



# MONTOUR HEIGHTS COUNTRY CLUB

## LUNCH MENU



## SALADS

DRESSING OPTIONS:

RANCH, BLUE CHEESE, SWEET BLUE CHEESE, THOUSAND ISLAND, FRENCH, ITALIAN, BALSAMIC VINAIGRETTE, CAESAR, HONEY MUSTARD, RASPBERRY VINAIGRETTE, HONEY APPLE VINAIGRETTE, MAPLE SAGE VINAIGRETTE

### ADD PROTEIN TO ANY SALAD:

CHICKEN 7 SHRIMP 11 SALMON 14 FILET TIPS 11

### CAESAR \* 9

romaine, grape tomatoes, olives, shredded asiago cheese, anchovies, parmesan crisps, herb croutons, Caesar dressing

### TRIO SALAD 14

fresh fruit salad, house made tuna salad and chicken salad, on a bed of romaine, served with fresh pita chips

### SHAVED BRUSSEL SPROUT SALAD 12

bed of shaved Brussel sprouts, pomegranate seeds, almonds and fried goat cheese, served with maple sage vinaigrette

### AUTUMN CHOPPED SALAD 12

bed of chopped kale topped with diced bacon, dried cranberries, sliced apples, walnuts and feta cheese, served with honey apple cider vinaigrette

### STEAK SALAD \* 17

romaine, fried potatoes, cucumber, shredded cheese, egg, sliced red onion, black olives, grape tomatoes, grilled steak tips

### BLACKENED CHICKEN SALAD 16

romaine, fried potatoes, cucumber, shredded cheese, egg, sliced red onion, black olives, grape tomatoes, blackened chicken breast

### GRILLED SALMON SALAD \* 22

romaine, diced tomato, tossed in balsamic vinaigrette, topped with grilled asparagus, grilled salmon, haystack potatoes

## APPETIZERS

### BAVARIAN PUB PRETZEL 12

jumbo Bavarian style pretzel, served with house made yellow cheese sauce and sweet & spicy mustard

### CLASSIC SHRIMP COCKTAIL 13

4 jumbo shrimp, house made cocktail sauce

### WAGYU BRISKET POUTINE 14

Tator tots topped with wagyu brisket, fried cheese curd and beef gravy

### CALAMARI 15

hand breaded then fried calamari tossed with capers, sundried tomatoes, country olives, served with marinara and lemon garlic aioli

### CRISPY COCONUT SHRIMP 16

6 fried coconut breaded shrimp, served with piña colada sauce

### TUNA LOLLIPOPS 18

5 seared tuna lollipops served on a bed of seaweed salad with oyster sauce and charred scallion aioli

### SOUP DU JOUR

cup 5.50 crock 6.50

### CHILI

cup 6.50 crock 7.50

### FRENCH ONION

cup 6.50 crock 7.50

*\* Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase risk of foodborne illness, especially in those with medical conditions*





## SANDWICHES

SERVED WITH YOUR CHOICE OF FRESH CUT FRIES, CRISPY BATTERED FRIES, COLESLAW, FRUIT, APPLESAUCE, MAC & CHEESE OR CHIPS

\* Gluten free bun available upon request

### AUTUMN PANINI 15

provolone cheese, Swiss cheese, mushrooms, onions, spinach and bacon finished with a layer of fig jam, served on wheat bread and then pressed to perfection in the panini press

### MHCC BURGER \* 15

8 oz beef patty cooked to your liking, served with choice of cheese on a gourmet Kaiser bun with lettuce, tomato  
**replace traditional beef patty for black bean veggie patty**

### CLUB SANDWICH 14

ham, turkey, bacon, American cheese, lettuce, tomato, on your choice of bread

### BUFFALO CHICKEN WRAP 15

crispy chicken tossed in house made buffalo sauce, lettuce, tomato, shredded cheese and ranch dressing, wrapped in a tortilla wrap

### JUMBO FISH 15

choice of broiled or beer battered cod served on a hoagie bun, with lettuce and tomato

### CHICKEN PARMESAN SANDWICH 15

fried chicken breast, shredded mozzarella, parmesan cheese, house made marinara, on a toasted gourmet Kaiser bun

### SPICED APRICOT AND BRIE CHICKEN SANDWICH 15

grilled chicken breast topped with brie cheese, bacon and apricot jam, served on a gourmet Kaiser bun

### MONTOUR TUNA MELT 15

albacore tuna salad, tomato and American cheese, served on white toast

### NASHVILLE HOT CHICKEN SANDWICH 15

fried chicken breast tossed in Nashville hot sauce topped with pickles and red onion on a gourmet Kaiser bun

### HESS DIP 16

shaved prime rib on a French roll with provolone cheese, served with au jus and onion rings

## ENTREES

### MONTOUR SIRLOIN\* OR CHICKEN 16

your choice of grilled chopped sirloin or grilled chicken breasts topped with peppers, onions, and banana peppers, melted provolone, and a side of marinara, served with choice of side

### JUMBO LUMP CRAB CAKE 24

single house made crab cake prepared Maryland style over honey Dijon tartar, served with choice of side

### ENGLISH STYLE COD 15

breaded and broiled cod loin, served with lemon cream sauce, diced tomato, and choice of side

### FILET MIGNON \* 49

8 oz filet grilled to your liking, topped with demi-glacé, served with choice of 2 sides

### CHEESE FLATBREAD GF 11

stone baked flatbread topped with house made tomato sauce, provolone, mozzarella  
**additional topping 1 each**  
(Gluten free flatbread available upon request)

### TOPPINGS:

Sausage, mushrooms, onion, pepperoni, banana peppers, black olives

### STIR-FRY BOWL

white or brown rice, served with broccoli, green beans, peppers, onions and mushrooms

### Choose Your Protein:

grilled chicken 25, filet tips 29, grilled shrimp 27 or seared tuna 30

### Choose Your Sauce:

green onion teriyaki, sweet and sour, General Tso's



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