



# THE CLIFFS AT GLASSY CLUBHOUSE LUNCH

## STARTERS

 GLASSY WELLNESS SOUP OF THE DAY CUP OR BOWL

CHEF'S SOUP OF THE DAY CUP OR BOWL

## ENTRÉE SALADS

 CAESAR SALAD

Chopped Romaine, Shaved Parmigiano-Reggiano and Caper Blossoms served with a Skinny Caesar Dressing\*

*Approximately 112 calories, 3.85g fat, 356mg sodium, 11.5g protein, 6.7g cholesterol*

\*Traditional Caesar Dressing also available upon request

CLIFFS ORGANIC FARM SALAD

Cliffs Organic Farm Greens, Cucumbers, Tomatoes, Carrots, Sweet Onions, Dried Fruits, Pine Nuts  
Choice of Ranch, Blue Cheese, Thousand Island and Balsamic or Raspberry Vinaigrette

 GREEK SALAD

Shredded Romaine, Feta, Kalamata Olives, Banana Peppers, Cucumbers, Tomatoes,  
Artichoke Hearts and Toasted Pita Chips served with a Greek Vinaigrette

*Approximately 348 calories, 16.7g fat, 667mg sodium, 38.6g carbs, 3.5g fiber, 3.8g sugar, 13.1g protein*

SPINACH SALAD

Hard-boiled Eggs, Crumbled Maytag Blue Cheese, Bacon Lardons, Candied Pecans and  
Bermuda Onions served with a White Balsamic Vinaigrette

ADD TO ANY SALAD

Grilled Free-range Chicken

Grilled Salmon

Grilled Shrimp

Seared Ahi Tuna

 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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## SANDWICHES AND MORE

### FRIED GREEN TOMATO "BLT"

Crispy Green Tomatoes, Bacon, Lettuce and Pimento Cheese Aioli served on Toasted Sourdough

### BLACKENED MAHI-MAHI

Tangy Red Cabbage Slaw and Lowcountry Remoulade served on a Toasted Brioche Bun

### SLOW ROASTED FRENCH DIP

Shaved Prime Rib, Molten Swiss Cheese and Au Jus served on a Toasted Milano Roll

### GLASSY BURGER

8oz. Grilled Angus with Crispy Bacon, Lettuce, Tomato and Red Onion served on a Toasted Brioche Bun

### CLASSIC CUBAN SANDWICH

Chile-roasted Pork Loin, Black Forest Ham, Swiss Cheese, Pickles and Spicy Mustard served on a Fresh Milano Roll

### REUBEN

Boar's Head Corned Beef, Swiss Cheese, Sauerkraut and Russian Dressing served on Griddled Marble Rye

### BOAR'S HEAD DELI BOARD

Ovengold Turkey, Roast Beef, Black Forest Ham, Corned Beef, Tuna Salad, Chicken Salad and Egg Salad with choice of Swiss, American, Provolone or Cheddar, Choice of Bread or Wrap

### CUP OF SOUP AND HALF BOAR'S HEAD DELI BOARD SANDWICH

### CLIFFS CLUB

Boar's Head Black Forest Ham, Ovengold Turkey, Cheddar, Swiss, Mayo, Lettuce, Tomato, Bacon and Fried Egg served on Toasted Sourdough

### HOUSE MADE ORGANIC VEGETABLE BURGER

Assorted Selection of Cliffs Organic Farm Vegetables, Pepper Jack Cheese and Basil Aioli

### FLATBREAD PIZZA FEATURE OF THE DAY

Ask your server for details

### CHEF'S WELLNESS FEATURE OF THE DAY MARKET PRICE

Ask your server for details

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