



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, Wasabi Sesame Mayo Dip

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 Dill Pickles, Onions and Tomato

19.95

***RHCC Ciabatta Club Sandwich**

Freshly Grilled Breast of Chicken with Bacon Strips and Sliced Tomato, Leaf Lettuce and Avocado Mayo

22.95

***Sliced Roast Beef Sandwich on a Hoagie Roll**

Horseradish Mayo, Crispy Onions, Lettuce and Tomato, Dill Pickle Spears

24.95

***Veggie Whole Wheat Wrap** *†Spa Club Selection V*

Roasted Portobello Mushroom, Herb Garlic Pesto, Tomato, Grilled Zucchini, Chickpeas and Baby Spinach

17.65

Signature Asian Salad with Chicken *Gf Nf*

Julienne of Raw Vegetables including Bell Peppers, Carrot, Cabbage and Lettuce with Diced Golden Pineapple and Crispy Taro Root, Cilantro Miso Dressing

23.95

***Three Cheese Grilled Cheese on Herb Focaccia**

Swiss, White Aged Cheddar and Provolone Cheese with Mayo, thinly Sliced Onion and Dill Pickle Spears

15.95

***Albacore Tuna Salad Sandwich** *available as a Platter*

on Multigrain Slice Bread, Chive Butter, Sliced Cucumber, Leaf Lettuce and a Ramekin of Kalamata Olives

16.50

***Chicken Fingers**

Crispy Seasoned Chicken Breast Fillet served with Plum dipping Sauce

20.95

*Sports Club Selections with accompaniments

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

Substitute with Greek Salad

add 3.95

Substitute with Sweet Potato Fries, Lime Sriracha Mayo Dip

add 4.25

Sides and Sweet Endings

French Fries

5.85

Coleslaw or Carrot and Celery Sticks

5.85

Hash Brown Patties

6.85

Sweet Potato Fries with Lime Sriracha Mayo 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* 16.35
or Beef Bolognese Sauce *Nf* 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 V Tofu Stir Fry
with Mushroom Sauce †Spa Club Selection *Nf*
prepared with Bell Peppers, Broccoli, Diced Onions,
Carrots, Celery, Baby Bok Choy and King Oyster Mushrooms
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 Tiger Shrimp Bowl
Carrots, Pineapple, Celery and Bell Peppers
in an Aromatic Coconut Red Curry Broth with 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

HOUSE WINE BY THE GLASS 5oz. *Alternative Wines by the Bottle are available on Redwoods Full Wine List*

RED - Fantini Farnese Sangiovese 9.95
- Starccali Chianti 9.95

WHITE - Villa Sandi delle Venezie Pinot Grigio 9.95
- Peller Estates 9.95
- Kim Crawford Sauvignon Blanc 10.95

Fitness Breakfast Selections *available Lunch and Dinner Hours*

Egg Selections your Style include Coffee or Tea or Milk along with Freshly Squeezed in house Orange Juice. Toast or Bagel with Preserves and a side Choice.

****Eggs your Style** †Spa Club Selection *Gf Nf*
Two Eggs garnished with a Sliced Strawberry 17.25
Scrambled Egg Whites add 1.95

****Egg Omelette your Style** †Spa Club Selection *Gf Nf* 18.50
Three Egg Omelette garnished with a Sliced Strawberry
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

Egg Salad Platter 13.95
served with Sliced Cucumber, Leaf Lettuce
and Kalamata Olives, accompanied with Toast or Bagel,
Carrot and Celery Sticks or Caesar Salad or House Salad

Oats and Quinoa Bowl with Steel Cut and Flake Oats,
Red Quinoa, Raisins, prepared with Almond Milk, topped
with Granola, Strawberry and Canadian Maple Syrup 14.95
†Spa Club Selection V

****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 27.95
includes Toast or Bagel

****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

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