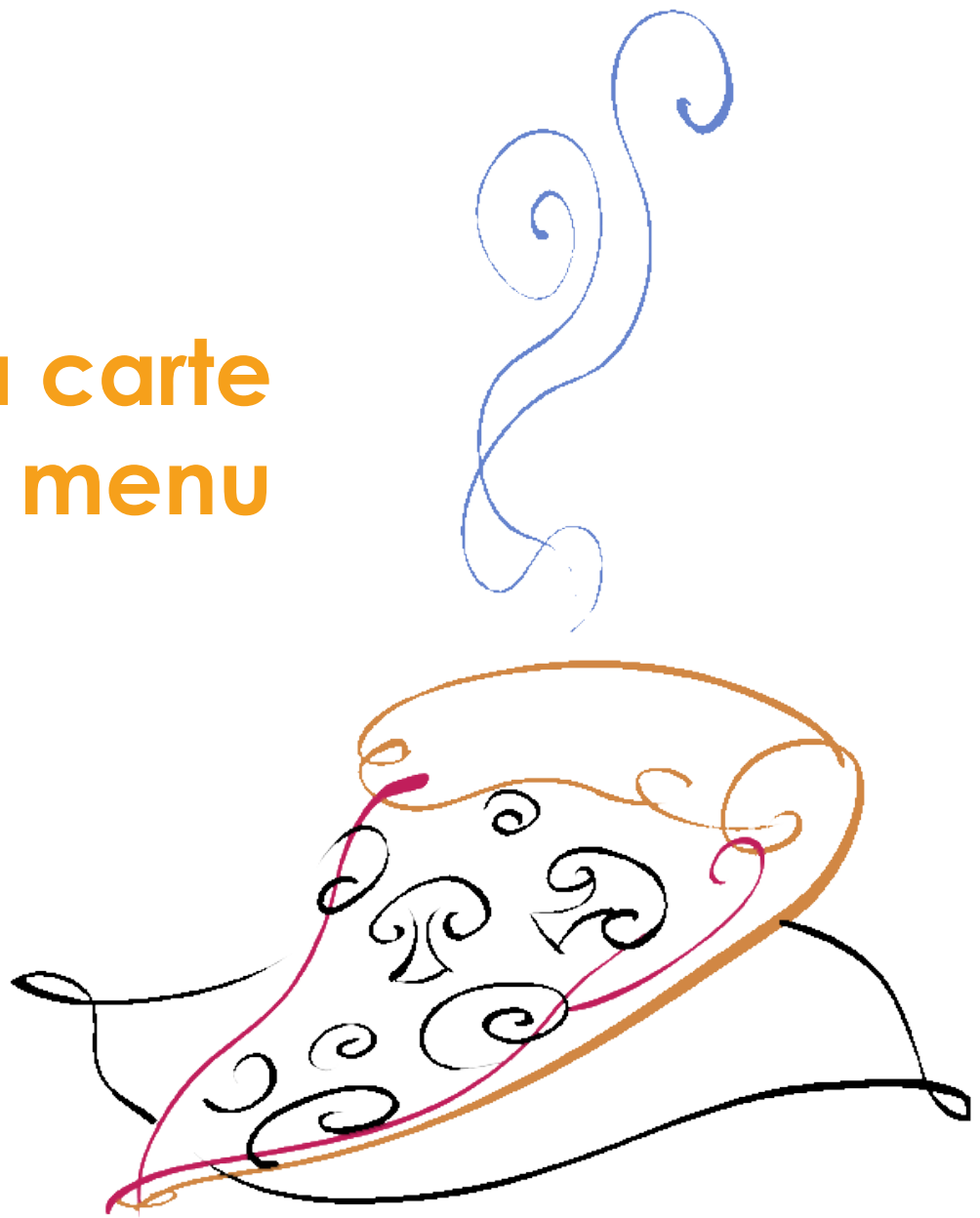


# a la carte menu



Poolside

operating hours

sundays - thursdays

11 a.m. - 9 p.m.

fridays & saturdays

11 a.m. - 10 p.m.

