

# MEMBERS LOUNGE

LUNCH AND DINNER



## Chicken Tortilla Soup

Cup 5 Bowl 9

Jack Cheese, Avocado, Tortilla Strips

## Soup of the Day

Cup 5 Bowl 9

## Crispy Brussels Sprouts -V 10

Honey - Chipotle Aioli, Gremolata  
Charred Lemon

## Crispy Calamari 13

Citrus Remoulade, Spicy Marinara

## Spicy Breaded Wings

Half (5pc) 6 - Full (10pcs) 12

## Naked Lemon Pepper Wings

Half (5pc) 6 - Full (10pcs) 12

## Sports Club Nachos

Half (4pc) 6 Full 8pc) 12

Refried Pinto Beans, Slow Braised Beef  
Cheddar and Jack Cheese

## ML Trio 6

Guacamole, Queso, and Salsa

## Buttermilk Chicken Tenders

Half (2pc) 7 - Full (4pcs) 14

Choice of Side

## Chef's Choice Cheese Plate

Choice of 3 cheeses, Seedless Grapes  
Crackers, Dried Fruit, Spicy Pecans 17



## Wedge Salad 9 - GF

Blue Cheese Crumbles, Applewood Smoked  
Bacon Heirloom Tomatoes, Ranch  
Dressing, Pomegranate Syrup Drizzle

## Local Green Salad - LC / GF 9

Seasonal Vegetables, Red Quinoa Pepitas  
Balsamic Vinaigrette  
(cal 319 fat 25g carb 19g prot 9g sod 613mg)

## The Sports Club Cobb - GF

Appetizer 9 Entrée 13

Chicken, Avocado, Monterey Jack, Red  
Onion

Roasted Bell Pepper, Kalamata Olives  
Bacon, Corn Ranch Dressing

## Caesar Salad - LC 10

Romaine, Focaccia Croutons

Asiago Cheese, Caesar Dressing

(cal 558 fat 43g carb 26g prot 15g sod 833mg)

(Add Chicken 6 - Shrimp 9 - Salmon 10)

## Mixed Greens & Watermelon Salad - GF 10

Feta Cheese, Heirloom Tomatoes, Diced  
Watermelon, Jicama Citrus Vinaigrette

## Back to Life Arugula Salad - GF 12

Baby Shrimp, English Cucumbers, Fresh

Corn Roasted Peppers Kalamata Olives

Honey-Citrus Oregano Vinaigrette

V = Vegetarian/Vegan Option Available GF = Gluten Free Option Available LC= Under 600 calories  
SPECIAL REQUESTS AND MODIFIED ORDERS MAY REQUIRE ADDITIONAL TIME.

We welcome all dietary allergies and preferences; please alert your server prior to ordering  
GRATUITY NOT INCLUDED. 20% gratuity will be added on groups of 8 or more



**Sports Club Hot Dog 8**

Sweet Relish, Diced Onions, Mustard

**“No Burger“ Burger - V 14**

Plant Based Burger, Watercress, Avocado  
Sliced Tomato, Honey Wheat Bun

**Guacamole Turkey Burger 14**

Lettuce, Tomato, Grilled Onions, Guacamole, Pepper  
Jack Cheese, Chipotle Aioli, Wheat Bun

**ML Angus Burger 13**

Lettuce, Tomato, Red Onion, Horseradish Pickles  
Brioche Bun

**Traditional Chicken Salad Sandwich 11**

Lettuce, Tomato, Mayo, Choice of Bread

**Traditional Tuna Salad Sandwich - LC 11**

Lettuce, Tomato, Mayo, Choice of Bread  
(cal 460 fat 35g carb 20g prot 23g sod 1059mg)

**ML Club Panini 14**

Applewood Smoked Bacon, Turkey, Avocado  
Smoked Cheddar, Lettuce, Tomato, Wheat Bread

**Buffalo Ranch Chicken Wrap - LC 14**

Buttermilk Chicken Tenders, Tomato  
Shredded Lettuce, Jack Cheese, Flour Tortilla  
(cal 422 fat 18g carb 40g prot 22g sod 1719mg)

**BBQ Brisket Sandwich 15**

Slow-Cooked Brisket, Caramelized Onions  
Cole Slaw, Smoked Cheddar, Brioche Bun

**Fajita Beef Tacos 14**

Bell Peppers, Onions, Queso Fresco, Cilantro  
Guajillo-Lime Cream, Flour Tortillas. Served with  
Salsa and Guacamole

**Asian Tuna Sandwich 16**

Seared Rare Tuna Steak, Kimchi Aioli  
Wakame Salad, Crispy Wontons, Sesame Seed Bun



**Stacked Enchiladas 13**

Jack Cheese, Mango Slaw  
Tomatillo Salsa, Flour Tortilla

**Chicken Pad Thai 15**

Rice Noodles, Bean Sprouts, Egg, Peanuts  
Tamarind Sauce, Tofu, Green Onion

**Pan Seared Beef Tenderloin 35**

Piquillo Mashed Potato  
Warm Apple Bacon Cabbage Salad  
Red Wine Reduction

**Grilled NY Strip 30**

Sautéed Cremini Mushrooms & Texas Onion  
Herb Roasted Petit Potatoes, Romesco Sauce

**Chicken Fried Steak 18**

Mashed Potatoes, Sautéed Broccoli, Sausage Gravy

**Pan-Roasted Atlantic Salmon - LC 17**

(cal 428 fat 17g carb 32g prot 52g sod 935mg)  
White Cheddar Polenta, Citrus Segments  
Sautéed Green Beans & Onions  
Toasted Almonds, Citrus Coulis

**Blackened Airline Chicken Breast - LC / GF 18**

(cal 517 fat 18g carb 31g prot 43g sod 326mg)  
Saffron Potatoes, Kalamata Olives, Haricot Vert  
Cherry Tomatoes, White Wine Saffron Jus

**Greek Vegetarian Plate 16**

Spicy Hummus, Spaghetti Squash, Feta Cheese  
Balsamic Portobello Mushrooms, Micro Greens

**Shrimp Pappardelle alla Putanesca 22**

Asparagus Tips, Onions, Bell Peppers  
Shaved Asiago Cheese, Putanesca Sauce

**Mexi-rican Pizza 15**

Mexican Chorizo, Roasted Corn, Black Beans  
Tomatillo Salsa, Queso Fresco, Mozzarella, Guacamole

**Tuna Poke 15**

Kimchi Aioli, Tempura Crunch, Sweet Soy, Sesame  
Seeds, Cucumbers, Japanese Rice

**Zarandado Style Snapper Filet - GF 20**

Mexican White Rice, Broccoli, Peppers, Avocado  
Charred Lemon, Guajillo Mayonnaise



**French Fries, Sweet Potato Fries, Coleslaw, Fresh Fruit, Grilled Asparagus, Brussel Sprouts  
Garlic Spinach, Sautéed Broccoli, Mashed Potatoes, Baked Potato  
Side of Greens or Side Caesar**