

WESTHAVEN GOLF CLUB

Lunch Menu

STARTERS

HOUSE-SMOKED CHICKEN WINGS 9
hot - bbq- teriyaki

GF TUNA TOWER 15 Troon**FIT**
avocado - tomato - ahi tuna poke
wasabi drizzle - rice noodle

BANG BANG SHRIMP 10
sweet thai chili dipping sauce

HOUSE-MADE HUMMUS 8 Troon**FIT**
curry cauliflower - kalamata olives

BBQ CHICKEN FLATBREAD 11
smoked gouda - red onion - bbq sauce - cilantro

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

SALADS

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

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

BLACKENED SALMON CAESAR 15 Troon**FIT**
romaine - blackened salmon - croutons
parmesan - caesar dressing

GF ULTIMATE DETOX 13 Troon**FIT**
kale - red cabbage - broccoli - carrots - bell
peppers - toasted walnuts - sesame seeds - maple
ginger infused vinaigrette

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

SOUP OF THE DAY 3/6
house-made soup

ENTREES

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

GF FUSILLI FLORENTINE 12 Troon**FIT**
baby kale - spinach
cherry tomato
bell pepper - EVOO - garlic

FISH TACOS 15 Troon**FIT**
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

GF CEDAR PLANK SALMON 24 Troon**FIT**
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 11 Troon**FIT**
avocado - pepper jack cheese
lettuce - tomato

FRIED CHICKEN SANDWICH 11
sweet & spicy pickled slaw
toasted brioche bun

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

CHICKEN TENDERS 13
shoestring or house-cut fries
honey mustard

CLASSIC REUBEN 14
rye bread - corned beef
sauerkraut
thousand island - swiss cheese

HALF & HALF

choice of soup or salad and half sandwich 8

CAESAR SALAD

HOUSE SALAD

WEDGE SALAD

SOUP OF DAY

BLT ON WHOLE WHEAT

BLACKENED FISH TACO

TUNA SALAD SANDWICH

CHICKEN SALAD SANDWICH

GRILLED CHEESE

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

Troon**FIT** items prepared for a healthy lifestyle