David Ansted  
executive chef

Elmer Par Cabanas  
chef de cuisine

Azhar Jaafar  
service director

## starters

### Chips & Chipotle Lime Salsa

1<sup>st</sup> one's free

2<sup>nd</sup> at **3.95**

add guacamole **3.00**

### Squeezin' Beans

**5.95**

steamed edamame tossed with sesame & lime salt

### Chicken Wings with Volcano Sauce

**9.50/16.50**

half or one dozen crispy fried wings tossed in our own sweet & spicy guava glaze  
- mild or hot

### Veggie Batons

**6.95**

with island spiced miso-chickpea dip

### Mixed Satays

**8.95**

4 sticks of beef & 4 sticks of chicken satay with onions, cucumber, steamed rice cake & peanut sauce

### Quesadillas

**8.50**

giant tortilla grilled with jack cheese, served with lime sour cream & salsa

add jerk chicken breast **2.95**

add prawns **4.95**

### Poolside Nachos

**11.95**

corn chips topped with refried beans, monterey jack cheese, jalapenos, spring onions & sour cream, served with our salsa & guacamole

add jerk chicken breast **2.95**

### Fresh Spinach & Grilled Artichoke Heart Dip

**8.95**

with corn chips

### Tuna Poke with Taro Chips

**10.95**

diced sushi grade tuna tossed in a sesame dressing with Japanese cucumber & avocado

### Aztec Soup

**5.95**

a mildly spicy & smoky tomato soup

## salads

add jerk chicken breast **2.95**

add prawns **4.95**

### Spicy Thai Noodle Salad

**12.50**

glass noodles marinated with chili, cucumber, onions, mango, paw paw, shallots & cashew nuts, served with thai chili sauce

### The Deepend Salad

**11.50**

vine tomatoes, macadamia nuts, blackened corn, green apples & mixed greens tossed with lemon lime vinaigrette

### Asian Chop Chop Salad

**8.95**

a bed of romaine lettuce topped with ketupat, tofu, tomatoes, shredded carrots, cilantro, spring onions, beansprouts & Japanese cucumber, served with sesame vinaigrette on the side

### Thai Pomelo Salad

**10.95**

a spicy sweet citrus salad with prawns and Thai glass noodles

### Caesar Salad

**8.95**

romaine lettuce, parmesan cheese, bacon bits, garlic croutons, tossed in caesar dressing

### Firecracker Salad

**11.95**

confetti of radish, carrot, pepper, cucumber, celery root, sugar snap peas, jícama, romaine lettuce, fresh mint, coriander, toasted fennel & pumpkin seeds, served with chipotle dressing

### Greek Salad

**10.50**

feta cheese, tomatoes, cucumber, red onions, roasted peppers, kalamata olives, pumpkin seeds & romaine lettuce, served with lemon lime vinaigrette

## entrees

all entrees come with island rice, beans & plantain chips

### Ensenada Fish Tacos 14.50

fresh snapper blackened or battered, with grilled onions, lime cream & diced tomatoes in warm tortillas

### Carne Asada Tacos 13.50

grilled marinated flank steak with grilled onions, lime cream & diced tomatoes in soft tortillas

### Fire Roasted Skewers

choice of chicken, beef, prawns or tofu threaded with cherry tomatoes, button mushrooms & fresh pineapple, marinated in a mild coconut curry

chicken or tofu 11.50

beef or prawn 15.50

### Grilled Salmon Filet 15.95

rubbed with fresh herbs with lemon lime sauce

### Prawn Adobo Tacos 10.50

prawns sautéed in chipotle sauce served with rice & beans

### Pulled Pork Tamales 13.95

spicy shredded pork, wrapped up with cheese & roasted chiles in a corn husk, served with red hot chile

### Pacific Jerk Chicken 15.50

half of a jerk marinated, crisp roasted chicken with our spicy guava bbq sauce on the side

### Tiki Ribs 16.95

pork spare ribs rubbed with The Club's special spice mix, smoked then grilled & served in our spicy guava bbq sauce

### Poolside Strip Steak 16.95

grilled to your liking (225 gm)

## sên cuisine

### Butternut Squash & Lemongrass Soup 5.95

with coconut cream

A good source of fiber with moderate carbohydrate. Loaded with antioxidants & anti-inflammatory properties  
129 calories, 24 grams of fat, 22 grams of carbohydrate

