

Appetizers

SMOKED CHICKEN WINGS 18

10 jumbo wings, buffalo, sweet chile or chipotle bbq sauce

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 +1

SHRIMP COCKTAIL 12 **TfGf**

four large shrimp,
house made cocktail sauce

TOGARASHI SEARED AHI* 14 **Tf**

ahi tuna, buerre blanc, spicy soy mustard

MARGARITA PIZZA 7" 14

fresh mozzarella, heirloom tomatoes,
fresh basil, garlic oil

ELOTÉ BITES 11

ten street corn bites, salsa, sour cream

Salads

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

TfGf TOSSED CAPRESE SALAD 12

mixed greens, fresh mozzarella,
baby heirloom tomatoes,
balsamic reduction, olive oil

TfGf HOUSE SALAD 10

spring mix, tomato, onion, cucumber,
carrots, choice of dressing

CAESAR SALAD 12

chopped romaine, parmesan, croutons

TfGf BEET & CITRUS SALAD 13

spinach, beets, oranges, goat cheese,
pistachios, balsamic vinaigrette

ARROYO 2.0 12

spring mix, bleu cheese crumble,
strawberries, mandarin oranges,
dried cranberries, apples, walnuts,
apple cider vinaigrette

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.

Entrees

served with complimentary baguette and butter | add a side house salad +4 or caesar salad +5

FILET MIGNON 8oz* 34

pairs well with Pine Ridge Cabernet Sauvignon 14
au piovre style, bourbon peppercorn sauce,
garlic mashed potato, asparagus
add (3) grilled shrimp skewer +8

RIBEYE* 14oz 29

pairs well with Prisoner Red Blend 12
simply seasoned, char grilled, red wine demi glace,
garlic mashed potato, BROCCOLINI
add (3) grilled shrimp skewer +8

GRILLED SALMON* 23 TFGF

pairs well with Kendall Jackson Chardonnay 7
bok choy, blistered heirloom tomatoes,
garlic herb sauce, charred lemon

HONEY CHIPOTLE SHRIMP 22

pairs well with Kendall Jackson Pinot Gris 9
five seared shrimp, signature rice, asparagus,
roasted red pepper, honey chipotle sauce

SOY SHERRY GLAZED COD 20

pairs well with Kendall Jackson Riesling 9
soy sherry glaze, signature rice, baby bok choy

HERB BRICK CHICKEN 19

pairs well with Mer Soleil Reserve Chardonnay 14
bone-in oven roasted herbed chicken, demi glace, green beans,
garlic mashed potato, roasted garlic compound butter

PAN-SEARED LEMON CHICKEN 18

pairs well with Trincherro Sauvignon Blanc 12
lemon butter sauce, signature rice, broccolini

SMOKED GOUDA BACON BURGER* 15

pairs well with Uncle Bear's local brewery craft beer 7
gouda, bacon, bbq, garlic aioli, grilled onion, toasted brioche bun
avocado +2

fine herb compound butter +1

chile flake, garlic, lemon, herbs, white wine

CHEF JUSTIN'S SOUTHERN DUNES SIGNATURE ◀◀

PISTACHIO CRUSTED LAMB* 34

pairs well with
Fess Parker Pinot Noir 11
rack of lamb, red wine demi, goat
cheese polenta, garlic geen beans

Additional Shareable Sides

goat cheese polenta
6

baked potato
5

signature rice
4

garlic mash potato
4

seasoned broccolini
4

grilled asparagus
4

garlic green beans
4

bok choy
4

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