



Heron's Roost Grille Room
Lunch Menu

STARTERS



GUINNESS® WINGS

Chicken wings, deep fried, glazed with our rich Guinness® sauce and serve with a chipotle ranch dipping sauce. (Buffalo style wings also available)

1 lb(12 wings – \$7.50
2 lbs –\$13.50

SOUTHERN FRIED CHICKEN TENDERS (4)

Buttermilk marinated and deep fried, Served with Honey Mustard or BBQ Sauce

\$5.75

COCONUT SHRIMP TENDERS (5)

Butterfly Shrimp Lightly coated in Coconut and Deep Fried

\$6.75

MOZZARELLA STICKS

A Country Club Favorite

\$5.25

BLACK BEAN CAKES (2)

Black Beans Blended with Herbs and Spices, Served with Sour Cream and Salsa

\$6.50

SOUP AND CHILI

Soup of the Day.....3.50/Cup 4.00/Bowl
Club made Chili.....4.00/Cup 4.95/Bowl

DESSERTS

Dessert tray artfully displayed daily

There is a \$2.00 charge for split plate orders.

Warning: Consumption of rare or undercooked food products may cause illness

SALADS



PECAN CRUSTED CHICKEN SALAD

\$8.25

Our Signature Pecan crusted Chicken Breast, Served atop Baby Spinach with Braeburn Apples, Dates and Candied Walnuts, served with a Champagne Vinaigrette

THE WEDGE SALAD

\$6.50

A Wedge of Crisp Iceberg Lettuce, served with Apple wood smoked Bacon, Tomatoes, Blue Cheese Crumbles and Red Onions. (Also available chopped)

GRILLED CHICKEN CLUB

\$8.25

A Country Club Favorite with Grilled Chicken Breast, Smoked Bacon, Swiss Cheese, Vine Ripe Tomatoes, Leaf Lettuce, low fat mayonnaise, all Piled High on Your Choice of Bread

ITALIAN CHICKEN SALAD

\$8.50

Pesto Marinated Chicken Breast, Grilled and served over Mixed Greens, tossed with Tomatoes, Buffalo Mozzarella, Cannellini Beans, Sliced Black and Green Olives and Capers

SEAFOOD COBB SALAD

\$10.25

Rows of Shrimp, Scallops, Tomatoes, Avocado, Black Olives and Asiago Cheese, served on a bed of Gathered Greens

SOUTHERN FRIED CHICKEN SALAD

\$7.95

Crispy Fried Chicken Tenders, served over Gathered green, blended with Tomatoes, Apple Wood Bacon, sliced Red Onions and Cheddar and Jack Cheeses. (Also available Buffalo Style)

GRILLED SALMON SALAD

\$9.95

North Atlantic Salmon, grilled to order, served on a Bed of Mixed Greens tossed with sliced Strawberries, Peaches, Blueberries. And Toasted Almonds, served with an Orange Yogurt Dressing



PLEASANT VALLEY CHICKEN SALAD

\$8.95

Marinated and Grilled Chicken Breast served over Gathered Greens tossed with Cranraisins, Edamame, Toasted Walnuts, diced Tomatoes, Red Onions and Bacon Bits, sprinkled with shredded White Cheddar Cheese (Try it as a combined chopped salad!)

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SANDWICHES

*Sandwiches are served with a pickle & choice of chips,
fruit salad, cole slaw or potato salad*

PASTRAMI REUBEN	\$7.95
<i>Lean Pastrami, Swiss Cheese and Sauerkraut, Grilled on Marble Rye with Thousand Island Dressing</i>	
ANGUS BURGER	\$8.50
<i>Black Angus Ground Beef, Charbroiled to order, Served on a Toasted Kaiser Roll, with Lettuce, Tomato, Onion, and a Pickle Spear.</i>	
BACON, LETTUCE AND TOMATO	\$7.50
<i>Another Club Classic, Apple wood Smoked Bacon, Vine Ripe Tomatoes and Green Leaf Lettuce, served on your choice of Bread.</i>	
OUICHE DU JOUR	\$6.95
<i>Chefs' Daily Deep Dish Quiche Creation.</i>	
 WILD MUSHROOM VEGETABLE "BURGER"	\$8.25
<i>A Blend of Domestic and Wild Mushrooms, Herbs, Spices and Cheeses, formed into a "burger" served on a toasted Focaccia roll with a Sweet and Sour Cherry Tomato Relish</i>	
TUSCANY ROAST BEEF SANDWICH	\$9.25
<i>Thin Sliced Roast beef with Grilled Onions. Thick Sliced Tomatoes, Olive Tapenade, creamy Fontina Cheese, Served on a Rustic Italian Bread drizzled with a Balsamic Glaze</i>	
BUFFALO CHICKEN SANDWICH	\$7.95
<i>Southern Fried Chicken Breast rolled in Buffalo Sauce, Topped with Blue Cheese and Bacon served on a Toasted Kaiser Roll</i>	
CHICKEN CLUB WRAP	\$8.50
<i>Grilled Chicken rolled with Tomatoes, Apple Wood Bacon, Crisp Iceberg Lettuce with Cheddar and Jack Cheeses served with a Light Dijon Mayonnaise</i>	
SOUP AND HALF SANDWICH	\$6.95
<i>Choice of tuna salad, chicken salad, or egg salad, turkey, ham or roast beef with your choice of bread and a cup of the Chef's daily soup creation.</i>	
SHRIMP PO-BOY	\$9.95
<i>Popcorn Shrimp, Shredded Iceberg, tomatoes and Fried Onions served on a Toasted Hoagie Roll with a Cajun Tartar Sauce</i>	
BLACKENED CHICKEN QUESADILLA	\$8.25
<i>Cajun Seared Chicken Breast with sautéed Onions and Peppers, folded in a Flour Tortilla with Jack Cheese, Sautéed Golden and Served with Guacamole, Sour Cream and Salsa</i>	
FRESH CATCH of the DAY	market price
<i>Available Blackened, Southern Fried or Grilled, Served with Chefs' featured Accompaniments</i>	

*Add Ons: French fries, sweet fries, haystack onions with sandwich \$1.50, as a side \$2.00
On sandwiches, you may add bacon, cheese, sautéed onions, mushrooms or peppers for \$0.75 each.*

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"Heron's Roost" Grille Room Lunch Hours

Lunch

Monday through Saturday

11:00am to 5:00pm

Sunday 11:00am to 6:00pm

Happy Hour

Wednesday, Thursday & Friday

4:00pm to 7:00pm