



LUNCH MENU

SOUPS

CHEF'S DAILY CREATION 6.

FRENCH ONION SOUP

Provolone Cheese and Parmesan Croutons 7.

GAZPACHO

Chilled Tomato and Cucumber Soup 7.

STARTERS

MEDITERRANEAN HUMMUS PLATE

Oregano Pita Crisps, Marinated Olives, Feta Cheese 8.

CHILLED SHRIMP COCKTAIL

Tropical Fruit Salsa, Cocktail Sauce 9.*

BUTTERMILK-FRIED CRISPY CLAMARI

Banana Peppers, Parmesan Cheese, Tomato and Basil Sauce 10.

CRAB CAKE

Guava, Lime, Corn, Cilantro 15.

MAIN COURSE SALADS

CLASSIC CAESAR SALAD 7.

BUFFALO MOZZARELLA AND TOMATO SALAD

Spring Mix, Olive Oil, Balsamic Glaze 13.*

SPINACH SALAD

Pears, Honey-Roasted Peanuts, Dried Cherries, Manchego, Tossed with Shallot Vinaigrette 11.*

GRILLED BEEF TENDERLOIN AND BEEFSTEAK TOMATO SALAD

Red Onions, Cucumbers, Basil, Feta Cheese 14.*

(Add Chicken 4. or Shrimp 6. to any of the above salads)

TRIO SALAD

Eggs, Tuna, Chicken, Berries, Balsamic Vinaigrette 15.*

TOSSED COBB SALAD

Grilled Chicken, Avocado, Bacon, Bleu Cheese Crumbles Tomatoes, Hard-Boiled Eggs, Mixed Greens, Tossed with Shallot Vinaigrette 16.*

JUMBO LUMP CRAB STUFFED AVOCADO SALAD

Mixed Greens, Seasonal Fruit, Tossed with Blueberry Vinaigrette 18.*

SANDWICHES

(All on toasted sweet corn-dusted kaiser bun, unless specified, and served with french fries or sweet potato fries)

NEW ENGLAND LOBSTER ROLL

Pickled Red Onions, Maine Lobster 27.

10 OZ. SIRLOIN BURGER

Choice of Cheese, Grilled Onions, Sautéed Mushrooms 13.

GRILLED BREAST OF CHICKEN SANDWICH

Pimiento Cheese, Chicken Sausage, Cress 13.

TURKEY CLUB

On Sourdough, Multi-Grain, or Rye Bread 12.

SPICE-RUBBED TUNA TACOS

Seared Rare, Mango, Avocado, Cabbage Slaw 18.

CLASSIC BLT

Basil Mayonnaise, on Sourdough, Multi-Grain, or Rye Bread 9.

CRAB CAKE SANDWICH

Fennel, Caper Remoulade, Crab Fries 17.

GRILLED OR BLACKENED LOCAL FISH OF THE DAY WRAP

Tomatoes, Butter Lettuce, Coleslaw, Herb Mayo 16.

GRILLED VEGETABLE WRAP

Zucchini, Squash, Portobello Mushrooms, Red Peppers, Herb Goat Cheese, Sundried Tomato Tortilla, and a Green Salad 12.

GRILLED CHEESE AND ROASTED TOMATO SOUP

Benton's Bacon, Tomatoes, Oregon Cheddar 13.

ENTRÉES

GRILLED SALMON

Oven-Dried Tomato Couscous, French Beans, Whole-Grain Mustard 17.

HARVEST VEGETABLE GARGANELLI

Seasonal Farm Vegetables, Herbs, Tomato Saffron Sauce 15.

MUSSEL FRITES

Garlic Confit, Oven-Dried Tomatoes, Baguette 15.

EGG OMELETTE

Choose two from the following: Swiss, Cheddar, Onions, Mushrooms, Tomatoes or Ham, with Fruit and Toast 12.

(Additional fillings \$.75 each)

Sharing Charge 6.

*Denotes gluten-free items

WARNING: There is risk associated with consuming raw and undercooked fish, meat or poultry (medium, medium-rare, rare, or extra-rare). If you have chronic illness of the liver, stomach, or blood, or have immune disorders, you are at greater risk of serious illness from fish, meat, or poultry and should eat them fully cooked. Some of these conditions have no symptoms, so you may not know you are at risk. Particularly vulnerable are young children, pregnant women, or older adults, sufferers of liver disease or alcoholism and those with compromised immune systems. We recommend that these people eat only fully cooked food to insure personal safety. The Seagate Beach Club buys the best possible products from licensed, qualified purveyors and continually strives to safeguard the health and safety of our Members and Guests