

Appetizers

SMOKED CHICKEN WINGS 18

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

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**

SESAME SEARED AHI* 16

yuzu ponzu sauce, fried wonton

TEX MEX SHRIMP COCKTAIL 13 Tf

four jumbo shrimp, diced avocado, cucumber, spicy cocktail sauce

PHILLY EGG ROLLS 11

cheese steak filling, honey mustard, sweet chile sauce

Salads

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

SOUTHWEST QUINOA 14

quinoa, spinach, black beans, roasted red peppers, avocado, chipotle aioli, lime vinaigrette

BURRATA 13

spring mix, burrata cheese, baby heirloom tomatoes, balsamic glaze

THE ARROYO 13

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

CAESAR 12 Tf

chopped romaine, parmesan, croutons

HOUSE 10 TfGf

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 +6 or caesar salad +7

FILET MIGNON* 8oz 35

pairs well with Kerr Pinot Noir 14

garlic mashed potatoes, asparagus, red wine demi-glace

add three grilled shrimp +9

RIBEYE* 14oz 30

pairs well with Pine Ridge Cabernet Sauvignon 16

garlic mashed potatoes, broccolini, red wine demi-glace

add cowboy butter +2 add three grilled shrimp +9

TERIYAKI PORK TENDERLOIN* 24

pairs well with Meiomi Pinot Noir 10

shoyu marinated pork, broccolini, signature rice, sweet teriyaki sauce

GRILLED SALMON* 23 TFG

pairs well with Kendall Jackson Pinot Gris 10

quinoa and cucumber salad, charred lemon

CILANTRO LIME SHRIMP 23

pairs well with Kerr Sauvignon Blanc 12

signature rice, asparagus, pineapple salsa

LEMON CHICKEN 19

pairs well with Mer Soliel Reserve Chardonnay 12

pan seared chicken, mashed potatoes, roasted zucchini, lemon butter sauce

BURRATA PASTA A LA VODKA 18

pairs well with Trinchero Sauvignon Blanc 14

cavatapi, baby heirloom tomatoes, zucchini, roasted red peppers, vodka sauce, burrata cheese

SMOKED GOUDA BACON BURGER* 16

pairs well with local brewery craft beer 7

gouda, bacon, grilled onions, bbq sauce, garlic aioli, toasted brioche bun, french fries add avocado +2

cowboy compound butter +2

paprika, cayenne, lemon, herbs, white wine

CHEF JUSTIN'S SOUTHERN DUNES SIGNATURE

GRILLED SWORDFISH 34

pairs well with

Kendall Jackson Reisling 10

sizzling yuzu ponzu, ginger

pineapple fried rice,

daikon namisu

Additional Shareable Sides

baked potato 5
loaded +2

pineapple ginger rice 5

garlic mashed potato 4
loaded +2

signature rice 4

seasoned broccolini 4

grilled asparagus 4

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