

TEASERS

Wasabi Prawns 22.00

deep-fried prawns tossed in wasabi mayonnaise
served on a bed of lettuce

Shrimp Cocktail 15.95

with chipotle cocktail sauce

Deep-fried Calamari Rings 10.50

served with marinara & curried aioli

Quesadilla 9.95

a giant tortilla grilled & filled with monterey jack cheese
served with guacamole, sour cream & salsa

add spicy grilled chicken 2.50

add spicy grilled beef 4.50

Spinach & Black Bean Dip 9.95

served with corn chips

Crab & Goat Cheese Stuffed Mushrooms 15.95

served with warm tomato relish

Texas Nachos 11.95

tortilla chips layered with cheddar & monterey jack cheese
refried beans, jalapeños, olives & tomatoes

served with guacamole, sour cream & salsa

add extra toppings 1.95

Fried Cheese 8.50

smoked provolone, gouda, aged cheddar & mozzarella
served with spicy tomato sauce

Buffalo Wings (S) 11.95 (L) 18.95

served with blue cheese dip & vegetable sticks

Idaho Potato Skins (S) 8.95 (L) 15.95

with bacon, monterey jack & cheddar cheeses & chives
served with sour cream

add toppings (S) 3.50 (L) 7.00

broccoli, mushrooms & garlic, ratatouille, texas chilli,
buffalo style chicken, ham & onions, tuna, andouille sausage
mediterranean vegetables, shrimp salad or crab cake

 contains pork  new item  vegetarian

any additional sauces and/or condiments will be charged accordingly

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.

SOUPS & SALADS

Soup of the Day 5.95

western or local soup

New England Clam Chowder 5.95

Hill Country Chili 5.95

The Nest 6.95

a fresh daily selection of garden vegetables & crispy greens

with your choice of dressing:

roquefort, balsamic vinegar and olive oil, ranch,
thousand island, thai dressing, raspberry vinaigrette

Spinach Salad 10.95

warm bacon, mushrooms & egg vinaigrette
choice of vegetarian vinaigrette

Cobb Salad 14.95

avocado, apple smoked bacon, roquefort cheese & iceberg lettuce

Mission Taco Salad 13.50

chopped iceberg & romaine lettuce, tomatoes,
black olives, cheddar cheese & black beans
served with salsa, guacamole & sour cream

add chicken breast 2.50

add spicy grilled steak 4.50

Caesar Salad 9.95

romaine lettuce tossed with caesar dressing
topped with croutons, bacon bits & parmesan cheese
add grilled cajun chicken breast 4.50

Nicoise Salad 15.50

black pepper crusted loin of tuna with boiled egg,
green beans & nicoise olives

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MAIN COURSE

U.S. Sirloin Steak 40.95

grilled 8oz U.S. sirloin steak with pepper sauce,
with choice of three side dishes

U.S. Beef Tenderloin 48.95

grilled 6oz U.S. tenderloin with pepper sauce,
with choice of three side dishes

BBQ Baby Back Pork Ribs 22.50

with tennessee style bbq sauce & choice of three side dishes

choice of side dishes:

corn on cob, mexican rice, daily vegetables, baked potato, fries,
mashed potatoes, onion rings, salad, coleslaw or garlic bread

Lemon and Soy Chicken 12.95

with garlic & sage mashed potatoes

Beef Short Ribs braised in Red Wine & Herbs 25.95

served with roast potatoes & seasonal vegetables

Smoked Double Cut Pork Chop 13.95

sweet potato fries & mustard bourbon sauce

Blackened Salmon 19.45

sweet potato fries & seasonal vegetables

Hot Turkey Pot Pie 8.45

made with mushrooms & peas under a flaky crust

Buttermilk Marinated Fried Chicken 13.95

with sausage, sage gravy & biscuits

Enchiladas Suizas 12.95

classic mexican comfort food with peppers, onions & monterey jack cheese
rolled in corn tortillas, topped with red chili sauce
served with shredded lettuce, mexican rice & sour cream
add spicy shredded chicken 2.50
add grilled steak 4.50

Fiesta Fajitas

with peppers & onions

served with warm tortillas, guacamole, sour cream & salsa
choice of

vegetables 10.95 chicken 12.95 grilled steak 14.95

Fish & Chips 12.50

battered, breaded, or grilled john dory fillet
served with tartar sauce, fries & coleslaw

