

On The

Green Bistro

At Rocky Crest Clubhouse

**{ SALADS } PLUS +
- APPETIZERS -**

COBB

fresh grilled chicken, avocado, blue cheese, bacon, hard boiled egg, cherry tomato and romaine, tossed in our house-made classic vinaigrette.

\$22.50

CAESAR

fresh chopped romaine, garlic herb croutons, crisp bacon, creamy Caesar dressing with dusted with parmesan cheese.

appetizer size \$13.75 main size \$17.75

V GARDEN

fresh blend of chopped romaine, spinach, arugula, radicchio, cherry tomato, cucumber, peppers and carrot, tossed in our house-made honey-lemon vinaigrette.

appetizer size \$12.50 main size \$15.50

V SPINACH

fresh spinach, mandarin oranges, sun-dried cranberries and goat cheese topped with toasted almonds, tossed in our flavourful lemon-honey vinaigrette.

appetizer size \$13.75 main size \$17.75

add protein to your salad

grilled chicken \$7.75

grilled salmon \$9.75

grilled tiger shrimp \$11

V SWEET POTATO FRITES

golden sweet potato sticks, served with a spicy chipotle mayo.

\$7.95

V KETTLE CHIPS

tossed with Cajun spice, served with a spicy chipotle mayo.

\$6.95

MOZZARELLA STICKS

Breaded mozzarella sticks deep fried and served with tomato basil sauce.

\$14.95

TEMPURA GREEN BEANS

Tempura battered green beans deep fried and drizzled with a creamy ranch dressing.

\$15.95



**TRADITIONAL
FAVOURITES >>>**

BUFFALO-STYLE WINGS

chicken wings tossed in our medium-hot buffalo sauce, served with carrot & celery sticks, with blue cheese dip.

1lb \$19.75

other sauce choices available: barbecue, honey-garlic or Frank's Red Hot dry spices: Cajun or lemon pepper

V VEGGIE QUESADILLA

tomatoes, peppers, mushroom, red onion and jack cheese, baked in a tortilla, served with salsa and sour cream on the side.

\$15

add grilled chicken \$7.75

CALAMARI FRITTI

calamari rings dusted in seasoned flour, fried until golden brown and served with Freeport sauce.

\$19

ROAST BEEF DIP

slow roasted roast beef tossed in beef jus then topped with horseradish mayo, onion frites and medium cheddar cheese, on a garlic toasted panini with a side of beef jus.

\$19.95

ULTIMATE BLT WRAP

A twist on a classic favourite, a freshly rolled wrap with strip bacon, tomatoes, leaf lettuce, shredded cheese blend, red onion and chipotle mayo.

\$16.95

ROCKY CREST GRILLED CHEESE

A comfort food with a twist, grilled the traditional way on multigrain bread, with cheddar and Swiss cheese, bacon, grilled red onions and tomato.

\$18

CALIFORNIA TUNA SALAD WRAP

tuna salad, avocado, tomato, lettuce, olives freshly rolled in a tortilla wrap.

\$16.50

V SYMBOLIZES VEGETARIAN OPTION

If you have any requests or dietary concerns, please inform your server and our chef will be happy to accommodate.

Prices are subject to applicable taxes and service charge.

Prices and menu subject to change without notice.

ClubLink proudly serves Coca-Cola products

{SANDWICHES & BURGERS} PLUS +

Burgers and Sandwiches include your choice of side: garden salad, fries, kettle chips or daily soup

Enhance your side: Caesar Salad, sweet potato fries or onion rings \$3.25

Add aged cheddar or Swiss cheese \$2.75 | bacon \$2.95 | caramelized onions, sautéed mushrooms Or chefs pickled peppers \$1.75

ROCKY CREST DOUBLE

two fresh ground beef chuck patties grilled and topped with peameal bacon and aged cheddar with traditional garnish.
\$24

MAPLE APPLE PORK SANDWICH

fresh boneless pork cutlet tossed in herb seasoned flour then deep fried, topped with hand-tossed maple cinnamon apples and arugula on a garlic toasted bun.
\$19.75

HADDOCK FILLET SANDWICH

Pan-seared lemon pepper seasoned haddock fillet topped with lettuce, tomatoes and tartar sauce served on a garlic toasted bun.
\$18.95

CHICKEN CLUB

fresh grilled-to-order chicken, crisp bacon, aged cheddar, arugula and vine-ripe tomato with our chipotle mayo on toasted multigrain bread.
\$21.75

CRUNCHY BUFFALO CHICKEN WRAP

golden-crisp breaded chicken fillets, buffalo wing sauce, peameal bacon, shredded cheese blend, lettuce and tomato finished with blue cheese dressing in a grilled tortilla wrap.
\$20.75

STEAK SANDWICH

6oz striploin steak grilled to your liking topped with onion rings, lettuce, tomato and horseradish mayo, served on a toasted garlic panini bun.
\$32

PICKLED PEPPER TURKEY WRAP

shaved turkey breast, avocado, diced tomatoes, chef's house-pickled peppers and arugula rolled up in a hummus brushed tortilla wrap.
\$19.95

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PASTA & PIZZA

PENNE ALLA BOSCAIOLA

smoked sausage, assorted mushrooms and green onion tossed in a silky rose sauce with garlic bread.
\$22

V CAPRESE RAVIOLI

Traditional pasta pockets stuffed with roasted tomatoes, mozzarella and rich ricotta cheese, tossed in a tomato basil sauce with garlic bread.
\$24

V CHEESE CAPPELLETI

cheese filled pasta tossed in a mornay sauce with diced tomatoes, green onion with garlic bread.
\$27.95

V VEGETARIAN STIR-FRY

lo mein noodles with fresh cut peppers, carrots, celery, wild mushrooms, green onion and baby bok choy tossed in a classic stir fry sauce.
\$17

Add grilled chicken \$7.75

Add grilled salmon \$9.75

Add grilled tiger shrimp \$11

V MEDITERRANEAN PIZZA

peppers, red onion, black olives, tomatoes, feta cheese and pesto drizzle.
\$18

THE BASIC PIZZA

pepperoni and three cheese blend.
\$16

MEAT LOVER'S PIZZA

pepperoni, smoked sausage, mushrooms and three cheese blend.
\$17.95

HAWAIIAN PIZZA

ham, strip bacon, pineapple and three cheese blend.
\$19.50

THE BBQ CHICKEN PIZZA

grilled chicken, strip bacon, roasted red peppers, three cheese blend and BBQ drizzle.
\$20

{MAINS}

FINGERS & FRIES

five chicken breast strips lightly breaded, served with fries and plum sauce.
\$17

GRILLED SALMON

8 oz. salmon fillet grilled and glazed with teriyaki ginger sauce, served over fresh steamed basmati rice and seasonal vegetables.
\$28.50