Redwoods
Richmond Hill Country Club

Starters

***Soup of the Day** *†Spa Club Selection*
Our Homemade Soups are Always House Made
Composed Daily with only the Freshest Ingredients 7.50

***French Onion Soup** *†Spa Club Selection V Gf*
Simmered to order with a Hint of Merlot 9.50

***Garden Salad** *†Spa Club Selection V Gf*
Mixed Lettuce, Ripe Tomato, Cucumber
and Carrot Straws, your choice of a variety of Dressings
including Red WineVinaigrette 8.95

***Greek Salad** *Gf*
Crisp Romaine, Feta Cheese, Tomato, Cucumber,
Red Onion and Kalamata Olives, tossed in our
Signature Herbal Dressing 12.35

***Classic Caesar Salad**
Romaine with Garlic Coutons, Parmigiano Reggiano
in a Creamy Caesar Dressing 11.35

add a Protein to any Salads
Grilled Chicken or Surimi Seafood 6.70

Calamari
served along with Spicy Mango Dip, Curly Blonde Frisée Lettuce and
Scallions, tossed in Lemon Dressing 10.50

Crispy Shrimp Wonton
with Chiffonade of Lettuce and Dipping Sauce 12.95

***Smoked Salmon Appetizer** *Gf*
Delicately Smoked with Applewood - served with
Bermuda Onion, Capers and Lemon 15.95

***Asian Chopped Chicken Salad** *†Spa Club Selection*
Diced Chicken Breast with Julienne Cabbage and Lettuce,
Bell Peppers, Green Mango, Carrots
Crispy Noodles and Lime Coriander Miso Dressing 16.25

***Albacore Tuna Salad Platter** *†Spa Club Selection* 12.60

***Egg Salad Platter** *†Spa Club Selection* 10.50

Tuna and Egg Platters are served with Carrot and Celery Sticks
substitute Field Greens add 3.75

** include choice of Bread from our Daily Selection*

Sports Club Selections

RHCC Half Pound Banquet Burger
Beef Hamburger on a Kaiser
with Lettuce, Tomato, Onions,
Sweet Butter Pickles, Bacon, Mushrooms
and Jalapeño Havarti 16.95

Veggie Burger *†Spa Club Selection V*
with Lettuce, Tomato, Onions, Mushrooms,
Sun dried Tomato Pesto on a Kaiser 13.95

Chicken Finger Tenders
Crispy Seasoned Fillets
served with Plum Dipping Sauce 16.95

Montreal Smoked Meat Sandwich
on Light Rye, 8oz. of Steaming Smoked Brisket
Dijon Mustard and Dill Pickle Spear 16.95

RHCC Egg Sandwich on a Bun
with Fried Eggs, Prosciutto, Basil, Arugula Leaves, Tomato and
Carmelized Onion infused Cheddar, Mustard Mayo 13.95

RHCC Club House
Triple Decker served on Toasted Whole Wheat
Roasted Chicken Breast, Crisp Bacon, Red Leaf Lettuce,
Ripe Tomato and Avocado Mayo 16.95

Hot Roast Beef Sandwich on Southern Italian Roll
Shaved Angus with Saute Onion,
Horseradish Grain Mustard Mayo, side au Jus 21.75

Chicken Tortilla Wrap
Spinach, Ripe Tomato, Cucumber,
Carrots and Mango Chipotle Sauce 14.50

Sports Club Selections include choice of
Carrot & Celery Sticks, Coleslaw or Fries
Substitute with
Field Greens 3.75
Greek or Caesar 5.25
Sweet Potato Fries 2.50

†Spa Club Selection V Vegetarian/ Gf Gluten free items promote a Healthy Choice without compromising Taste
Please note our Kitchens are not Gluten free or Nut free Environtments. Deep Fry Oil is Trans fat free not Gluten free
Redwoods is a proud recipient of the York Region Eat Smart Award.
Note: Membership Discounts Apply. Please be advised that a
12% Member Service Fee plus H.S.T. is automatically added to the above prices .
The Club has a no Gratuity Policy and compensates all staff accordingly

