



THE APPROACH

Hummus trio & grilled vegetable plate (hh)

Greek yogurt & lemon hummus, smoked paprika hummus, edamame hummus, sea salted naan bread, grilled asparagus and sweet peppers 11

Shrimp & mahi ceviche

Fresh lime, cilantro, haba ero chili, mango, blue corn chips 11

Quinoa stuffed portobello

Shallot, garlic & rosemary quinoa stuffed mushroom, melted burrata, tomato-fennel sauce 11

Wood plank grilled chicken skewers

Haba ero-honey bbq glaze, housemade low-fat creamy garlic dip 11

Crispy potato duo

Sweet potato fries & housemade potato chips, shaved parmesan, spicy harissa ketchup 7.5

CLUBHOUSE CREATIONS

Served with your choice of fresh berries & fruit, sweet potato fries or housemade potato chips. Substitute a small kale salad or small Caesar salad, 3

Locally raised california beef burger

Chargrilled 100% hormone and antibiotic free beef, cracked pepper & sea salt, melted tillamook cheddar, crispy onions, baby arugula, housemade red onion jam, garlic aioli, choice of artisan brioche or a whole grain toasted roll 13.5

The power burger

Your choice of 90% lean buffalo or ground turkey burger, fresh herbs & sea salt, baby arugula, fresh tomato, housemade red onion jam, our signature low-fat special sauce, choice of an artisan brioche or a whole grain toasted roll 13.5

Black & bleu steak

Grilled peppercorn rubbed flat iron steak, melted gorgonzola, roasted tomato relish, housemade herb mayo, toasted baguette 13.5

Wood grilled chicken & goat cheese

Greek-yogurt & lemon grilled chicken, local goat cheese, crispy romaine, pomegranate-balsamic glaze, toasted sourdough 12.5

Hickory plank salmon (hh)

Lightly blackened and wood grilled salmon, mango relish, toasted baguette, butter lettuce 14

Vegetarian crispy kale, avocado & hummus (hh)

Confetti kale, creamy garlic dressing, smoked paprika hummus, sunflower seeds, fresh avocado wedges, wrapped in whole wheat naan bread 11.5

THE BACK NINE

Mini desserts

Ask your server for today's selections 3.25

About our menu:

We have created these delicious recipes with a focus on incorporating healthy ingredients for every menu item. Items specifically that are "heart healthy", and have anti-oxidant ingredients, or healthy Omega-3 fats are denoted by an (hh) and gluten-free items are denoted by 

ON THE GREEN

Wild mushroom bisque

Crispy sage, cracked black pepper 7

Chopped kale (hh)

Pomegranate vinaigrette, fresh avocado, local herbed goat cheese, paprika pumpkin seeds, dried bing cherries 12.5

Caesar

Romaine hearts, shaved parmesan, garlic toasted crostini, creamy lemon anchovy dressing, grilled lemon 10.5

The power salad (hh)

Quinoa, garbanzos, edamame, fresh herbs, champagne vinaigrette, sunflower seeds, grilled red pepper, butter lettuce, red grapes 11.5

Mediterranean

Baby arugula, shaved parmesan, extra virgin olive oil, roasted tomato relish, glazed walnuts, roasted artichokes & fennel, balsamic vinaigrette 11.5

Add to any salad:

Haba ero-honey glazed shrimp 5

Wood plank grilled salmon fillet 6

Greek yogurt-lemon grilled chicken 4

Garlic-herb marinated flat iron steak 6

SIGNATURE FLATBREADS

Our signature oven roasted whole wheat flatbreads

Black & bleu

Blackened steak, gorgonzola cheese, roasted tomatoes, rosemary 12

Veggie (hh)

Artichokes, baby spinach, mushrooms, parmesan, extra virgin olive oil 10

Margherita

Oven roasted tomato sauce, basil leaf, fresh burrata 11

Haba ero bbq shrimp

Haba ero-honey glazed shrimp, bbq sauce, fresh cilantro, sweet grilled pepper, monterey jack 12

Berry & chicken

Grilled chicken and goat cheese, chilled arugula & strawberries, pomegranate-balsamic syrup, glazed walnuts 12

ENTR ES

Add a small kale or Caesar salad, 3

Pan seared trout (hh)

Roasted vegetable jus, toasted almonds, whole wheat pasta in lemon sauce, steamed spinach, grilled red pepper 23

Roasted chicken

Rosemary-citrus glazed half chicken, crispy red potato wedges, grilled & roasted vegetables 17.5

Hickory plank salmon (hh)

Wood grilled salmon, chimichurri herb sauce, grilled asparagus & roasted potatoes, grilled lemon 23

Smothered steak

Chargrilled marinated flat iron steak, saut ed portobello mushrooms, melted gorgonzola cheese, crispy fried onions, sweet potato fries, spicy harissa ketchup 23

Vegan pasta marinara (hh)

Whole wheat penne, baby spinach, roasted fennel & portobello mushrooms, tossed in basil marinara, cracked black pepper, extra virgin olive oil 13.5

Tax & gratuity not included

*NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Products containing tree nuts and peanuts are stored in this kitchen and may have come into contact with other food items.

