

DINNER ►► Hudun'ik Gegosik Hood-un-ik Ge-go-sig

Appetizers

NACHOS SUPREME 12

beer cheese, shredded cheddar, shredded lettuce, tomato, pickled jalapeños, sour cream, salsa; choice of ground beef, pulled chicken or mojo pork (+1)
add house green chile sauce +1

SMOKED CHICKEN WINGS 12

12 jumbo wings tossed in buffalo, sweet chile or bbq sauce

PRETZEL STICKS 8

served with beer cheese dip

TF SHRIMP COCKTAIL 10

four large shrimp served with house made cocktail sauce

Salads

TF HOUSE half 5 full 7

field greens, tomato, red onion, carrots and cucumber

CLASSIC CAESAR half 6 full 8

romaine, croutons and parmesan
add chicken +4 add salmon +6

SPINACH half 6 full 8

bacon, hard boiled egg, red onion and croutons with bacon dijon dressing

ARROYO half 8 full 10

spring mix, walnuts, bleu cheese, sundried cherries, granny smith apples, apple cider vinaigrette

WEDGE 10

bacon, bleu cheese crumbles, cherry tomatoes, choice of dressing
add chicken +4 add steak +6

TroonFIT entrées under 500 calories

*Consumption of raw or under cooked meats or fish may increase your risk of food borne illness.

Entrees

10 OZ GRILLED RIBEYE* 19

summer vegetables, crispy onions

Add a Sauce:

Brandy with Green Peppercorn or
Madiera with Mushroom +1

GRILLED SALMON 17

summer vegetables, red pepper
coulis, garlic parsley butter

TORTELLINI CHICKEN PASTA 16

cheese tortellini, house smoked
chicken breast tossed with summer
vegetables, tomato coriander
sauce, parmesan cheese

CHICKEN RISOTTO 15

arborio rice, house smoked
chicken breast tossed with corn,
mushrooms, mirepoix pan sauce,
cream, parmesan cheese

MOJO PORK MEDALLIONS 15

grilled mojo marinated pork loin,
summer vegetables,
caramelized honey sauce

6 OZ GRILLED TOP SIRLOIN* 17

summer vegetables, crispy onions

Add a Sauce:

Brandy with Green Peppercorn or
Madiera with Mushroom +1

TF ASIAN CITRUS SHRIMP 15

lemon, peppercorn poached shrimp,
yellow rice, wilted spinach,
Asian citrus glaze

BAKED COD 15

8 oz panko-crusted baked cod,
lemon, brown butter vinaigrette;
basmati rice, wilted spinach

GRIDDLED FISH TACOS 13

griddled cod, flour tortilla,
salsa verde, pickled onions,
coleslaw, tortilla chips

CLASSIC BURGER* 12

burger patty with lettuce, tomato,
shaved red onion, and a pickle
on brioche bun served
with french fries

add cheese +1 bacon +1

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