Entrée Selections

Salmon Pavé with Salsa Verde *† Spa Club Selection Gf*
served on a bed of Frisee and Arugula Leaves
Fine Julienne of Red Beets
Edamame Beans and White Balsamic Dressing 20.95

Rigatoni - with Tomato Basil Sauce *V* 13.25
- with Bolognese Sauce 14.50

Vegetarian Chili *† Spa Club Selection V*
Selection of Seven Beans enhanced with Soy Protein,
served with Whole Wheat Pita Crisp
and side Field Greens 15.65

Chicken Marsala
with Mushrooms in a Demi Glaze Marsala Wine Sauce
Grilled Asparagus and Vegetable Ratatouille 17.95

RHCC Fish and Chips
Lightly battered Halibut Fillet, cooked to a Golden Brown
served with Country Fries, in House Tartar Sauce and
Deli Coleslaw 17.95

Grilled Angus Striploin Steak *Gf*
with Pepperberry Spice and Shallot Sauce
Yukon Mash Potatoes and Daily Vegetables 6oz. 26.00
10oz. 32.00

Oriental Selections

Chicken Stir Fry *† Spa Club Selection*
Fresh Vegetables in Mushroom Sauce
Choice of Jasmine Rice or Udon Noodles 20.50

Vegetarian Stir Fry *† Spa Club Selection V*
Soft Silken Tofu, Fresh Vegetables, Mushroom Sauce
Choice of Jasmine Rice or Udon Noodles 18.50

Crispy Chow Mein Noodles with Beef, Bok Choy
Onions, Shitake and Carrots, Chilli Bean Sauce 21.25

Thai Coconut Shrimp *Gf*
Spicy Red Curry Sauce, Carrots and Bell Peppers
accompanied with Jasmine Rice 22.50

Sweet and Sour Chicken with Golden Pineapple *Gf*
and Bell Peppers, Jasmine Rice 20.50

Wok Fried Chinese Broccoli *Gf V*
Ginger, Roasted Garlic and Toasted Almonds 9.95

Fitness Breakfast

**Included in Egg Fitness Breakfast choices is*
Coffee, Tea or Milk
Bread and Preserves from our daily Selections
and in House Freshly Squeezed Valencia Orange Juice

***Eggs your Style** *†Spa Club Selection*
Two Farm Fresh Omega 3 Eggs garnished with
Strawberry 13.35

***Omelette your Style** 14.65
***Egg White Omelette** 15.70
Three Egg Omelette made with Farm Fresh
Omega 3 Eggs garnished with Strawberry

choose from
Aged Cheddar, Swiss, Feta, Sauté Mushrooms,
Red or Green Bell Peppers, Onions, Asparagus or Spinach
1.50 each

Buttermilk Pancakes with Berry Compote
dusted with Fine Sugar, Pure Canadian Maple Syrup 11.75

The Fitness Breakfast Egg Dishes and Pancakes are served
with choice of Hash Brown Patties, Bacon,
Country Sausage, Sliced Tomato and Cucumber or
Carrot and Celery Sticks

Steaming Bowl of RHCC Signature Oatmeal *†Spa Club Selection*
Made with Organic Steel Cut Oats, Red Quinoa,
Raisins and Soya Milk, Garnished with Blueberries and
Drizzled with Canadian Maple Syrup 9.95

Smoked Salmon Platter *Gf*
Delicately Smoked with Applewood
served with Bermuda Onion, Cucumber, Tomato,
Capers, Sliced Hard Boiled Egg and
Whipped Cream Cheese 20.95

Low Fat Yogurt Parfait layered with Muesli, Blueberries,
Pineapple, Banana Chips and Strawberry *†Spa Club Selection* 6.75

Side Selections and Sweet Endings

2% Cottage Cheese		4.45
Low Fat Greek Yogurt		2.85
Whipped Cream Cheese		2.35
Sliced Fresh Fruit and Berries		7.95
Gelato or Sorbet	sm 4.45	lg 5.95
Dessert of the Day		7.75

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