### Vietnamese Spring Rolls 10.95

shredded carrots, cabbage, bean sprouts & glass noodles wrapped in a rice paper roll, served with sweet bean sauce

295 calories, 15.6 grams of fat, 35 grams of carbohydrate

### Grilled Octopus & Red Potato Salad 14.95

with lemon & olive oil

Low in calories & carbs but, full of flavor  
322 calories, 22 grams of fat, 33 grams of carbohydrate

### Thai-style Sugar Cane Skewered Seafood Cakes 13.95

with fresh herbed salad & lime vinaigrette

Low-cholesterol, heart-healthy choice & a good source of protein

426 calories, 30 grams of fat, 8 grams of carbohydrate

### Sun Burger 9.95

home-made vegetarian burger with special seasoning on an oatmeal bun with cucumber & mint salad

Packed with natural vitamins, enzymes & fiber for maintaining a healthy lifestyle  
516 calories, 31 grams of fat, 80 grams of carbohydrate

### Jamaican Jerked Pork Wrap & Caribbean Coleslaw 13.95

with basmati rice & red beans

Ideal for tissue repair, muscle maintenance & growth for your active lifestyle

420 calories, 34 grams of fat, 52 grams of carbohydrate

### Grilled Salmon Bento 16.95

black pepper coated & served with corn-tomato salsa, teriyaki sauce & fresh fruits in a bento box

Can help to reduce heart stress, cancer, & improve mental health

407 calories 22 grams of fat, 42 grams of carbohydrate

### Coconut & Mango Iced Yogurt 7.95

seasonal fresh fruit platter with mint yogurt

An ideal source of fiber, antioxidants, vitamins & a quick energy booster

450 calories, 40 grams of fat, 24 grams of carbohydrate



contains pork



new item



vegetarian

Consuming raw or undercooked meat, fish, shellfish, or fresh eggs may increase your risk of food borne illness especially if you have certain medical conditions.

If you have food allergies, please advise your server and our chefs will be happy to prepare a dish for you that meets your needs.

## sandwiches & wraps

served with szechuan curly fries & asian slaw

**Ponzu Chicken Sandwich** 12.95  
with key lime aioli served on a ciabatta bread

**The Poolside Burger** 11.95  
loaded with honey roasted onions & grilled tomatoes served on a sesame seed bun  
add bacon, cheese, or mushrooms 1.35

**Chicken Caesar Burrito** 11.50  
grilled marinated chicken, monterey jack cheese, avocado & tossed caesar salad folded in a flour tortilla, served with salsa

**Soy Glazed Snapper Burrito** 14.95  
grilled & glazed fresh snapper wrapped in a flour tortilla with papaya salsa, shredded lettuce & roasted onions

## asian

 **Tofu and Udon** 9.95  
in a dashi broth

**Stir-fried Kway Teow or Bee Hoon** 10.95  
with chicken, fish slices, prawns & chye sim in brown 'n dry or hor fun style

**Tom Yum Soup with Prawns**  15.50  
a classic Thai soup; a bit spicy, a bit tangy, very refreshing

**Pineapple Fried Rice**  12.50  
jasmine rice stir fried with turmeric, prawns, pineapple & chicken

## indian

 **Palak Paneer**  9.95  
spicy curry of spinach & cottage cheese served with naan bread, mango mint chutney & pappadum

**Tandoor Machchi**  14.95  
spice and yogurt marinated fillet of fish cooked in a tandoor oven served with biryani rice, mango mint chutney & pappadum

**Lamb Kalia** 14.50  
tender lamb with potatoes & cauliflower, served with naan, mango mint chutney & pappadum

**Naan** 2.50  
from the tandoor, garlic or butter

**Chicken Tikka Wrap** 13.95  
tandoori chicken, roasted onions & peppers, wrapped in naan & served with mint yoghurt

**Deli Sandwiches** 10.95  
served with freshly sliced tomatoes, romaine lettuce & alfalfa sprouts

### choice of bread:

white, whole wheat, ciabatta, focaccia or multigrain from *Simply Bread*

### choice of fillings:

chicken salad, tuna salad, egg salad, roast turkey, roast beef, ham, salami, bacon, corned beef, pastrami or vegetarian filling

