

Starters

- SMOKED CHICKEN WINGS** 13
12 jumbo wings tossed in buffalo, sweet chile, bbq sauce or naked
- PHILLY ROLLED TACOS** 12
roast beef, cream cheese, red bell pepper, grilled onion, pepperjack, served with nacho cheese
- NACHOS SUPREME** 12
nacho cheese, shredded cheddar, shredded lettuce, tomato, pickled jalapeños, sour cream, salsa;
add ground beef or grilled chicken +2
add house green chile sauce +1
- SHRIMP COCKTAIL** **Tf** 10
four large shrimp served with house made cocktail sauce
- CHIPS & SALSA** 6

Burgers*

8 oz never-frozen choice Angus beef patty served with your choice of classic side
grilled chicken or turkey patty substitution available on burger entrees

- COOKSHACK BURGER*** 14
bacon, brisket, bbq sauce, two onion rings, choice of cheese on toasted bun
- POPPER BURGER*** 13
cream cheese, jalapeño, bacon and sriracha on toasted bun
- BISTRO BURGER*** 13
provolone, dijon, bacon, spring mix and fried egg on toasted bun
- SOUTHWEST TURKEY BURGER** 13
house made patty, pepperjack cheese, lettuce, tomato, avocado spread, MKM sauce on toasted bun
- CLASSIC BURGER*** 12
lettuce, tomato, shaved red onion and pickle on toasted bun
bacon +1

On The Green

- grilled chicken +4 steak* +6 ahi tuna* +6
- SEARED AHI TUNA SALAD*** 14
seared tuna, romaine, new potatoes, green beans, hard egg, tomato, onion, caper
- THE GREAT COBB SALAD** 13
turkey, bleu cheese crumbles, diced tomato, hardboiled egg, cucumber and bacon
- ARROYO SALAD** half 9 full 12
spring mix, walnuts, bleu cheese, sundried cherries, granny smith apples, with apple cider vinaigrette
- GREEK SALAD** half 9 full 12
tomato, cucumber, red onion, feta, kalamata olive
- CAESAR SALAD** half 8 full 10
chopped romaine, parmesan, croutons
- HOUSE SALAD** half 7 full 9
spring mix, tomatoes, onion, cucumber, choice of dressing

Classic Sides

- french fries
- cole slaw
- fresh fruit
- cottage cheese

Premium Sides

- side house salad +2
- onion rings +2
- sweet potato waffle fries +2
- side caesar salad +3

TroonFIT entrées under 500 calories

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

Deli Sandwiches

served with your choice of classic side

DELI BOARD 10

your choice of bread, meat, cheese and served with choice of side // **additional meat or cheese +1**

| BREAD | MEAT | CHEESE |
|--------------|--------------|------------|
| croissant +1 | house smoked | american |
| marble rye | turkey | cheddar |
| wheat | ham | provolone |
| sourdough | bacon | pepperjack |
| | tuna salad | swiss |
| | egg salad | |

Specialty Sandwiches

served with your choice of side unless otherwise noted

STEAK BOMB SANDWICH* 14
6 oz grilled new york steak, provolone, peppers, onions, mushrooms, garlic aioli on toasted hoagie roll

NEIL'S SEAFOOD CAKE SANDWICH 13
5 oz shrimp & salmon patty, bacon, lettuce, tomato, on toasted naan bread with lemon aioli

HOUSE SMOKED BBQ BRISKET 13
house smoked bbq brisket with coleslaw and your choice of cheese on toasted bun

HOUSE CURED SALMON BAGEL 13
house cured salmon lox, cream cheese, hard egg, red onion, tomato, caper dressing on toasted bagel

RACHEL 12
1000 island dressing, coleslaw, swiss cheese and house smoked turkey on marbled rye

TURKEY BACON MELT 12
house smoked turkey, applewood smoked bacon, tomato, choice of cheese and side

THE 15TH CLUB 12
sliced ham, house smoked turkey, and bacon with your choice of grilled bread and cheese

Dunes Favorites

served with your choice of classic side unless noted

DUNES DIP 14
sliced prime rib, house made au jus, on toasted hoagie roll **add cheese +1**

RICO'S FISH TACOS (3) (no side) 13
griddled cod on flour tortilla, served with salsa verde, pickled onions, cabbage, served with a side of tortilla chips and salsa

SPICY YARDBIRD SANDWICH 13
spicy grilled chicken, pepperjack cheese, bacon, lettuce, tomato and lemon aioli served on fry bread or wrap

CHICKEN BLT WRAP 12
grilled or crispy chicken, bacon, iceberg, tomato

SOUTHWEST TUNA MELT 11
tuna salad grilled with green chiles and pepperjack on toasted sourdough

ARROYO POP-OVER (no side) 11
our house frybread layered with seasoned ground beef, shredded cheddar, lettuce, tomato, and sour cream with house made green chile sauce and salsa

TURKEY WRAP ^{Tf} 11
house smoked turkey, lettuce and tomato served with fresh fruit **add bacon +1**

CHICKEN TENDERS 10
breaded chicken tenderloins with your choice of bbq, ranch or honey mustard sauce

DUNES DOG 8
grilled quarter pound all beef hot dog

Desserts

CHEF'S CHOICE inquire with your server

MILKSHAKE OR SMOOTHIE 6
choice of spirit shot +3