

casual fare

Starters

Half-Dozen Jumbo Chicken Wings

Celery and Blue Cheese Dressing

Fried Claussen Pickle Spears

Cucumber Ranch Dipping Sauce

Whole Wheat Pita and Hummus

Crudités and Spinach

403 calories, 75 grams carbs, 18grams protein, 6 grams fat, 1 gram saturated fat, 503 mg sodium, 11 grams sugar, 17 grams fiber

Herb Crusted Fried Provolone

Spicy Marinara and Arugula Salad

Fresh Salads

Caesar Salad

Romaine Lettuce, Whole Grain Croutons, Parmigiano-Reggiano Cheese, Caesar Dressing

Chopped Cobb Salad

Romaine Lettuce, Spring Mix, Tomatoes, Egg, Smoked Applewood Bacon, Blue Cheese, Chicken, Avocado, Red Wine Vinaigrette

Farm Fresh Salad

Spring Mix, Radish, Fennel, Cucumber, Tomatoes, Soft Herb Vinaigrette

380 calories, 36 grams protein, 6 grams carbs, 23 grams saturated fat, 180 mg sodium, 1 gram sugar, 3 grams fiber

Additions to any Salad:

Chicken

Salmon

Shrimp

Sandwiches and More

Sandwiches include your choice of Fresh Fruit, Cole Slaw, Petite House Salad, Petite Caesar Salad, French Fries, Onion Rings, Sweet Potato Fries

Add a Cup of Soup

The Club

Smoked Turkey Breast, Ham, Romaine Lettuce, Tomato, Swiss, Smoked Applewood Bacon, Avocado, Toasted White Bread

Angus Burger

Onion Kaiser Roll and Falls Relish Tray

Choice of: Cheddar, Pepper Jack, Swiss, American Cheese and Smoked Applewood Bacon

Grilled Chicken B.L.T.

Applewood Smoked Bacon, Romaine Lettuce, Thick Sliced Tomato, Caramelized Onion Focaccia

 *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.