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SANDWICHES, WRAPS & BURGERS

all served with fries & coleslaw

The Club 12.50

triple decker of shaved turkey breast, bacon, tomatoes, provolone cheese, avocado & lettuce served on whole wheat or white bread

Cuban Sandwich 14.50

traditional Miami recipe with two types of pork, gruyere cheese & our signature blend of herbs & spices

Sirloin Steak Sandwich 17.50

grilled-to-order steak on garlic bread with bacon, onions & smoky chili sauce

Italian Meatball Sub 12.50

with sauce pomodora & melted provolone cheese

Fried Soft Shell Crab Po-Boy 15.95

served in a toasted baguette with cajun remoulade

Reuben Sandwich 15.50

corned beef sauerkraut & swiss cheese on dark rye

California Veggie Wrap 13.95

avocado, black bean paste, alfalfa sprouts, oven dried tomatoes, & aged cheddar cheese wrapped in a whole wheat tortilla

Country Pork Sausage or Beef Hot Dog 7.95

add toppings \$1.95

choice of grilled onions, sauerkraut, jalapeños, texas chilli

add cheese 1.50

choice of cheddar or swiss cheese

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Eggplant Parmesano Sandwich 10.50

melted mozzarella cheese & tomato sauce in focaccia bread

Crabcake Tortilla Wrap 11.95

with fresh sprouts and lemon & mustard seed dressing

Pulled Pork 12.50

on a soft bun with onions & bbq sauce

Deli Sandwiches 11.50

served with freshly sliced tomatoes, romaine lettuce & alfalfa sprouts

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

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

add cheese 1.50

choice of american, cheddar, swiss, blue, goat, provolone or mozzarella

The Burger Bar

made of U.S. ground chuck on a sesame seed bun

115 gm **9.95**

225 gm **12.95**

Sun Burger 12.50

homemade veggie burger with special seasonings on oatmeal bun with cucumber & mint salad

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PIZZA & PASTA

enjoy our pizzas which are made with hand-tossed dough and cooked in a traditional stone-hearth oven!

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





  **Prosciutto & Arugula** 8" **16.50** 12" **22.50**
tomato sauce, mozzarella cheese, prosciutto & arugula

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

 **New York** 8" **15.95** 12" **20.50**
tomato sauce, mozzarella cheese, italian sausage, mushrooms, green bell peppers & onions

D-I-Y Pizza 8" **13.50** 12" **18.50**
with choice of tomato sauce or white pizza (olive oil & garlic sauce), with choice of 2 toppings

available toppings (each) 8" **1.95** 12" **2.50**

kalamata olives	fresh tomatoes	jalapenos
fresh basil	mushrooms	 canadian bacon
pineapple cubes	extra sauce	 ham
green bell pepper	cheddar cheese	 italian sausage
red bell pepper	onions	 pepperoni

made-to-order pasta 12.95

your choice of pasta
spaghetti, fettuccine, penne or linguine

your choice of sauce
aglio olio, alfredo, pesto, bolognese, marinara or arrabiata

add your favorite topping (each)
roasted peppers, olives, roasted mushrooms or vegetables **2.95**
italian sausage, meatballs or chicken **3.95**
shrimp **7.50**

Spaghetti Meat Balls 14.95
served with marinara sauce

Baked Penne 12.95
with eggplant & spinach in tomato sauce, topped with mozzarella cheese

  **Grilled Vegetable Lasagne 8.95**
with four cheese sauce & tomato chutney

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SÊN CUISINE

our sên menu items have carefully selected to meet our members' varying nutritional needs. all dishes are prepared using only the freshest ingredients, whole grains & lean meats

 **Vegetable & Pearl Barley Soup 5.95**
garden vegetables & fresh herbs
129 calories, 5 grams of fat, 8 grams of carbohydrates

 **California Salad 13.50**
avocado, orange, grapefruit, fresh corn, red peppers, sun-dried tomatoes, kidney beans, red onions, glazed walnuts & mesclun greens with shallot vinaigrette

Salads are packed with vitamins, living enzymes and fiber to help maintain healthy balanced nutrition on a daily basis
333 calories, 21 grams of fat, 25 grams of carbohydrates

