

Redwoods Café

Richmond Hill Country Club

Starters

Soup of the Day

Our Soups are always House made
Composed Daily with only the Freshest Ingredients 8.50

*Garden Salad *†Spa Club Selection V*

Seasonal Greens with Ripe Tomato, Cucumber
and Carrot Straws, your choice of a variety of Dressings
including Red Wine Vinaigrette 10.50

*Greek Salad

Romaine Lettuce, Feta Cheese, Tomato, Cucumber,
Onions and Kalamata Olives, tossed in our
House Herb Dressing 14.75

*Caesar Salad

Romaine Lettuce with Garlic Coutons, Parmigiano Reggiano
in a Creamy Caesar Dressing 13.50

add a Protein to any Salad

Grilled Chicken or Surimi Seafood 8.50

Calamari

Crispy Squid, Spicy Lime Sriracha Dipping Sauce
served with a Refreshing Salad of Tomato, Cucumber
and Onion, tossed in Lemon Dressing 13.75

*Smoked Salmon Appetizer *Gf*

Delicately Smoked with Applewood, served with
Sliced Onion, Capers and Lemon 18.95

*Egg Salad Platter or Wrap *†Spa Club Selection*

Egg Platter and Wrap is served with
Carrot and Celery Sticks or Garden Salad 12.25

Substitute Greek *add* 3.95

*Tuna Salad Platter or Wrap *†Spa Club Selection*

Tuna Platter and Wrap is served with
Carrot and Celery Sticks or Garden Salad 14.95

Substitute Greek *add* 3.95

** include choice of
bread from our Daily Selection*

Sports Club Selections

RHCC Signature Burger

8oz. Burger with Cajun Crispy Onions, Jalapeno, Tomato,
Leaf Lettuce, Garden Fresh Pickles 17.50

Veggie Burger *†Spa Club Selection V*

with Fig and Date Balsamic Mustard, Cajun Crispy Onions,
Leaf Lettuce and Tomato on a Kaiser 16.25

Roast Beef Sandwich on a Hoagie Bun

with Saute Bell Peppers and Onions, Spicy Havarti Cheese
and Black Peppercorn Mayo 23.95

Classic Club House Sandwich

Triple Decker on Toasted Multi grain
Slices of Roast Chicken Breast, Bacon, Tomato and
Leaf Lettuce, Avocado Mayo 19.95

Honey Habanero rubbed Chicken Breast

in a Whole Wheat Wrap, Baby Arugula, Ripe Tomato
Cucumber and Mayonnaise 18.25

Chicken Finger Tenders

Crispy Seasoned Fillets
served with Plum Dipping Sauce 19.50

Sports Club Selections include choice of

Carrot & Celery Sticks, Coleslaw, Garden Salad, Caesar Salad or French Fries

Substitute with Greek Salad add 3.95

Substitute with Sweet Potato Fries add 3.15

Note: Membership Rewards apply.

Please be advised that 18% 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

†Spa Club Selection items promote a Healthy Choice without compromising Taste V Vegetarian/ Gf Gluten free

Our Kitchens are not Gluten free or Nut free Environments. Deep Fry Oil is Trans fat free not Gluten free



Entrée Selections

***RHCC Salmon Pave with Salsa Verde** †Spa Club Selection Gf
served on a bed of Arugula and Blonde Frisee, Fine Julienne of
Bell Peppers, Soya Beans, Granulated Seaweed
and Rosé Vinaigrette 24.95

Grilled Atlantic Salmon Teriyaki served with Steamed Rice,
King Oyster Mushrooms, Ginger, Scallions and Baby Bok Choy
†Spa Club Selection 28.95

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

***Chicken Marsala**
Crimini Mushrooms in a Demi Glaze Sauce, Cherry Tomatoes,
Edamame Whipped Potatoes and Grilled Asparagus 21.50

***Rigatoni** - with Tomato Basil Sauce v 15.25
- with Beef Bolognese Sauce 16.95

***Grilled Angus Striploin Steak**
with Pepperberry Spice and Shallot Red Wine Sauce
Yukon Mash Potatoes and Daily Vegetables 8oz. 34.95

Chicken Stir Fry †Spa Club Selection 23.95
Silken Tofu Stir Fry †Spa Club Selection 22.50

The Chicken and Tofu Stir Fry Entrees are prepared with
Fresh Harmony of Vegetables including Onions
Tossed in King Oyster Mushroom Sauce
Choice of Jasmine Rice or Udon Noodles 23.50

Szechwan Beef Stir Fry 25.50
Szechwan Shrimp Stir Fry 26.95

The Beef and Shrimp Stir Fry Entrees are prepared with
Spicy Chili Bean and Garlic Sauce, Mix of Fresh Vegetables
including Onions and King Oyster Mushrooms
Choice of Jasmine Rice or Udon Noodles

Thai Coconut Shrimp
in Spicy Red Curry Sauce with Carrots, Pineapple, Celery and
Bell Peppers, accompanied with Jasmine Rice 26.95

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

*include choice of bread from our daily selection

Fitness Breakfast available until 3 p.m.

Included with a Fitness Breakfast Egg Dishes
- Coffee, Tea or Milk
- Preserves and Bread from our Selection
- 9oz. glass of in House Freshly Squeezed Orange Juice

Eggs your Style †Spa Club Selection
Two Omega 3 Eggs garnished with
a Sliced Strawberry 15.95

Omelette your Style 16.95
Three Egg Omelette made with Omega 3 Eggs
garnished with a Sliced Strawberry
with **Egg White add** 1.95
choose from
Aged Cheddar, Swiss, Feta, Sauté Mushrooms, Diced Onions
Red Peppers, Green Peppers, Asparagus or Baby Spinach
1.95 each

***Smoked Salmon Platter** Gf including Tomato, Cucumber
Sliced Egg, Whipped Cream Cheese, Onion,
Capers and Lemon 25.95

Buttermilk Pancakes served with Berry Compote
and dusted with Powdered Sugar
Pure Canadian Maple Syrup on the side 13.95

Side Selections and Sweet Endings

French Fries	5.25
Sweet Potato Fries	7.25
Low Fat Yogurt	3.15
Cream Cheese	2.65
Sliced Fresh Fruit and Berries	10.50
Gelato or Sorbetto	sm 5.25 lg 6.95
Dessert of the Day	8.95

*The Fitness Breakfast Egg Dishes and Pancake are served
with your choice of*
- Hash Brown Patties, Bacon, Country Sausage
Garden Salad, Caesar Salad, Sliced Tomato and Cucumber or
Carrot and Celery Sticks

*Note: Membership Rewards apply; Please be advised that 18% 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*