

# Starters

Soup du Jour Our Soups are always house made, composed Daily	
with only the Freshest Ingredients	8.50
French Onion Soup † Spa Club Selection V Gf	
Vegetable Broth with a hint of Sherry, Caramelized Onion	
Gf Toast and Gratinee of Emmental Cheese, Broiled to order	11.95
Garden Salad † Spa Club Selection V Gf	
Seasonal Greens with Ripe Tomato, Cucumber and Carrot Straws	
choice of a variety of Dressings including Red Wine Vinaigrette	10.50
RHCC Greek Salad Gf	
Romaine Lettuce, Feta Cheese, Tomato, Cucumber, Onions	
and Kalamata Olives, tossed in our Signature Herbal Dressing	14.75
Caesar Salad	
Romaine Lettuce with Garlic Croutons, Parmigiano Reggiano	
in a Creamy Caesar Dressing	13.50
add additional Protein to any Salad	
Grilled Chicken or Surimi Seafood	8.50
Calamari	
Crispy Squid, Spicy Lime Sriracha Dipping Sauce served with	
a Salad of Tomato, Cucumber and Onion, tossed in Lemon Dressing	13.75
Smoked Salmon Appetizer Gf	
Delicately Smoked with Applewood - served with Red Onions, Capers and Lemon	18.95

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



# Entrée Selections

Grilled Atlantic Salmon Teriyaki served with Steamed Rice, King Oyster Mushrooms, Ginger Scallions, Baby Bok Choy † Spa Club Selection 28.9

## RHCC Salmon Pavé with Salsa Verde

served on a bed of Arugula and Blonde Frisee Fine Julienne of Bell Peppers, Soya Beans Granulated Seaweed and Rosé Vinaigrette

† Spa Club Selection Gf 24.95

**Fish and Chips** Lightly battered Halibut Fillet cooked to a Golden Brown, served with Fries and House Tartar Sauce, Deli Coleslaw 22.95

## **Breast of Chicken**

stuffed with Roast Bell Pepper and Spinach served with Grilled Asparagus, Asiago Polenta and Porcini Mushroom Sauce 22.50

# Grilled Angus Striploin Steak Gf

Pepperberry Spice and Red Wine Shallot Sauce Yukon Mash Potatoes, Daily Vegetables 6 oz. 31.95 10oz. 38.95 Chicken Stir Fry † Spa Club Selection

Fresh Harmony of Vegetables in Mushroom Sauce, Onions Choice of Jasmine Rice or Udon Noodles 23.95

# Tofu Stir Fry † Spa Club Selection V

with Soft Silken Tofu, Harmony of Vegetables, Onions Mushroom Sauce, Choice of Jasmine Rice or Udon Noodle

22.50

**Beef Stir Fry** with Fresh Vegetables, Mushrooms and Spicy Chilli Bean Sauce - choice of Steamed Rice or Udon Noodles 25.50

Shrimp Stir Fry with Fresh Vegetables, Mushrooms, Onions, Spicy Chilli Bean Sauce - choice of Steamed Rice or Udon Noodles 26.95

## Thai Coconut Shrimp Gf

in a Spicy Aromatic Red Curry, Bell Peppers, Celery, Carrots, Golden Pineapple and Fresh Basil, Steamed Rice 26.95

**Sweet and Sour Chicken** with Bell Peppers, Onions
Pineapple and Steamed Rice Gf 23.95

## Rigatoni Pasta

Tomato Sauce v 15.25
Beef Bolognese Sauce 16.95

# **Redwoods additions for Sharing at the Table** 8.95 ea.

Black Truffle scented Patatine Asparagus Spears with Sea Salt and Splash of Aged Balsamic Feta Cheese with Kalamata Olives, Red Onions and Flat Leaf Parsley side Garden Salad or side Caesar Salad side Greek Salad add 1.95

†Spa Club Selection items promote a Healthy Choice without compromising taste V vegetarian G gluten free Please note our Kitchens are not Gluten free or Nut free Environments. Deep Fry Oil is Trans fat free †Spa Club Selection items promote a Healthy Choice without compromising Taste Gf - Vegetarian Gluten Free