

WESTHAVEN GOLF CLUB

Lunch Menu

STARTERS

HOUSE-SMOKED CHICKEN WINGS 11
hot - bbq- teriyaki

 **CHORIZO QUESO 10**
corn tortilla chips

 **TUNA TOWER 15** TronFIT
avocado - tomato - ahi tuna poke
wasabi drizzle - rice noodle

BLACKENED CHICKEN ALFREDO FLATBREAD 13
garlic parmesan cream sauce
bell pepper - mozzarella - fresh basil


BANG BANG SHRIMP 12
sweet thai chili dipping sauce

ITALIAN FLATBREAD 12
house-made marinara - italian sausage
pepperoni - mozzarella cheese

SALADS

leafy greens sourced locally from "greener roots farm", franklin, tn

WGC CHOPPED 6/11
romaine - radicchio - tomato - avocado
pickled red onion - chopped egg
maple bacon - potato shards - ranch dressing

 **ULTIMATE DETOX 13** TronFIT
kale - red cabbage - broccoli - carrots - bell
peppers - toasted walnuts - sesame seeds
maple ginger vinaigrette

POT STICKER & ROASTED PEPPER 14 TronFIT
baby greens - carrots - cucumber - almonds
green onions - sesame ginger dressing

ADD A PROTEIN TO ANY SALAD
6 oz grilled chicken - 5
5 oz grilled salmon - 8
4 oz ahi tuna - 8
6 grilled shrimp - 5

BLACKENED SALMON CAESAR 15 TronFIT
romaine - blackened salmon - croutons
parmesan - caesar dressing

SOUP OF THE DAY 3/6
house-made soup

ENTREES

sandwiches served with choice of : shoe string or house-cut fries

PROSCIUTTO & MUSHROOM LINGUINI 14
prosciutto - forest mushroom
butter - garlic - green peas

FISH TACOS 15 TronFIT
blackened white fish - slaw
pickled red onion
pico de gallo
corn or flour tortilla

CHICKEN QUESADILLA 10
flour tortilla - chicken
yellow onion
bell pepper - jack cheese

 **CEDAR PLANK SALMON 24** TronFIT
blistered tomato
grilled asparagus

TURKEY AND SWISS CLUB 12
turkey breast - bacon
swiss cheese - lettuce - tomato
cranberry mayo
whole wheat bread

PHILLY CHEESE STEAK 12
peppers - onions - provolone
brioche bun

CLUBHOUSE BURGER 11
cheddar - lettuce
tomato onion
pickle - brioche bun

GRILLED CHICKEN SANDWICH 12 TronFIT
avocado - pepper jack cheese
lettuce - tomato

CHICKEN PARMESAN SANDWICH 11
house-made marinara sauce
provolone cheese - brioche roll

RATTLESNAKE CHICKEN 16
linguini pasta - bell pepper
southwest spices - onion
chicken - lime - cilantro

CHICKEN TENDERS 13
shoestring or house-cut fries
honey mustard

PULLED PORK & PIMENTO CHEESE SANDWICH 11
house-made pimento cheese
crispy onion ring - brioche bun

HALF & HALF

choice of soup or salad and half sandwich 8

CAESAR SALAD

SOUP OF DAY

TUNA SALAD SANDWICH

HOUSE SALAD

BLT ON WHOLE WHEAT

CHICKEN SALAD SANDWICH

WEDGE SALAD

BLACKENED FISH TACO

GRILLED CHEESE

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

TronFIT items prepared for a healthy lifestyle



gluten free

