



THE CLIFFS VALLEY

WELCOME

GASTRO PUB APPETIZERS

Asian Lettuce Wraps

Sautéed Chicken with Sun Tzu Sauce, Crispy Rice Noodles, Cashews, Daikon Radish, Carrot and Pickled Cucumber

Mac & Cheese Buffalo Chicken

Orecchiette Pasta, Colby Longhorn Cheese Sauce, Boneless Buffalo Chicken, Served in a Cast Iron Skillet

Cornmeal Dusted Baby Calamari

Spicy Marinara

Cliffs Valley Signature She-Crab Soup *cup bowl*

Chef's Daily Soup *cup bowl*

GASTRO PUB SALADS

Mediterranean Salad

Baby Spinach, Romaine, Toasted Pine Nuts, Red Onion, Kalamata Olives, Tomato, Cucumbers, Banana Peppers, Feta Cheese, Grilled Wheat Pita, Red Wine Feta Vinaigrette

The Cliffs Valley Cobb Salad

Cliffs Organic Farm Mixed Greens, Egg, Tomato, Cheddar Cheese, Blue Cheese Crumbles, Smoked Bacon, Enoki Mushrooms, Avocado, Your Choice of Dressing or Vinaigrette

Skinny Caesar

Crisp Romaine Lettuce, Diced Tomatoes, Skinny Caesar Dressing

(Approx: 112 calories, 11.5g protein, 3.85g fat, 356mg sodium, 6.7g cholesterol)

Traditional Caesar also available

Add a Healthy Field or Stream Selection to Your Salad:

Grilled All-Natural Chicken Breast (5 oz.) | Grilled White Shrimp (5 oz.)

Grilled Atlantic Salmon (5 oz.) | Seared Ahi Tuna (5 oz.)

The Cliffs is proud to offer its Members a dining experience that features seasonal, organic produce from The Cliffs Organic Farm. We strive to use the freshest ingredients available and take pride in supporting Carolina farmers and fisheries.



GASTRO PUB ENTRÉES

Tempura Jumbo Shrimp and Spicy Crab Slaw

Tokyo Sauce, Mae Ploy, Garlic Chili Mayonnaise

Seafood Linguine Marinara

Bay Scallops, Calamari and Baby Shrimp, Whole Grain Linguine, Fire-roasted Tomato Marinara
(Approx: 385 calories, 6.1g protein, 99.4g carbs, 1.4g fat, 58mg sodium, 20g sugar, 13.6g fiber)

Seafood Linguine Alfredo

Bay Scallops, Calamari and Baby Shrimp, Whole Grain Linguine, Basil Parmesan Sauce

Bourbon and Molasses Skirt Steak

Open-face Style, Garlic Texas Toast, Mashed Potatoes, Caramelized Onions, Grilled Asparagus

Chef's Daily Wellness Feature

Your Server will Provide Details

Daily Fresh Fish, Organic Vegetables, Healthy Grains and Fresh Herbs

Brick Oven Pizza Small Regular

Choice of Sauce: Traditional Red Sauce, White Sauce or Pesto Sauce

Choice of two toppings: Pepperoni, Italian Sausage, Chicken, Ham, Salami, Mushrooms, Artichokes, Roasted Garlic, Spinach, Banana Peppers, Jalapenos, Grilled Onions, Black Olives, Goat Cheese, Feta Cheese, Roasted Tomatoes, Fresh Tomatoes (Additional Toppings 1.00 each)

Gourmet Pizza of the Week

Your Server will Provide Details

GASTRO PUB SANDWICHES

Served with your choice of Coleslaw, French Fries, Onion Rings or Fresh Fruit

The Dark Corner's Open-faced Hot Brown Sandwich

Slow Roasted Turkey Breast, Garlic Texas Toast, Tomato, House-cured Bacon, Fresh French Fried Potato Straws, Monterrey Pepper Jack Cheese Sauce

Deluxe Valley Burger

Baby Swiss Cheese, Smoked Bacon, Lettuce, Tomato and Red Onion on a Kaiser Roll

Crispy Black Grouper Sandwich

Ale-battered Grouper, Lemon Aioli, Lettuce, Tomato and Red Onion (Available Broiled Upon Request)

Cliffs Valley Signature Club Sandwich

Boar's Head Turkey, Black Forest Ham, Swiss and Cheddar Cheeses, Smoked Bacon, Lettuce, Tomato, Mayonnaise, Fried Egg, on Your Choice of Bread



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.