

Appetizers

SMOKED CHICKEN WINGS 18

10 jumbo wings, buffalo, sweet chile or chipotle bbq sauce

NACHOS SUPREME 16

nacho cheese, shredded cheddar, pico de gallo, black beans, jalapeños, sour cream, salsa, choice of ground beef or grilled chicken
add house green chile sauce +1

SHRIMP COCKTAIL 12 **TfGf**

four large shrimp, house made cocktail sauce

POKÉ BOWL* 14 **Tf**

ahi tuna, sushi rice, mandarin oranges, avocado, cucumber, edamame, sesame seed, ginger soyu, sriracha aioli, wonton strips

PESTO MOZZA "STICKS" (3) 11

housemade, marinara sauce

Salads

add grilled chicken +5 shrimp +8 steak* +8 ahi tuna* +8

HOUSE SALAD half 7 full 10 **TfGf**

spring mix, tomato, onion, cucumber, carrots, choice of dressing

CAPRESE SALAD 12 **TfGf**

fresh mozzarella, heirloom tomatoes, fresh basil, mixed greens, olive oil, balsamic vinegar

CAESAR SALAD half 8 full 12

chopped romaine, parmesan, croutons

ARROYO 2.0 half 9 full 12 **TfGf**

spring mix, bleu cheese crumble, strawberries, mandarin oranges, dried cranberries, apples, walnuts, apple cider vinaigrette

TroonFIT entrées under 500 calories **Gf** gluten free

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

Entrees

served with complimentary baguette and butter | add a side house salad +4 or caesar salad +5

RIBEYE* 14oz 26

pairs well with Trinchero Cabernet 12

simply seasoned, char grilled, bourbon demi sauce, mashed potato, asparagus

add (3) grilled shrimp skewer +8

HONEY DIJON SHORT RIBS* 22

pairs well with Prisoner Red Blend 12

braised beef short ribs, mashed potato, broccolini

HONEY CHIPOTLE SHRIMP 19

pairs well with Kendall Jackson Pinot Gris 9

five seared shrimp, signature rice pilaf, asparagus, roasted red pepper, honey chipotle sauce

GRILLED SALMON* 19 TFG

pairs well with Kendall Jackson Chardonnay 7

cucumber salad, lemon buerre blanc, charred lemon

LEMON BASIL CRUSTED COD 19

pairs well with CK Robert Mondavi Chardonnay 7

baked cod, signature rice pilaf, green beans, compound butter

SEARED BONE-IN CHICKEN BREAST 17

pairs well with Prisoner Unshackled Rosé 12

pan seared herbed chicken, mashed potato, green beans, roasted garlic, butter, cherry peppers

CHICKEN PESTO PASTA 2.0 17

pairs well with Trinchero Sauvignon Blanc 12

grilled chicken, penne pasta, pesto, fresh mozzarella, blistered cherry tomatoes

GREEN CHILE CHEESEBURGER* 14

pairs well with Uncle Bear's local brewery craft beer 7

angus burger patty, green chiles, american and pepperjack cheese, toasted brioche bun
add bacon +2

CHEF JUSTIN'S SOUTHERN DUNES SIGNATURE

TOGARASHI SEARED AHI 22

pairs well with

Fess Parker Pinot Noir 11

blistered shishito peppers, soy mustard sauce, sticky rice, ginger, daikon sprouts

Additional Shareable Sides

baked potato
5

signature rice pilaf
4

seasoned broccolini
4

grilled asparagus
4

garlic green beans
4

idaho mash
4

fine herb compound butter +1

chile flake, garlic, lemon, herbs, white wine

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