Appetizers

SHORT RIBS 16
red wine marinated, roasted mirepoix, crispy onions, red wine jus

SMOKED CHICKEN WINGS 14
12 jumbo wings tossed in buffalo, sweet chile, bbq or naked

TUNA-TINI CRUDO* 13
ahi, lemon, olive oil, tomato, watercress

STIR FRY ARANCINI 12
chicken, carrot, scallion, garlic, ginger, soy

NACHOS SUPREME 12
nacho cheese, shredded cheddar, shredded lettuce, tomato, pickled jalapeños, sour cream, salsa +2
add ground beef or grilled chicken +2
add house green chile sauce +1

SHRIMP COCKTAIL 10
four large shrimp, house made cocktail sauce

Salads
add grilled chicken +4 steak* +6 ahi tuna* +6

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

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

SEARED AHI TUNA SALAD* 14
seared tuna, romaine, new potatoes, green beans, hard egg, tomato, onion, caper

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

TroonFIT entrees 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

**RIBEYE** 12oz 25
pairs well with Kenwood Syrah 9
- char grilled, au natural, choice of two sides
- add compound butter +1 béarnaise +2

**GRILLED NEW YORK STRIP** 6oz 18 12oz 23
pairs well with Trinchero Cabernet Sauvignon 13
- char grilled au natural, choice of two sides
- add compound butter +1 béarnaise +2

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

**ROCKY POINT SHRIMP RISOTTO** 16
pairs well with Sam Adams (beer) 7
- chorizo, tomato, chevré, herbs, scallion

**BAKED COD** 15
pairs well with Kendall Jackson Riesling, Vintner’s Reserve 9
- basmati, brown butter, shiitake, hazelnuts

**ROCKEFELLER CHICKEN** 14
pairs well with Frank Family Chardonnay 11
- chicken breast, spinach, bacon, sambucca 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

**BISTRO BURGER** 13
pairs well with SKA Brewery (beer) 7
- burger patty, provolone, dijon, bacon, spring mix,
fried egg, toasted bun

- compound butter +1
- rosemary, garlic, worcestershire

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**Sides**

- loaded mac & cheese 5
- loaded idaho mash 4
- basmati rice 3
- seasonal vegetable medley 3
- idaho mash 3
- garlic green beans 3

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