

Starters

Roasted Red Pepper Soup

Fire Roasted Red Peppers, Crème Fraiche

Calamari with Sundried Tomato & Olive Salsa

Flash Fried, Capers, Oregano, Olive Oil, Lemon Basil Aioli

Buffalo Mozzarella & Eggplant Rollatini

Roasted Eggplant, Mozzarella, Tomato Basil Sauce

Wild Mushroom Ragout

*Exotic Wild Mushrooms, French Brie,
Cliffs Baby Greens with Sherry Vinaigrette*

Cliffs Organic Farm Salad

*Baby Greens, Avocado, Orange Supremes, Strawberries, Toasted Walnuts,
Maytag Blue Cheese, Citrus Vinaigrette*

Artisan Spring Lettuce & Panzanella Salad

*Spring Lettuce, Banana Peppers, Roasted Red Peppers, Baked Crostini,
Tomatoes, Feta, Roasted Shallot Vinaigrette*

249 calories, 11 grams protein, 24 grams carbs, 14 grams fat,
7 grams saturated fat, 189 mg sodium, 4 grams sugar, 3 grams fiber

Caesar Salad

Hearts of Romaine, Parmesan Twists

*Skinny Caesar Dressing Available

Antipasto Platter for two

*Grilled Marinated Artichoke, Smoked Mackerel, Oven Roasted Tomatoes,
Salami, Prosciutto, Hearts of Palm, Grilled Asparagus*

 *Denotes Wellness Selection*

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 our local farmers and fisheries.

Entrées

Butter Poached Maine Lobster

Five Cheese Sherry Cream, Gemelli Pasta, Micro Herb Salad

Tournedos of Beef Tenderloin

Grass Fed Beef, Foie Gras, Maytag Blue Cheese Mashed Potatoes, Peppercorn Sauce, Asparagus, Glazed Carrots

Tea Spiced Maple Leaf Duck Breast

Jasmine Tea Marinated, Herb Spaetzle, Sautéed Spinach, Duck Jus, Tomato & Pineapple Compote

Parmesan Crusted Colorado Lamb Chop

Barley & Roasted Tomato Risotto, Sautéed Rainbow Chard, Madeira Lamb Jus

Wild Striped Bass

Warm Cannellini Bean Salad, Tomatoes, Sautéed Kale Greens, Coriander Vinaigrette

326 calories, 36 grams protein, 19 grams carbs, 12 grams fat, 2 grams saturated fat, 346 mg sodium, 5 grams sugar, 4 grams fiber

Shrimp & Scallop Farfalle

Gulf Shrimp & Diver Sea Scallops, Tomatoes, Roasted Red Pepper, Caramelized Fennel, Dill Vodka Sauce

Roasted Ashley Farms Chicken

Herb Goat Cheese, Brown Butter Gnocchi, Asparagus Tips, Roasted Tomatoes, Shiitake Mushrooms, Sweet Onion Puree

Saffron Braised Pork Shank

Tomatoes, Sherry Wine, Chiles, Garbanzo Beans, Sautéed Greens, Gremolata, Mashed Potatoes

Tempeh & Vegetable Curry

Eggplant, Baby Corn, Bamboo Shoots, Carrots, Thai Chiles, Cilantro, Baby Bok Choy, Coconut Milk, Curry Broth

315 calories, 26 grams protein, 22 grams carbs, 17 grams fat, 6 grams saturated fat, 94 mg sodium, 3 grams sugar, 5 grams fiber

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.