT

## GRILLED STEAK BITES AND MUSHROOMS - 15.95

tender bites of filet mignon and sautéed mushrooms  
with our house made steak sauce

## AHI TUNA KAMACHI -13.95

asian marinated tuna with cucumber, avocado and fried  
won tons

## **GF FIT** CILANTRO LIME SHRIMP - 13.50

grilled shrimp marinated in a cilantro pesto on greens  
with avocado, cucumber ribbons, red onions and  
tomatoes

## **FIT** CRISPY VEGGIE WON TON -10.95

won ton fried crispy filled with julienne vegetables in an  
oriental glaze

## **GF** MARINATED SHRIMP & ASPARAGUS - 8.50

chilled shrimp and asparagus in a lemon vinaigrette over  
field greens

## CAJUN POPCORN SHRIMP - 8.00

served with cajun remoulade and cocktail sauce

## FRIED CALAMARI - 7.50

calamari rings lightly breaded and fried to a golden  
brown. served with cucumber wasabi and sweet chili  
sauce

## CHEESE QUESADILLA - 7.00

sautéed onions, peppers, cheese blend, guacamole, sour  
cream and pico de gallo  
add chicken + 5.00

## **GF** CHICKEN WINGS - 8.00

6 jumbo wings served with celery sticks choice of  
buffalo, bbq, sweet chili or honey mustard

## SHRIMP TACOS - 9.50

sautéed marinated shrimp on corn tortillas topped with  
lettuce

## SMOTHERED POTATO CAKES - 6.00

mini golden potato cakes smothered in chili and  
cheddar cheese  
served with sour cream & green onions

## PEPPERONI FLATBREAD - 10.50

pepperoni , marinara and three cheese

## ZINFANDEL FLATBREAD - 11.50

diced chicken bbq sauce red onion and three cheeses

## Desserts

### CHEF'S CHEESECAKE - 7.00

ask server for the flavor of the day

### CREME BRULEE - 7.00

garnished with fresh berries

### MOLTEN CHOCOLATE LAVA CAKE - 7.00

### KEY LIME PIE - 7.00

### SCOOP ICE CREAM - 1.50

chocolate or vanilla

TROON GOLF®

[www.theshadowsrestaurant.com](http://www.theshadowsrestaurant.com)

Breakfast daily 8:00 am - 11:00 am  
Hours Sunday thru Thursday 11:00 am - 6:00 pm  
Friday and Saturday 11:00 am - 8:00 pm

TroonFIT

Consumer Advisory: Consumption of under cooked meat, poultry, eggs, or seafood may increase the risk of food borne illnesses.