### choice of cheese:

provolone, cheddar, swiss or pepperjack

**Fried Rice** 9.50  
with chicken cubes and peas

**Cashew Chicken** 12.95  
boneless chicken with dried chili, red & green peppers & cashew nuts, served with steamed rice & asian vegetables

 **Vegetarian Thai Green Curry**  9.95  
add chicken 1.50  
add beef 4.50  
coconut based vegetarian curry, served with steamed rice

 **Lobia Masala**  10.95  
black eye peas cooked in garam masala served with naan bread, mango mint chutney & pappadum

**Chicken Curry**  8.95  
boneless chicken curry served with biryani rice, mango mint chutney & pappadum

**Chicken Tikka from the Tandoor Oven** 11.95  
served with naan, mango mint chutney & pappadum

## pizzas

available in 8" or 12 "



### Margherita

8" **10.95** 12" **14.95**  
tomato sauce, mozzarella cheese & fresh basil



### Hawaiian

8" **13.50** 12" **18.50**  
tomato sauce, mozzarella cheese, ham & pineapple

### Toppings

8" **1.95** 12" **2.50**

kalamata olives  
fresh basil  
pineapple cubes  
green bell pepper  
red bell pepper

fresh tomatoes  
mushrooms  
extra sauce  
cheddar cheese  
onions

jalapenos  
 canadian bacon  
 ham  
 italian sausage  
 pepperoni

### Premium Toppings

8" **2.95** 12" **3.50**

artichokes  
grilled shrimp

tandoori chicken  
fresh mozzarella

feta cheese  
avocado

## sides

**3.95 each**

island rice  
island black beans  
hummus & veggies  
steamed brown rice

fresh fruits  
steamed vegetables  
curly fries

asian slaw  
edamame  
plantain chips

quinoa  
side salad  
tortilla chips

## desserts

**Coconut Cheese Cake** **5.95**  
with fresh strawberries & raspberry sauce

**Mango Sticky Rice** **5.50**  
glutinous rice cooked in coconut milk served with freshly sliced mango & coconut cream

**Pineapple Coconut Banana Upside Down Cake** **5.95**  
with vanilla ice cream & fresh berries

**Coca Cola Cake** **5.50**  
with vanilla ice cream & caramel sauce

**Sliced Fresh Fruits** **3.95**  
choice of papaya, honey dew, watermelon or pineapple

**Mixed Fresh Fruits** **6.50**  
with fat-free yogurt

## something to drink

### Hot or Iced

**Coffee** (R) 3.50 (L) 4.50

**Latte** (R) 4.50 (L) 5.50

**Cappuccino** (R) 4.50 (L) 5.50

**Decafinated Coffee** 3.50

**Espresso** 3.50

add flavored syrup 1.65

**Tea** 3.50

choice of earl grey, english breakfast, camomile, mint or darjeeling

**Hot Chocolate, Chocolate Milk, Milo or Low Fat Milk** 3.50

**Brain Freeze** (R) 7.50 (L) 7.95

espresso blended with milk, cappuccino powder & chocolate sauce with ice

**Freshly Squeezed Fruit Juice** (R) 4.50 (L) 5.50

orange, watermelon, grapefruit, honeydew, pineapple, green apple or celery

**Fruit Juice** (R) 2.55 (L) 3.50

choice of cranberry, fruit punch, lime, orange or apple

**Iced Tea** (R) 2.95 (L) 3.50

lemon or peach

**Granitas** (R) 3.10 (L) 3.95

choice of lime, mango, strawberry or singapore fling

**Canned Soda** 2.50

root beer, coke light, pepsi light, coke zero, pepsi, coke, 7-Up or dr pepper

**Soda Fountain** (R) 2.50 (L) 2.95

coke, sprite, orange crush, 100 plus or soda water

**Soda Float** (R) 4.50 (L) 5.00

**Milk Shakes** (R) 5.50 (L) 6.50

chocolate, vanilla or strawberry

**Perrier** 3.50



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