EARLY TEE TIMES

Classic eggs

Two eggs cooked your way, choice of pork or turkey bacon, red skin potato wedges, fresh fruit garnish, toast 11

Whole wheat buttermilk cinnamon pancakes (hh)

Lemon zest scented fresh berry compote, warm pure vermont syrup, butter by request 10.5

Veggie & goat cheese omelet

Spinach, portobello, asparagus, shaved parmesan, red skin potato wedges, fresh fruit garnish, toast 12

Egg white flt (hh)

Egg white omelet, turkey bacon, butter lettuce, tomato relish, on toasted whole grain bread, fresh fruit garnish 12

Toasted almond granola, low-fat yogurt, berry parfait (hh)

Low-fat vanilla yogurt, vanilla-berry compote, toasted almond granola 8

Greek yogurt, honey, fruit (hh)

No sugar added- low-fat greek yogurt, honey, fresh fruit 6.75

Steak & eggs

Seasoned flat iron steak, eggs cooked your way, red skin potato wedges, fresh fruit garnish, toast 15

*All egg dishes may be requested with egg whites

The PGA TOUR is committed to educating and inspiring its fans, tournament volunteers, employees, and the people in communities where it plays to lead healthy lifestyles. No professional sport more directly engages its fans in exercise during competition than golf. A PGA TOUR player averages five miles of walking during each round, and tournament spectators easily might cover a similar distance on a given day. The TOUR is excited to work with premier global restaurateur HMSHost to introduce PGA TOUR Grill, offering a healthy menu to encourage travelers to eat smarter, play harder.

ABOUT OUR HEALTHY INGREDIENTS

Quinoa (keen-wa)

An ancient grain, excellent source of protein, fiber

Extra virgin olive oil

Known for its heart health benefits and anti-inflammatory properties

Beans

Proven to benefit blood sugar balance, an excellent protein and fiber source

Walnuts

Great source of omega-3s and vitamin e

Almonds

High in magnesium and potassium

Spinach

Low calorie, source of vitamin k, contains cancer fighting flavonoids

Arugula

Loads of vitamin c, calcium

Honey

Proven to have anti-oxidant properties, healthy bacteria

Avocado

Great source of carotenoids and healthy oleic acid

Trout

A low-fat source of protein, low in mercury, high in omega-3 fatty acids

Salmon

Contains omega-3s, and amino acids that are anti-inflammatory

Pomegranate

Contains more antioxidants than blueberries, lowers cholesterol

BEVERAGES

Coca-Cola products 3.3

Fiji water 1L 5

Perrier 4

Lemonade 3.2

Coffee 3.2

Fresh brewed iced tea 3.2

BEER

On tap

Crafts 16 oz. 7.6 / 20 oz. 9.6 Samuel Adams Boston Lager • Goose Island IPA Ballast Point Sculpin IPA • Karl Strauss Red Trolley • Coronado Orange Ave. Wit What's new on tap? Ask your server for our two featured rotating craft selections

Import 16 oz. 7 / 20 oz. 9 Stella Artois

Domestic 16 oz. 6.3 / 20 oz. 8.3 Michelob Ultra • Bud Light

Bottled

Crafts (12 oz.) 6.6 Ballast Point Calico Amber • Green Flash West Coast IPA Karl Strauss Pintail Pale Ale • Green Flash Seasonal • Sam Adams Seasonal

Import & Specialty (12 oz.) 6.6 Heineken • Corona

Domestic (16 oz.) 6 Budweiser • Bud Light • Angry Orchard Hard Cider (12 oz.)

N.A. (12 oz.) 5.5 O'Doul's

WINES

	6oz	9oz	Btl
Santa Margherita Pinot Grigio	9.5	14.25	38
Altitude Project Chardonnay	8.5	12.75	34
Villa Maria Sauvignon Blanc	12	18	48
Beringer Napa Valley Sauvignon Blanc	9.5	14.25	38
Château Ste Michelle Riesling	11	16.5	44
Sonoma-Cutrer Russian River Ranches Chardonnay	15	22.5	60
Conundrum White	13.5	20.25	52
Altitude Project Cabernet Sauvignon	8.5	12.75	34
Byron Pinot Noir	17.5	26.5	69
Benziger Merlot	14	21.5	55
Gascón Malbec	11	16.5	40
Joel Gott 815 Cabernet Sauvignon	12.5	18.75	50
Conundrum Red	13.5	20.25	52
Korbel California Champagne			187ml 13

Please see your server for our full spirits listing

SPECIALTY COCKTAILS

The Big Dog

Enjoy this masterful combination of Maker's Mark, peach puree, Canton Ginger Liqueur, iced tea and ginger beer 14.5

High-LoftLemonade

Grey Goose L'orange perfectly married with muddled fresh mint, lemon and freshly brewed tea 14.5

Dobel Rita

The elegant smoothness of Maestro Dobel Silver tequila perfectly shaken with lemon sour, orange juice and the ultimate orange liqueur... Agavero 14.5

West Coast Swing

Hangar One Wild Blueberry vodka, raspberry syrup, lemon juice and Sprite make for a sweet, crisp and refreshing American-made champion cocktail 13.5

Shandy Trap

A perennial clubhouse favorite... wheat beer, fresh lemon and ginger beer. The perfect companion to any of our hand-crafted entrées 8

19th Hole

The perfect round starts with Grey Goose, the world's best tasting vodka blended with orange juice, pineapple juice and lemon-lime soda 14.5

The Birdie

This blend of Bacardi, mint, soda and your choice of strawberry, blueberry or raspberry is inviting, refreshing and delightful 13.5

Hangar One Chipotle Mary

Hangar One Chipotle vodka with our spicy bloody mary mix, served with the traditional celery stalk and finished with fresh lime, a grape tomato and stuffed olive 14