



MONTOUR HEIGHTS COUNTRY CLUB LUNCH MENU

SALADS

Dressings

Ranch, Blue Cheese, Sweet Blue Cheese, Thousand Island, French, Italian, Balsamic Vinaigrette, Raspberry Vinaigrette, Sweet Basil Mint Vinaigrette, Lemon Feta, Honey Mustard, Caesar

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, served with house made cocktail sauce

CALAMARI 15

fresh rings lightly breaded and flash fried over roasted tomatoes, banana peppers, and cipollini onions, served with marinara and pesto aioli

CRISPY COCONUT SHRIMP 16

6 fried coconut breaded shrimp, served with Thai chili aioli

MEATBALL BAKE 15

4 house made meatballs with marinara topped and baked with hot peppers in oil and mozzarella cheese

CRISPY RICE AND TUNA 19

fried crispy rice cake with diced tuna, seaweed salad, jalapeño, pickled red onion, sriracha aioli, and a sweet soy drizzle

SOUP DU JOUR

cup 5.50 crock 6.50

CHILI

cup 6.50 crock 7.50

FRENCH ONION

cup 6.50 crock 7.50

ADD PROTEIN TO ANY SALAD:

CHICKEN 7 SHRIMP 11

SALMON 14 FILET TIPS 11

CAESAR SALAD * 9

romaine, herb croutons, shredded asiago cheese, tossed in Caesar dressing, and topped with grape tomatoes, olives, anchovies, and a parmesan crisp

TRIO SALAD 14

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

SPRING SPINACH SALAD 12

bed of spinach topped with avocado, strawberries, cucumber, walnuts, and feta cheese, served with sweet basil mint vinaigrette

MEDITERRANEAN SALAD 12

romaine lettuce with grilled squash, zucchini, mushrooms, onions, asparagus, and garbanzo beans, tossed in lemon feta dressing

STEAK SALAD * 17

romaine, fried potatoes, cucumber, shredded cheese, egg, sliced red onion, black olives, grape tomatoes, and filet tips, served with choice of dressing

BLACKENED CHICKEN SALAD 16

romaine, fried potatoes, cucumber, shredded cheese, egg, sliced red onion, black olives, grape tomatoes, and blackened chicken breast, served with choice of dressing

GRILLED SALMON SALAD * 22

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

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



SANDWICHES

ENTREES

SERVED WITH YOUR CHOICE OF FRESH CUT FRIES, CRISPY BATTERED FRIES, WAFFLE FRIES, COLESLAW, FRUIT, APPLESAUCE, MAC & CHEESE OR CHIPS
* **Gluten free bun available upon request**

CLUB SANDWICH 14

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

MEDITERRANEAN CHICKEN WRAP 15

marinated chicken, grilled vegetable medley, onions, romaine, garlic hummus, and a lemon feta vinaigrette

MHCC BURGER GF 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

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 on a hoagie bun, with lettuce and tomato

CHICKEN PARMESAN SANDWICH 15

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

MONTOUR TUNA MELT 15

albacore tuna salad, tomato and American cheese 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

RODEO CHICKEN SANDWICH 15

marinated grilled chicken, bacon, cheddar, crispy onion straws, jalapeño jam, and BBQ aioli

EIKER STEAK AND CHEESE 16

sliced ribeye and provolone cheese served on a toasted hoagie bun with onions, peppers, and a house made steak sauce, served with waffle fries

MONTOUR SIRLOIN* OR CHICKEN 16

your choice of grilled chopped sirloin or grilled chicken breasts topped with peppers, onions, 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 (Gluten free flatbread available upon request)
additional toppings 1 each

TOPPINGS:

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

STIR-FRY BOWL

sushi rice or Lo Mein, served with broccolini, 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

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