Appetizers

SMOKED CHICKEN WINGS 13
12 jumbo wings tossed in buffalo, sweet chile, bbq or naked

SALT & PEPPER CALAMARI 12
pairs well with Riserva Chianti Classico (bottle only) 65
5 oz deep fried calamari, spring mix, lemon-caper dressing, peppers, onions, asian citrus glaze, wakami

NACHOS SUPREME 11
nacho cheese, shredded cheddar, shredded lettuce, tomato, pickled jalapeños, sour cream, salsa
add ground beef or grilled chicken +1
add house green chile sauce +1

MARGHERITA PIZZETTE 9
grilled flatbread, fresh mozzarella, tomato salad, basil, balsamic drizzle

SPINACH ARTICHOKE DIP 8
house made, melted cheese, tortilla chips

Salads

add grilled chicken +4  steak* +6  salmon +6

HOUSE SALAD half 7 full 9
field greens, tomato, red onion, carrots, cucumber

CAESAR SALAD half 8 full 10
chopped romaine, parmesan, croutons

SMOKED SALMON SALAD 14
smoked salmon, spinach in caper vinaigrette, hard boiled egg, onion, carrot, toasted naan bread garnish

ARROYO SALAD half 9 full 12
spring mix, walnuts, bleu cheese, sundried cherries, granny smith apples, apple cider vinaigrette

TroonFIT entrées under 500 calories

*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 +5

SMEARED RIBEYE® 12oz 22
pairs well with Kenwood Syrah 9
char grilled, garlic, rosemary, worcestershire smear,
choice of two sides

GRILLED NEW YORK STRIP® 6oz 16 12oz 21
pairs well with Trinchero Cabernet Sauvignon 13
char grilled au natural, choice of two sides

GRILLED SALMON 17
pairs well with Fess Parker Pinot Noir 11
lemon, olive oil, chives with tomato,
onion, cucumber and asparagus salad

SHRIMP BACON & RAMEN 15
pairs well with Sam Adams (beer) 7
house made shrimp broth, egg, chopped hickory
smoked bacon, sweet corn, scallions

BAKED COD 14
pairs well with Kendall Jackson Riesling, Vintner’s Reserve 9
basmati, wilted spinach, tomato, panko, beurre blanc

GRILLED CHICKEN CORDON BLEU 14
pairs well with Frank Family Chardonnay 11
grilled chicken breast, ham, swiss,
dijon cream, choice of two sides

NEIL’S SEAFOOD CAKE SANDWICH 13
pairs well with Kendall Jackson Pinot Gris, Vintner’s Reserve 9
5 oz shrimp and salmon patty, bacon, lettuce, tomato,
toasted naan bread, spicy lemon aioli, choice of side

CLASSIC BURGER* 12
pairs well with SKA Brewery (beer) 7
burger patty, lettuce, tomato, shaved red onion,
pickle, toasted bun, french fries

Sides
basmati rice 3
seasonal vegetable medley 3
idaho mash 3
garlic green beans 3

*Troon Food & Beverage Summit Iron Chef Award Winner

Chef Neil Magbanua’s Seafood Carbonara 18
pairs well with Trinchero Sauvignon Blanc 13
four jumbo shrimp,
large scallop, spaghetti,
peas, bacon, cream,
parmesan, lemon

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