

Appetizers

SMOKED CHICKEN WINGS 18

10 jumbo wings, buffalo, sweet chile,
bbq sauce or salt and pepper

SHRIMP COCKTAIL 13 TFG

four large shrimp,
house made cocktail 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 +2

PHILLY EGG ROLLS (2) 11

honey mustard, sweet chile sauce

LOADED POTATO SKINS (4) 10

bacon, cheddar, salsa, sour cream

Salads

add avocado +2 grilled chicken +5 shrimp +9 ribeye* +10 ahi tuna* +8 salmon* +8

ASIAN CHICKEN 15

sesame chicken, cabbage, romaine, crispy noodles, Asian dressing

ANTI PASTA 14

salami, capicola, tomatoes, red onion, parmesan, lettuce, Italian dressing

THE ARROYO 13

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

CAESAR 12 TFG

chopped romaine, parmesan, croutons

HOUSE 10 TFG

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

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

*Consuming raw or undercooked MEATS, POULTRY, seafood, shellfish, or EGGS may increase your RISK of foodborne illness, especially if you have certain medical conditions. Warning: We cannot guarantee that your menu item is free of common allergens.

Entrees

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

FILET MIGNON 8oz* 34

pairs well with Pine Ridge Cabernet Sauvignon 16
garlic mashed potatoes, asparagus, Prisoner demi-glace
add (3) grilled shrimp skewer +9

RIBEYE* 14oz 29

pairs well with Prisoner Red Blend 12
garlic mashed potatoes, butter roasted broccolini
add cowboy butter +2
add (3) grilled shrimp skewer +9

HOUSE SMOKED SHORT RIBS* 28

pairs well with Three Finger Jack Cabernet Sauvignon 12
honey dijon glaze, signature rice, broccolini

SEARED AHI* 28

pairs well with Kendall Jackson Riesling 9
Togarashi crusted ahi, mango salsa,
lemon butter sauce, signature rice

GRILLED SALMON* 23 TFG

pairs well with Kendall Jackson Chardonnay 7
fresh tomato and cucumber salad, charred lemon

FIRECRACKER SHRIMP 22

pairs well with Kendall Jackson Pinot Gris 9
tempura battered shrimp, Thai chile sauce,
signature rice, sriracha slaw

HERB & LEMON ROASTED CHICKEN 20

pairs well with Trinchero Sauvignon Blanc 12
bone-in oven roasted chicken, mashed potatoes,
broccolini, lemon herb garlic butter

SMOKED GOUDA BACON BURGER* 15

pairs well with local brewery craft beer 7
gouda, bacon, garlic aioli, toasted brioche bun
avocado +2

cowboy compound butter +2

paprika, cayenne, lemon, herbs, white wine

CHEF JUSTIN'S SOUTHERN DUNES SIGNATURE

MAC NUT

MAHI MAHI* 30

pairs well with
Stoneleigh Savignon Blanc 11
macadamia-butter encrusted
mahi mahi, lobster cream sauce,
lemon saffron risotto,
asparagus, micro greens

Additional Shareable Sides

lemon saffron risotto
8

baked potato
5

signature rice
4

garlic mash potato
4

seasoned broccolini
4

grilled asparagus
4

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