



Lunch Menu

Available daily from 11am – 3pm

Soups

Chef's Soup of the Moment

Served with daily in-house made scone \$5

Oven-baked French Onion Soup

Combined with seasoned croutons & mozzarella \$6

Nova Scotia Chowder

Haddock, halibut, salmon, shrimp & scallops,
in a creamy fish bouillon with root vegetables \$10

Fresh Salads

Rustic Field Greens ✕

Iceberg, romaine & radicchio lettuces garnished w/ grape tomatoes & julienne vegetables
drizzled with low-fat raspberry vinaigrette \$5

North American style Greek Salad ✕

Romaine lettuce tossed with diced tomato, cucumber, red onion, kalamata olives,
an oregano vinaigrette & topped with crumbled feta cheese \$6

Traditional Caesar

Splashed with fresh parmesan \$6

Add warm Nova Scotia lobster \$11

Add grilled chicken \$10

Baby Spinach Leaves

Button mushrooms, tomatoes, roasted peppers, croutons,
creamy garlic dressing, splashed with parmesan \$6

Blend of Greens with Prosciutto Ham ✕

Combination of four lettuces arranged with prosciutto ham, mango slices & spicy pecans,
drizzled with a blood orange aioli \$7

Sandwiches

8oz. Ground Beef Burger

Cheddar cheese & bacon \$10

The Clubhouse

Layered with tomato, lettuce, cheddar,
bacon, turkey & mayonnaise \$10

Panini Grilled Ham & Cheddar

Slices of black forest ham layered with smoked apple
wood cheddar, red onion & honey dijon on grilled
flat bread \$11

Panini Grilled Smoked Chicken & Gouda

Slices of smoked chicken layered with gouda, roasted
pepper & chipotle mayo on grilled flat bread \$11

Panini Grilled Corned Beef & Three Cheeses

Slices of corned beef layered with gouda, swiss, peppered
edam, fried onions & thousand island on
grilled flat bread \$11

Panini Grilled Vegetables

Slices of grilled zucchini, portobello mushroom, tomato,
red onion, roasted pepper, spinach, smoked applewood
cheddar & chipotle dressing on grilled flat bread \$11

Thai Chicken Wrap

Rolled with julienne root vegetables & rice pilaf \$12

Your choice of a side dish included with any sandwich:

Chef's soup	Caesar salad	Rustic field greens
Greek salad	Steak-cut fries	Onion rings

✕ Gluten-Free Meals

Prices do not reflect taxes or gratuity

Pastas

Italian Sausage & Broccolini Ravioli ✕

Topped with a fire-roasted tomato, fresh basil & roasted pepper sauce \$16

Fruits of the Sea ✕

Scallops, shrimp, lobster, salmon, halibut & scallions
blended in creamy garlic reduction with casarecce pasta \$16

Cajun Chicken and Cheese Tortellini ✕

Blended in a creamy parmesan sauce, topped with chopped scallions \$15

Mediterranean Vegetable Ravioli ✕

Blended with wild mushrooms, braised leeks, tomato, spinach & a cracked chili & cilantro oil \$14

Grilled Calamari & Tiger Shrimp Fusilli ✕

A blend of charbroiled squid & shrimp marinated with chipotle & lime,
tossed with roasted peppers, pine nuts & basil oil \$16

✕ Gluten Free fusilli available as a substitute to all pastas upon request

Luncheon Entrées

Citrus poached Atlantic Salmon ✕

Served on casarecce pasta blended in a basil pesto cream \$15

Seared Lobster & Cod Cake

Served on red cabbage slaw \$15

Red Chili Honey Chicken stir-fry ✕

Tossed with a julienne of vegetables, spicy pecans & rice \$15

Garlic brushed New York Steak ✕

Served on fried red skin potatoes \$15

Cajun Chicken Quesadilla

Peppers, mushrooms, onions, sour cream & salsa \$13

Flat Bread Pizzas

Red Pad Thai Chicken

Sweet roasted peppers & mozzarella cheese \$11

Basil Pesto & Prosciutto Ham

Stuffed green olives, red onion & mozzarella cheese \$11

Tomato-Garlic Meat Lovers

Back bacon, chorizo sausage, ground beef & mozzarella cheese \$12

Dessert

Treat yourself to a dessert from our daily sweet cart and receive a complimentary coffee or tea

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