



STARTERS

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| CHEF'S SOUP DU JOUR | 6 |
| FRENCH ONION SOUP | |
| Provolone Cheese & Parmesan Crouton | 6 |
| GAZPACHO | |
| Chilled Tomato & Cucumber Soup | 5 |
| MEDITERRANEAN HUMMUS PLATE | |
| Oregano Pita Crisps, Marinated Kalamata Olives, Feta Cheese, Roasted Red Peppers | 8 |
| CHILLED SHRIMP COCKTAIL | |
| Tropical Fruit Salsa, Cocktail Sauce | 12 |
| FRIED CRISPY CALAMARI | |
| Cherry Peppers, Parmesan Cheese, Tomato & Basil Sauce | 9 |

MAIN COURSE SALADS

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| CLASSIC CAESAR SALAD | 8 |
| BURRATA MOZZARELLA & GOLDEN BEETS | |
| Spring Mix, Cherry Tomatoes, Olive Oil, Balsamic Glaze | 13 |
| MESCLUN GREENS & GORGONZOLA SALAD | |
| Mango, Papaya, Orange, Macadamia Nuts, Blueberry Vinaigrette | 11 |
| FIELD GREENS SALAD | |
| Tomato, Carrot, Red Onion, Kalamata Olive, Garbanzo Beans, Balsamic Vinaigrette | 8 |
| SPINACH & APPLE SALAD | |
| Boiled Egg, Bacon & Shallot Vinaigrette | 10 |
| <i>(Add Chicken 4. or Shrimp 6. to any of the above salads)</i> | |
| GRILLED BEEF TENDERLOIN & BEEFSTEAK TOMATO SALAD | |
| Red Onion, Cucumber, Basil, Feta Cheese | 13 |
| TUNA SALAD | 12 |
| CHICKEN SALAD | 12 |
| SHRIMP SALAD | 14 |
| EGG SALAD | 9 |
| Each served with Seasonal Fruit and Mixed Greens with Balsamic Vinaigrette | |
| TOSSED COBB | |
| Grilled Chicken, Avocado, Bacon, Bleu Cheese, Tomato, Hard-Boiled Egg, Mixed Greens, Shallot Vinaigrette | 15 |
| JUMBO LUMP CRAB-STUFFED AVOCADO | |
| Mixed Greens, Seasonal Fruit, Blueberry Vinaigrette | 16 |
| SEASONAL FRUIT SALAD | |
| Honey-Yogurt Dressing | 10 |

WARNING: There is risk associated with consuming raw and under-cooked 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.



SANDWICHES

(All served on toasted ciabatta bread unless specified, with French Fries or Sweet Potato Fries)

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| 10 OZ., SEAGATE SIRLOIN BURGER | |
| Choice of Cheese, Grilled Onions, Sautéed Mushrooms | 11 |
| GRILLED BREAST OF CHICKEN SANDWICH | |
| Grilled Pineapple, Tarragon Mayonnaise | 10 |
| TURKEY CLUB | |
| On Sourdough, Multi-Grain, or Rye Bread | 12 |
| HAM & CHEESE SANDWICH | |
| Choice of Cheese, on Sourdough, Multi-Grain, or Rye Bread | 12 |
| SHAVED ROAST BEEF | |
| Arugula, Tomato, Pickled Red Onions, Horseradish Cream | 13 |
| CLASSIC BLT | |
| Basil Mayonnaise, on Sourdough, Multi-Grain, or Rye Bread | 9 |
| MAHI MAHI SANDWICH | |
| Grilled or Blackened, Tropical Fruit Salsa, Remoulade | 13 |
| SPINACH TORTILLA VEGETARIAN WRAP | |
| Grilled Zucchini, Yellow Squash, Portobello Mushroom, Roasted Red Peppers, Herb Goat Cheese | 10 |

ENTREES

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| MEDALLIONS OF CHICKEN “PICCATA” | |
| Grilled Chicken, Lemon & Caper Sauce, Vegetable, Jasmine Rice | 14 |
| GRILLED ATLANTIC SALMON | |
| Roasted Red Potatoes, French Green Beans, Yellow Teardrop Tomato | 15 |
| SEARED AHI TUNA “NICOISE” | |
| French Green Beans, Fingerling Potatoes, Hard-Boiled Eggs, Kalamata Olives, Honey & Dijon Vinaigrette..... | 15 |
| MIXED GRILL | |
| Fish of the Day, Filet Mignon, Grilled Shrimp, Vegetable, Jasmine Rice | 16 |
| EGG OMELETTE | |
| Choose two from the following: Swiss, Cheddar, Onions, Mushrooms, Tomatoes, Ham, with Fruit and Toast..... | 12 |

DESSERTS

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| HOT FUDGE SUNDAE | |
| Belgian Chocolate Fudge, Whipped Cream, Vanilla Bean Ice Cream with a Cherry..... | 5 |
| KEY WEST KEY LIME, MANGO & COCONUT PIE | 6 |
| CHOCOLATE “DRENCHED” CHOCOLATE CAKE | |
| Assorted Fresh Berries | 6 |
| RASPBERRY SORBET | 5 |
| SEASONAL FRUIT CRUMBLE | |
| Vanilla Bean Ice Cream | 6 |

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