



# THE CLIFFS AT GLASSY DINNER MENU

## APPETIZERS

COLOSSAL SHRIMP COCKTAIL MARTINI

Lemon Wedge, Tangy Cocktail Sauce

JUMBO LUMP CRAB CAKE

Braised Cabbage, Creole Remoulade Sauce

BEEF CARPACCIO

Shaved Reggiano, Arugula Salad, Horseradish Crème Fraiche, Whole Grain Mustard

VEGETABLE TEMPURA

Asparagus, Squash Batons, Haricots Verts, Button Mushrooms, Spicy Red Pepper Aioli

## SOUPS AND SALADS

SOUP DU JOUR

CHEF'S SIGNATURE SPICY CRAWFISH AND CORN CHOWDER

Crawfish, Sweet Corn, Andouille Sausage, Yukon Gold Potatoes



CHEF'S WELLNESS SOUP DU JOUR

DEMITASSE TRIO OF SOUPS

AUTUMN SALAD

Mixed Greens, Spiced Walnuts, Green Apple, Maytag Bleu Cheese, Dried Fruits, Prosciutto Crisps, Apple Cider Vinaigrette

CLASSIC CAESAR

Organic Romaine, Parmigiano Reggiano, Sourdough Croutons, Capers Blossoms

BLT SALAD

Grilled Heart of Romaine, Applewood-smoked Bacon, Cliffs Organic Farm Heirloom Tomatoes, Buttermilk Peppercorn Dressing



*Denotes Wellness Selection*

*The Cliffs' Registered Dietician provides nutritional analysis to help Members achieve their wellness goals and fully enjoy The Cliffs Lifestyle. The consumption of raw and undercooked meats, poultry and seafood can be hazardous to your health.*



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## CLUB CLASSICS

### ATLANTIC SNAPPER AMANDINE

Haricots Verts, Bing Cherry Rice Pilaf, Lemon Beurre Blanc

### SHRIMP SCAMPI POMODORO

Jumbo Shrimp, Heirloom Tomatoes, Linguine Pasta, Shaved Reggiano, Chardonnay Pan Sauce

### COUNTRY FRIED CHICKEN

Boneless Scaloppini of Chicken, Sawmill Gravy, Home-style Mashed Potatoes, Maple-lacquered Baby Carrots, Braised Collards

### BLACK & BLEU SALAD

Iceberg Wedge, Applewood-smoked Bacon, Heirloom Tomatoes, 4 oz. Bacon-wrapped Filet Mignon, Maytag Bleu Cheese Dressing

## FALL FEATURES

### ROSEMARY-RUBBED NEW ZEALAND LAMB

Grilled Asparagus, Whipped Potato Duet, Mint Bordelaise

### PORCINI-DUSTED NY STRIP

Haricots Verts, Whipped Potato Duet, Blackberry Cabernet Demi-glace

### MAPLE-GLAZED ATLANTIC SALMON

Baby Carrots, Bing Cherry Rice Pilaf, Port Wine Beurre Rouge

### FENNEL-CRUSTED DIVER SCALLOPS

Tasso Ham and Butternut Squash Risotto, Wilted Spinach, Calvados Beurre Blanc

### SWEET PEPPER AL FORNO

Red Bell Pepper, Saffron Couscous, Boursin Cheese Mousse, Farm Vegetables, Artichokes, Kalamata Olives

### BLACK ANGUS FILET OSCAR

Lump Crabmeat, Grilled Asparagus, Whipped Potato Duet, Béarnaise


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## WELLNESS FEATURES

The Cliffs is proud to offer its Members a healthy dining experience that features seasonal, organic produce from The Cliffs Organic Farm. The Entrees featured below are our current Wellness selections which are prepared with our Members' health and well-being in mind, without sacrificing flavor, creativity or quality. Other Wellness items throughout the menu are highlighted and designated by the  symbol. Your server will be happy to answer any questions you may have about The Cliffs' commitment to Wellness.

### GLASSY BOUILLABISSE

Prince Edward Island Mussels, White Clams, Jumbo Shrimp, Atlantic Snapper, Tomato-Saffron Broth  
(340 calories, 109g carbs, 30g protein, 9g fat, 1g saturated fat, 625mg sodium, 12g sugar, 10g fiber)

### BLACKENED SALMON SALAD

Wild Atlantic Salmon, Spinach, Toasted Pecans, Cherry Tomatoes, Carrots, Apples, Cranberry Vinaigrette  
(365 calories, 25g carbs, 27g protein, 18g fat, 560mg sodium, 13g sugar, 8g fiber)

### WALNUT-ENCRUSTED CHICKEN ROULADE

Julienne Vegetables, Spinach, Charred Fennel Quinoa, Cranberry Quince Compote  
(462 calories, 32g carbs, 36g protein, 17g fat, 2g saturated fat, 541mg sodium, 4g sugar, 7g fiber)

### SOYA LIME-MARINATED TOFU

Buckwheat Soba Noodles, Carrot-Ginger Broth, Sweet Peppers, Mung Bean Sprouts, Snow Peas, Black Pepper Cashews  
(280 calories, 30g carbs, 23g protein, 11g fat, 1g saturated fat, 235mg sodium, 7g sugar, 3g fiber)

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