

Appetizers

NACHOS SUPREME 12

beer cheese, shredded cheddar, shredded lettuce, tomato, pickled jalapeños, sour cream, salsa; choice of ground beef, grilled chicken or mojo pork (+1)
house green chile sauce +1

SMOKED CHICKEN WINGS 12

12 jumbo wings tossed in buffalo, sweet chile, bbq or naked

BAKED BRIE 9

served with crostini

TF SHRIMP COCKTAIL 10

four large shrimp served with house made cocktail sauce

SPINACH ARTICHOKE DIP 8

house made, topped with melted cheese and served with tortilla chips

Salads

TF HOUSE half 5 full 7

field greens, tomato, red onion, carrots and cucumber

SPINACH half 6 full 8

bacon, hard boiled egg, red onion and croutons with bacon dijon dressing

CLASSIC CAESAR half 6 full 8

romaine, croutons and parmesan

chicken +4 salmon +6

ARROYO half 8 full 10

spring mix, walnuts, bleu cheese, sundried cherries, granny smith apples, apple cider vinaigrette

chicken +4 salmon +6

TroonFIT entrées under 500 calories

*Consumption of raw or under cooked meats or fish may increase your risk of food borne illness.

Entrees

served with complimentary baguette and butter
side ceasar or side house salad +4

FILET MIGNON* 23

7oz pan seared filet,
seasonal vegetables
sauce +1
butter baste, chimichurri or Chef's B2

RIBEYE* 22

12oz char grilled, seasonal vegetables
sauce +1
butter baste, chimichurri or Chef's B2

HOUSE SMOKED SALMON* 18

7oz char grilled, rice, fennel, tomato
and asparagus salad, served with
lemon-mint vinaigrette

Tf ROASTED CHICKEN BREAST 16

6oz skin on, seasonal vegetables,
grilled figs, honey-thyme jus

BOSTON BAKED COD 15

8oz filet, panko topped, served with
rice, wilted spinach, charred tomato
and lemon butter sauce

Tf ASIAN CITRUS SHRIMP 15

lemon, peppercorn poached shrimp,
steamed rice, wilted spinach,
Asian citrus glaze

SHRIMP GUMBO 15

6oz baby shrimp, andouille,
peppers and onions, tossed in
traditional gumbo sauce, served
with rice and fried okra

SEAFOOD CAKES 15

two 3oz cakes of shrimp and salmon,
panko crusted, served on tomato,
red onion, and asparagus salad,
garnished with bacon
and old bayonaise

Tf GRILLED PORK LOIN 14

7oz, house smoked, served with
seasonal vegetables and apple-
cranberry gastrique

MAC-N-CHEESE 13

smoked cheddar bechamel,
bacon, scallion and panko

GRIDDLED FISH TACOS 13

griddled cod, flour tortilla, salsa verde,
pickled onions, coleslaw, tortilla chips

CLASSIC BURGER* 12

burger patty with lettuce, tomato,
shaved red onion, and a pickle on
brioche bun served with french fries

Sides

**rosemary garlic
roasted potatoes**
4

**mustard
horseradish mash**
4

**steamed
rice**
4

**seasonal
vegetables**
3

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