



THE CLIFFS VALLEY LUNCH

WELCOME

STARTERS

Cliffs Valley Signature She-Crab Soup

Chef's Daily Soup

Skinny Caesar

Cliffs Valley Wellness Low-fat Caesar Dressing

(Approx: 112 calories, 11.5g protein, 3.85g fat, 356mg sodium, 5.4g sugar)

Regular Caesar also available

Cliffs Organic Farm Fresh Mixed Salad

Farm Fresh Organic Greens and Vegetables, Hand-picked Daily,

Your choice of Dressing (With Low-fat Green Goddess Dressing:

Approx: 159 calories, 4.7g protein, 9g fat, 278mg sodium, 6.4g sugar, 5.2g fiber)

SANDWICHES & MORE

Sandwiches include your choice of Fresh Fruit, Cole Slaw, French Fries or Onion Rings

Smoked Red Trout Sandwich

Open-faced Sandwich, Fresh Focaccia Bread, Pickled Sweet Red Onion, Cliffs Organic Farm Greens, Cream Cheese, Capers, Sliced Radishes, Champagne Shallot Vinaigrette

Anna's Roasted Turkey Sandwich

Boar's Head Oven-roasted Turkey Breast on a Grilled Ciabatta Roll
Avocado, Roasted Garlic Mayo, Tomato and Farm Fresh Mixed Greens

Classic Greek Gyro

Grilled Greek Flatbread, Seared Lamb Gyro Meat, Feta Cheese, Shredded Iceberg Lettuce, Vine Ripe Tomato, Red Onion, Tzatziki Sauce

Deluxe Valley Burger

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

Cliffs Valley Signature Club Sandwich

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

The Boar's Head Deli Builder

Create Your Own Combination by Choosing One of Each:

Boar's Head Deli Meat:

Black Forest Ham, Rare Roast Beef, Oven-roasted Turkey Breast

Boar's Head Cheese:

Provolone, Baby Swiss, Aged Vermont Sharp Cheddar

Bread:

Sourdough, Pumpernickel, Wheatberry, Jewish Rye

 Denotes Wellness Selection

The Cliff's 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.



ENTRÉE SALADS

Almond-crusted Chicken Strip Salad

Cliffs Organic Farm Greens, Apple, Pear, Gorgonzola Blue Cheese, Red Onions, Oven-dried Grape Tomatoes, Cornbread Croutons, Apple Cranberry Vinaigrette

Omega 3 Autumn Power Salad

Cliffs Organic Farm Greens and Sprouts, Radishes, Sun-dried Cherries, Blueberries, North Carolina Cortland Tart Apples, Cashews, Macadamia Nuts, Flaxseeds, Roasted Pear Vinaigrette
(Approx: 313 calories, 7g protein, 26g carbs, 21g fat, 39mg sodium, 12g sugar, 8g fiber)

Mediterranean Salad

Baby Spinach, Romaine, Toasted Pine Nuts, Red Onion, Kalamata Olives, Tomato, Cucumbers, Banana Peppers, Feta Cheese, Tossed in Red Wine Feta Vinaigrette, Grilled Wheat Pita
(Approx: 348 calories, 13.1g protein, 38.6g carbs, 16.7g fat, 667 mg sodium, 3.8g sugar, 3.5g fiber)

The Cliffs Valley Cobb Salad

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

The Cliffs Skinny Caesar

Crisp Romaine Lettuce, Diced Tomato, Skinny Caesar Dressing
Traditional Caesar also available with Classic Dressing, Garlic Croutons, Asiago
(Approx: 112 calories, 11.5g protein, 3.85g fat, 356mg sodium, 6.7g cholesterol)

Add a Healthy Field or Stream Selection to Your Salad:

Grilled All Natural Chicken Breast (5 oz.)

Grilled Atlantic Salmon (5 oz.)

Grilled White Shrimp (5 oz.)

Seared Ahi Tuna (5 oz.)

Fruit and Three

Chicken Salad, Tuna Salad, Shrimp Salad, Kiwi Fruit, Strawberries, Fuji Apple and Pineapple, Banana Bread
(Approx: 493 calories, 36g protein, 62g carbs, 11g fat, 487 mg sodium, 40g sugar, 6g fiber)

ENTRÉES

Chef's Wellness Feature of the Day

Chef's Choice of Fresh Fish, Cliffs Organic Farm Vegetables and Fresh Juice of the Day
Your server will provide details

Shrimp and Anson Mills Heirloom Grits

Jumbo White Shrimp, Andouille Sausage, Tomato, Garlic Sauce, Sharp White Cheddar Cheese Grits Cake, Steamed Broccolini

Honey Cracked Mustard Glazed Grouper

Stir Fry Medley of Napa Cabbage, Carrots, Shiitake Mushrooms and Roasted Tomato, Soy Vinaigrette
(Approx. 425 calories, 36g protein, 31g carbs, 18g fat, 455mg sodium, 9g sugar, 5g fiber)

Grilled Vegetable Primavera

Whole Wheat Linguine, Grilled Asparagus, Squash, Zucchini, Bell Peppers, Onions, Roasted Tomato, Artichokes, Olive Oil, White Wine, Parmesan-Reggiano, Cliffs Organic Farm Basil and Fresh Herbs

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.