

# Montour Heights Country Club

## Appetizers

### **Cheese Flatbread** **GF** 11

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

#### **Toppings:**

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

### **Bavarian Pub Pretzel** 12

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

### **Wings** 12

8 jumbo wings or 10 boneless wings tossed in your choice of BBQ, teriyaki, buffalo, garlic parmesan, dry ranch, or habanero and blueberry with Thai peanut glaze, served with celery and ranch or blue cheese

### **Classic Shrimp Cocktail** 13

jumbo shrimp served with house made cocktail sauce

### **Stuffed Banana Peppers** 15

fresh banana peppers stuffed with Italian sausage and ricotta cheese, baked in house made marinara sauce, topped with shredded mozzarella cheese

### **Crispy Coconut Shrimp** 16

fried coconut breaded shrimp, served with Thai chili aioli

### **Tuna Nicoise** 19

sesame seared tuna with fingerling potatoes, green beans, cherry tomatoes, nicoise olives, egg, tossed in whole grain mustard vinaigrette

### **Brussels Sprouts** 15

fried Brussels sprouts with goat cheese, malt vinegar, and candied pecans

### **Chicken and Mushroom Tart** 14

chicken, leeks, mushroom sauce and feta cheese, served in a warm tart

## Soups

### **Chili**

cup 6.50 crock 7.50

### **French Onion**

cup 7.50 crock 8.50

### **Soup Du Jour**

cup 5.50 crock 6.50

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# Salads

## Dressings

Ranch, Blue Cheese, Sweet Blue Cheese, Thousand Island, French, Italian, Balsamic Vinaigrette, Raspberry Vinaigrette, Maple Vinaigrette, Honey Mustard, Whole Grain Mustard Vinaigrette, Caesar

### Add protein to any salad:

Chicken 7 / Salmon 14 / Shrimp 11 / 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

#### House Salad 8

mixed greens, tomatoes, cucumbers, pickled red onions, shredded cheddar, and croutons, served with choice of dressing

#### Classic Wedge 10

iceberg wedge topped with blue cheese crumbles, pickled red onions, cucumbers, cherry tomatoes, smoked bacon lardons, served with ranch or blue cheese dressing

#### Quinoa Bowl 15

tricolor quinoa, feta cheese, roasted root vegetables, spinach and cherry tomatoes, lightly dressed with whole grain mustard vinaigrette

#### Roasted Beet Salad 14

arugula, confit baby beets, feta cheese, candied walnuts, tossed in balsamic vinaigrette

#### Steak Salad\* 17

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

#### Blackened Chicken Salad 16

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

#### Grilled Salmon Salad\* 22

lemon pepper salmon over mixed green lettuce, roasted butternut squash, toasted pepitas, roasted cauliflower, and pickled red onions, with a maple vinaigrette

# Sandwiches

#### MJCC Burger\* GF 15

8 oz beef patty, served with choice of cheese, on a brioche bun with lettuce, tomato, onion, and pickle (replace traditional beef patty for black bean veggie patty)

#### House burger 15

two thin patties layered with choice of cheese, house sauce and shredded iceberg lettuce

#### Lobster Roll 28

lobster sautéed in garlic butter and shallots, on a brioche bun, served with old bay chips

#### Eiker Steak and Cheese 16

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

#### Haddock 16

choice of pan seared or battered, on a toasted brioche bun, with lettuce, tomato, green goddess and whole grain mustard aioli

#### Nashville Hot Chicken Sandwich 15

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

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## Entrees

### **Grilled Salmon** 34

served with pea risotto and a Sherry tomato reduction, topped with pea shoots

### **Jumbo Lump Crab Cakes** 46

duo of house made crab cakes served with Spanish rice, vegetable of the day, and honey Dijon tartar sauce

### **Eggplant Parmigiana** 22

marinara, mozzarella cheese, served with spaghetti

### **Brined Pork Chop** 30

topped with a warm bacon vinaigrette, served with Brussels sprouts with smoked bacon lardons and root vegetable au gratin

### **Chicken Saltimbocca Roulade** 28

chicken rolled with prosciutto and sage, served with gemelli pasta with asparagus, roasted tomatoes, and brown butter

### **Chicken Rigatoni** 32

airline chicken breast served over rigatoni with chicken jus, wild mushrooms, and bacon lardons

### **Gnocchi Osso Bucco** 40

braised, pulled veal shank with potato gnocchi, artichokes, roasted tomatoes, kale, and gremolata

### **Veal Schnitzel** 42

bone in veal topped with lemon aioli, capers, pine nuts, roasted tomato, and arugula, served with truffle parmesan fries

### **Strip Steak\*** 46

14 oz USDA choice strip steak topped with our black garlic maître d butter, served with whipped potatoes and green beans

### **Filet Mignon\*** 49

8 oz filet topped with house made demi-glacé, served with herb roasted fingerling potatoes and asparagus

### **Stir-fry Bowl** 18

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

Add Chicken 7 / Add Filet Tips 11

Add Shrimp 11 / Add Tuna 12

Choose Your Sauce: green onion teriyaki, sweet and sour, General Tso's

### **Pasta Carbonara** 20

pappardelle pasta tossed in a cream sauce with pancetta lardons and fresh English peas

Add Chicken 7 / Add Salmon 14

Add Shrimp 11 / Add Filet tips 11

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