

Appetizers

NACHOS SUPREME 12

nacho cheese, shredded cheddar, shredded lettuce, tomato, pickled jalapeños, sour cream, salsa; choice of ground beef, or grilled chicken (+1)
house green chile sauce +1

BAKED BRIE 9

served with arroyo fry bread

SMOKED CHICKEN WINGS 12

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

FRIED CALAMARI 12

hand dredged, served with choice of marinara or tomato, lemon, caper beurre blanc sauce

TF SHRIMP COCKTAIL 10

four large shrimp served with house made cocktail sauce

SPINACH ARTICHOKE DIP 8

house made, topped with melted cheese and served with tortilla chips

Salads

TF HOUSE half 5 full 7

field greens, tomato, red onion, carrots and cucumber

BISTRO BACON 8

spring mix tossed with dijon-bacon vinaigrette and garnished with bacon, tomato, onion and poached egg

ARROYO SALAD

half 8 full 10

spring mix, walnuts, bleu cheese, sundried cherries, granny smith apples, with 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
side house salad +4

BEEF TOWNEDOS

4oz 16 8oz 23

pan seared tenderloin medallions
served "au natural" or with
béarnaise sauce, choice of starch
and vegetable medley

HOUSE SMOKED RIBEYE 22

12oz spice-rubbed, pan seared and
butter basted, with vegetable medley
and choice of starch

SOFT-SHELL CRAB 17

tempura battered, served with asian
citrus glaze and tomato, cucumber,
asparagus salad

TF POACHED SALMON 17

court bouillon, lemon, olive oil, chives
served with a tomato, cucumber,
and asparagus salad

CHICKEN SALTIMBOCCA 15

two pan seared cutlets, prosciutto,
sage jus served with choice of starch
and vegetable medley

SEAFOOD CREOLE 15

shrimp, clams, calamari tossed in
seafood tomato broth with rice pilaf

PORK LOIN DIANE 14

two hand breaded medallions,
"hunters" sauce served with choice of
starch and vegetable medley

POACHED COD 14

court bouillon, lemon, olive oil, chives
served with rice pilaf and a tomato,
cucumber, and asparagus salad

SEAFOOD CAKE SANDWICH 13

5oz shrimp & salmon patty, bacon,
lettuce, tomato, toasted naan bread,
spicy lemon aioli and choice of side

CLASSIC BURGER* 12

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

Sides

**herb
spätzle**
3

**rice
pilaf**
3

**vegetable
medley**
3

**idaho
mash**
3

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