



REDWOODS CAFÉ

Richmond Hill Country Club

STARTERS

***House Salad** *Gf V Nf* - Leaf Lettuce, Radicchio and Carrot Straws, choice of a variety of Dressings including Red Wine Vinaigrette *†Spa Club Selection* 10.50

***Greek Salad** *Gf Nf*
Romaine Lettuce, Feta Cheese, Tomato, Cucumber, Onions and Kalamata Olives, tossed in our House Herb Dressing 15.95

***Caesar Salad**
Romaine Lettuce with Garlic Croutons, Parmigiano Reggiano in a Creamy Caesar Dressing 14.75

add a Protein to the House Salad, Caesar Salad or Greek Salad
Grilled Chicken *Gf Nf* or Surimi Seafood 9.25

Soup du Jour *†Spa Club Selection*
Our Daily Homestyle Soup is always house made composed with only the Freshest Ingredients 9.25

Wonton Soup steaming house made Chicken Broth with Dumplings, Scallions and Strips of Chicken 12.95
†Spa Club Selection

Calamari
Crispy Squid accompanied with Navel Orange Segments, Spicy Citrus Sriracha Dipping Sauce 12.50

***Smoked Salmon Appetizer** *†Spa Club Selection Gf Nf*
Delicately Smoked with Applewood, served with Sliced Onion, Capers and Lemon 19.95

**include choice of bread from our Daily Selection
Bread choice selections are not from a nut free facility*

SPORTS CLUB SELECTIONS

***RHCC Banquet Burger**
8oz. Burger with Canadian Cheddar, Saute Mushrooms, Bacon, Leaf Lettuce,, Sliced Pickles, Onions and Tomato 19.95

***Veggie Whole Wheat Wrap** *†Spa Club Selection V*
Roasted Portobello Mushroom, Herb Garlic Pesto, Tomato, Grilled Zucchini, Chickpeas and Baby Spinach 17.65

Albacore Tuna Salad 16.25 -Platter or in a Wrap
Egg Salad 13.65 - Platter or in a Wrap
are served with Sliced Tomato, Cucumber and Onions side Carrot and Celery Sticks

**Alternative Sports Club accompaniments available. Platter includes bread choice*

***RHCC Ciabatta Club Sandwich**
Freshly Grilled Breast of Chicken with Bacon Strips and Sliced Tomato, Leaf Lettuce and Avocado Mayo 22.95

***Italian Sausage on Herb Panini**
Sweet Italian Sausage with Arugula Leaves, Provolone Cheese, Fine Sliced Onions, Basil Olive Oil and Chili Rings, Dill Pickle Spear 18.95

***Chicken Fingers**
Crispy Seasoned Chicken Breast Fillets served with Plum dipping Sauce 20.95

**Sports Club Selection accompaniments*

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

Substitute with Greek Salad add 3.95

Substitute with Crudité of Bell Peppers, Tomato and Cucumber add 3.95

Substitute with Sweet Potato Fries add 3.25

Sides and Sweet Endings

French Fries 5.85

Coleslaw or Carrot and Celery Sticks 5.85

Crudité of Bell Peppers, Grape Tomato and Cucumber 8.50

Hash Brown Patties 6.85

Sweet Potato Fries with Citrus Sriracha Dip 7.95

Steamed Jasmine Rice 5.95

Feta Cheese with Kalamata Olives, Onions and Parsley 9.70

Gelato or Sorbetto sm 5.65 lg 7.45

Dessert of the Day 9.85

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

†Spa Club Selection items promote a Healthy Choice without compromising taste



ENTRÉE SELECTIONS

***RHCC Salmon Pavé with Salsa Verde** †Spa Club Selection **Gf**

served on a bed of Baby Arugula, Julienne of Bell Peppers,
Edamame Beans, Granulated Seaweed and Riesling Vinaigrette

31.75

Grilled Atlantic Salmon Teriyaki †Spa Club Selection **Nf**

served with Steamed Rice, King Oyster Mushrooms and
Baby Bok Choy with Ginger and Scallions