 **Roasted Vegetable & Bean Wrap 14.95**
zucchini, asparagus, squash, portobello mushrooms, black beans & mozzarella wrapped in a whole wheat tortilla served with mesclun salad & corn salsa
395 calories, 10 grams of fat, 30 grams of carbohydrates

Miso Marinated John Dory 13.95
john dory fillet marinated with wasabi & miso, topped with fruit salsa served with brown rice, daikon slaw & fresh fruits
Good brain food
375 calories, 18 grams of fat, 43 grams of carbohydrates

 **Smoked Turkey, Provolone Cheese & Basil Sprouts 12.95**
on whole wheat sourdough bread garden green salad on the side
Sour dough bread helps to supply long term energy through your busy day
398 calories, 16 grams of fat, 32 grams of carbohydrates

Hot Smoked Flaky Salmon & Orzo 17.95
with orange, fennel & mint salad
Rich in Omega-3 fatty acids which promotes health at several different levels
440 calories, 28 grams of fat, 16 grams of carbohydrates

 **Whole Wheat Pasta with Tomato Eggplant Fondue 10.95**
with aged ricotta cheese
Maintains optimum nutrition and tissue maintenance, helps rebuild muscles for your active life
474 calories, 19 grams of fat, 37 grams of carbohydrates

 **Low GI Cheesecake with Oatmeal Crust 7.50**
Rich in calcium and nutrition for growing and repairing muscles, but still maintains burning of carbohydrates
267 calories, 12 grams of fat, 29 grams of carbohydrates

 contains pork  new item  vegetarian
any additional sauces and/or condiments will be charged accordingly

Please ask your server if you wish to have lower sodium content in your dish or have any other dietary requirements

ASIAN CUISINE

Hainanese Chicken Rice 12.50

choice of breast or drum
served with vegetables & cabbage soup

Singapore Laksa 11.95

laksa noodle in coconut curry with chicken, quail eggs & tau pok

Penang Laksa \$11.95

laksa noodles in tangy fish broth with laksa leaves, slices of cucumber, pineapple & red onions

Vegetarian Fried Kway Teow/Rice 9.95

add chicken 2.50 add seafood 4.50 add beef 6.50

Stir-fried Beef with Kai Lan 15.95

sliced beef, onions & kai lan with oyster sauce
served with steamed rice

Szechuan Chicken 13.50

boneless chicken with dried chilies, red & green peppers & cashew nuts
served with steamed rice

General Tso's Chicken 12.95

deep-fried boneless chicken with fresh chili, spring onions & ginger
served with steamed rice

Chop Suey 9.50

stir-fried assorted vegetables with steamed rice
add chicken 2.50 add seafood 4.50 add beef 6.50

Phad Thai 14.50

rice noodles stir-fried with eggs, prawns, tofu, scallions, peanuts & bean sprouts

Classic Chicken Curry 12.50

authentic Indian chicken curry with biryani rice & naan

Dal Bukhara 9.95

black dal with tomato puree with biryani & naan

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DESSERTS

Apple Crunch 7.95

with vanilla ice cream & caramel sauce

Slow Baked Cheese Cake 6.95

with raspberry sauce & fresh strawberries

American Chocolate Cake 5.95

with vanilla sauce & fresh berries

Nutty Buddy Ice Cream Pie 8.95

layers of vanilla ice cream with caramel,
dark chocolate & nuts on an oreo cookie crust

Apple Fitters 7.95

with vanilla ice cream, walnuts & caramel sauce

Lynchburg Lemon Tart 7.95

lemon curd with a touch of jack daniel's in a chocolate pie crust

Layered Brownies 7.95

with white chocolate caramel & vanilla ice cream with pecan candy

Tin Roof Sundae 8.95

vanilla ice cream with spanish peanuts, warm chocolate sauce,
chocolate chips & whipped cream

Warm Chocolate Lava Cake 9.50

with caramel sauce

Premium Ice Cream 4.95

per scoop

Home-made Cookies 1.95

chocolate chunk, oatmeal & raisin, sticky toffee or double chocolate chunk

Home-made Butterscotch Pudding 7.95

topped with whipped cream & english toffee

Pear & Sour Cream Crème Brûlée 7.95

 new item

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