



Richmond Hill

COUNTRY CLUB

Morning Selections

*Egg Salad Scoop with Sliced Tomato, Cucumber	6.65
*Tuna Salad Scoop with Sliced Tomato, Cucumber	10.50
*Smoked Salmon Plate with Sliced Egg, Cream Cheese, Sliced Tomato and Cucumber	13.25

**Two Egg Scrambler Choice of Toast or Bagel with Preserves or Choice of a Wrap with Whole Wheat Tortilla	8.35
---	------

add to Scrambler	
Mushrooms	.90
Onions	.90
Low Fat Mozzarella	1.50
Egg White	1.50
Smoked Salmon	4.35

*served with choice of Bread
**served with Sliced Tomato and Cucumber

Granola with Milk	4.95
Vegetable Wrap with Zucchini, Asparagus, Spinach, Mushrooms Tomato and Mayo	9.45
Steaming Bowl of Oatmeal with Blueberries and Sun dried Cherries, Canadian Maple Syrup	6.50
Yogurt Parfait – Vanilla Yogurt, with Muesli, Blueberries, Strawberries and Banana Chips	6.95

Continental Selections

Pastry Basket with assortment of Baked Goods	
each 1.80 3 piece 4.25 5 piece	6.35
Toast or Bagel with Hero Preserves	3.65
Fresh baked Muffins	sm. 1.75 lg. 2.95

Sides

Protein Bar	3.95
Granola Bar	2.35
Low Fat Yogurt	2.95
Chilled Hard Boiled Egg	2.45
Piece of Fruit	1.85

Note: Membership Rewards apply. Please be advised that
18% Member Service Fee plus H.S.T will be applied.
The Club has a no Gratuity Policy and compensates all staff accordingly

Sports Bakery and Espresso Bar

SPECIALTY COFFEES

Espresso		
Single		3.25
Double		4.50
Espresso Lungo		
Single Espresso plus 3.5oz. filtered water		3.35
Americano		
Single Espresso plus 6.5oz. filtered water served with Milk		4.85
Cappuccino Classico		
Single Espresso plus 8oz. of Steamed frothed Milk		4.85
Cafe Latte		
Single Espresso plus 8oz. of Steamed frothed Milk		4.85
Espresso con Panna		
Single Espresso topped with Dollop of Sweet Whipped Cream		3.75
Chai Latte – whipped to a Light Froth with Milk or Soya Milk		4.85
Green Tea Latte		
whipped to a Light Froth with Milk or Soya Milk		4.85
Freshly Ground Coffee	2.45	2.95
Orange Pekoe Tea or Hot Chocolate		2.95
Herbal Teas		3.50

Add a Shot of Flavoured Syrup or Sugar Free Syrup
to your Freshly Brewed Coffee

PROTEIN SHAKE *Whey Protein Isolate is Gluten Free*

Build your own Delightful Blend starting with One Shot of
Protein Powder, Ice and Banana. Choose Skim or Soya Milk
20oz. 6.50 single shot 8.95 double shot
add Blueberries or Strawberries or Extra Banana 1.45ea.

SMOOTHIES

Start with Low Fat Yogurt, Banana and Orange Juice 12oz. 6.50
extra Banana, Strawberry or Blueberry extra 1.45 ea.

COLD DRINKS

Freshly Squeezed Orange Juice	9oz. 3.65	12oz. 5.35
Tomato Juice or Nestea Ice Tea		3.75
Bottled Water		2.00
Perrier Water		3.65
Fruit San Pellegrino		3.65
Gatorade		4.50
Snapple		3.75
Milk 2%, Skim		2.45

*Note: Membership Rewards apply. Please be advised that 18% Member Service Fee
plus H.S.T. will be automatically added to the above price
The Club has a no Gratuity Policy and compensates all staff accordingly*