31.75

Fish and Chips

Lightly battered Halibut Fillet, cooked to a Golden Brown
served with Fries, House Tartar Sauce, Deli Coleslaw

24.95

***Chicken Marsala with Linguine** **Nf**

Grilled Bell Peppers, Grape Tomatoes and Crimini
Mushrooms, Marsala Demi Glaze Cream Sauce

23.65

***Chicken Parmigiana with Linguine**

in Tomato Basil Sauce, Grilled Asparagus Spears

23.65

***Rigatoni** Tomato Basil Sauce **V Nf**

or Beef Bolognese Sauce **Nf**

16.35

18.35

***Fettuccine** Frutti di mare - mix of Shellfish with

White Wine Cream Sauce **Nf**

28.95

or Marinara Sauce with Tiger Shrimps **Nf**

28.95

***Grilled 8oz. Angus Striploin Steak** **Gf**

with Pepperberry Spice Rub and Red Wine Sauce
Yukon Mash Potatoes and Broccolini

39.50

Chicken or Tofu Stir Fry

with Mushroom Sauce †Spa Club Selection **Nf**

prepared with King Oyster Mushrooms, Bell Peppers, Broccoli,
Carrots, Celery, Baby Bok Choy and Onions

Choice of Jasmine Rice or Udon Noodles

25.95

Szechwan Shrimp Stir Fry

with Spicy Chili Bean Sauce

prepared with King Oyster Mushrooms, Bell Peppers, Broccoli,
Carrots, Celery, Baby Bok Choy, Onions and Cashew Nuts

accompanied with side Steamed Jasmine Rice

28.95

Mongolian Beef Stir Fry

with Spicy Scallion Oyster Sauce, prepared with

Broccoli, Fine Bell Peppers and Onions, Toasted Sesame Seeds

accompanied with side of Steamed Jasmine Rice

27.95

Thai Spicy Aromatic Tiger Shrimp Bowl

with Carrots, Pineapple, Celery and Bell Peppers

in Coconut Red Curry Broth, Fresh Basil

accompanied with Jasmine Rice **Gf Nf**

28.95

Sweet and Sour Chicken **Gf** with Golden Pineapple, Onions

and Bell Peppers, served with side Steamed Jasmine Rice

25.95

* includes choice of bread from our daily selection

Bread choice selections are not from a nut free facility

FITNESS BREAKFAST SELECTIONS available Lunch and Dinner Hours

***RHCC Signature Egg Selections include Coffee, Tea or Milk along with**

Freshly Squeezed in house Orange Juice, Toast or Bagel with Preserves and **choice of sides

***Eggs your Style** Spa Club Selection **Gf Nf**

Two Eggs garnished with a Sliced Strawberry

17.25

with Scrambled Egg Whites add

1.95

***Egg Omelette your Style** Spa Club Selection **Gf Nf**

Three Egg Omelette garnished with a Sliced Strawberry

18.50

Omelette prepared using **Egg Whites add**

1.95

choose from

Aged Cheddar, Swiss, Feta, Sauté Mushrooms, Diced Onions

Red Peppers, Green Peppers or Baby Spinach

1.95 each

Oats and Quinoa Bowl with Steel Cut and Flake Oats,

Red Quinoa, Raisins in Almond Milk, topped with

Granola, Strawberry and Canadian Maple Syrup

14.95

†Spa Club Selection

****Buttermilk Pancakes** served with side Berry Compote and

Pure Canadian Maple Syrup

15.25

Sliced Fruit and Berries Plate accompanied with

Low Fat Yogurt topped with Granola and Honey

15.95

†Spa Club Selection

Smoked Salmon Platter **Gf** including Sliced Tomato,

Cucumber, Onion, Sliced Chilled Egg and Wedge of Cream Cheese

Capers and Lemon include choice of bread from our daily selection

27.95

****choice of sides**

- Hash Brown Patties, Bacon, Country Sausage, House Salad, Caesar Salad or Carrot and Celery Sticks

V Vegetarian/ Gf Gluten free / Nf Nut free

Note: Our Kitchen environment is not nut free. Nf designation choices may contain Sesame

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