

Appetizers

SMOKED CHICKEN WINGS 13

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

Tf SHRIMP COCKTAIL 10

four large shrimp, house made cocktail sauce

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

Tf 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

Tf 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

**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

Sides

basmati rice
3

**seasonal
vegetable medley**
3

idaho mash
3

garlic green beans
3