

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

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.

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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

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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

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