

club cuisine

appetizers

chicken quesadilla ~ hand pressed flour tortilla with grilled chicken, monterey jack, sharp cheddar, jalapeños, pico de gallo, with guacamole & sour cream	\$9.00
SH signature sweet potato chips ~ hand cut deep fried sweet potato chips, sweet grass farm blue cheese dip gratinee	\$ 6.25
legend's onion ring tower ~ with hot and tangy sauce & chipotle remoulade	\$ 7.25

soup and salad

rich lobster bisque with crème fraiche and American paddlefish caviar	\$7.25
today's' soup made in-house	cup \$ 3.75 bowl \$5.95
crispy caesar style salad of char grilled romaine hearts, grilled tomato wheel, lemon caesar dressing & asiago crisp	
• naked	\$ 8.00
• with lemon infused oil marinated chicken breast	\$12.50
• with rosemary skewered grilled shrimp	\$13.50
skirt steak salad ~ huron farm greens, charbroiled skirt steak, avocado, smoked bacon, diced tomatoes, and chopped eggs, blue cheese & herb vinaigrette	\$12.50

sandwiches

sandwiches come with choice of potato chips or French fries, seasonal fresh fruit cup \$ 1.00 extra

the egg & bacon burger ~ black angus sirloin, topped with a fried egg & bacon, served with chipotle sauce and swiss cheese	\$9.75
good ole cheeseburger ~ 8 oz black angus sirloin with choice of swiss, cheddar or american	\$9.25
member's favorite ~ half sandwich of the day with a cup of today's soup	\$9.75
flat bread turkey melt ~ oven roasted turkey breast, crispy bacon and melted jack cheese with crispy romaine lettuce leaf & fresh guacamole	\$12.00
pan-seared blackened grouper wrap in a spinach tortilla with lettuce, ripe tomato & a chipotle-caper lime aioli	\$15.00
slowly roasted pulled pork with a caramelized peach bbq sauce on a soft butter bun and served with a low country apple-cider coleslaw	\$12.50
sonoma chicken sandwich ~ with sliced avocado, salsa verde, spicy lime aioli, & cheddar cheese	\$12.50

advisory: the consumption of raw or undercooked foods such as meat, fish, and eggs, which may contain harmful bacteria, may cause serious illness or death

spa cuisine

light beginnings

wood-fired bruschetta ~ tuscan kalamata olive bread rubbed in pure virgin olive oil,
topped with fresh basil, roasted tomatoes, spinach & mozzarella \$ 6.50

firecracker spinach salad with orange sesame dressing \$ 5.75

hydro bibb salad with white & lemon zest, stilton, pinenuts,
strawberries & pure pistachio oil \$ 6.50

wraps

all wraps served with vegetable terra chips ®

turkey paisano ~ oven roasted turkey breast, low-fat provolone, tomatoes, roasted
peppers & caramelized red onions in a whole wheat tortilla
with a fig and black olive vinaigrette \$13.00

grilled vegetables & fresh mozzarella, basil leaves, oven-roasted plum tomatoes, lemon
infused olive oil & cracked pepper in a tomato flour tortilla, sweet potato chips \$12.00

heavenly spa afternoon tea
full tea service for two

pot of loose leaf tea

crispy seedless cucumber, egg salad with lemon chervil crème on wheat & open
face chicken salad with purple grapes & candied georgian pecans on melba toast

french pastries & chocolate dipped strawberries
\$ 32.00

entrees

grilled salmon fillet over wilted spinach topped with mango, avocado,
red peppers, onions and cilantro relish, soba noodles \$16.00

coastal empire scallop sashimi~ pan seared grits cake topped with wakami salad
and thinly sliced blackened scallops sweet soy and black sesame seeds \$16.50

grilled lemon grass chicken breast with red quinoa & grilled asparagus \$15.25

seasonal fresh fruit and berries with vanilla, mango, & papaya cottage cheeses \$13.00

protein smoothies ~ strawberry & banana, black & blue or peach and strawberry \$ 7.75

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