



The Club at Carlton Woods Plated Lunch, Quad-Plates, & Lighter Lunch Selections



I Food & beverage is subject to a 22% service charge and applicable tax (currently 8.25%) All prices are subject to change based on market value.



Plated Lunch Selections

All lunches come with Coffee, Decaffeinated Coffee and Iced Tea

Salad Selections

Mixed Field Greens Salad

*Julienne Carrots, Cucumbers, Heirloom Tomatoes, Candied Pecans,
Crumbled Feta, Balsamic Vinaigrette*

\$10

Classic Caesar Salad

*Baby Romaine, Parmesan Crisp, Demi Sec Tomatoes, Kalamata Olives,
Garlic Croutons, Caesar Dressing*

\$13

Roast Beet & Arugula Rocket Salad

Crumbled Farmers Chevre, Candied Pecans, Citrus Vinaigrette

\$12

Autumn Pomegranate Salad

*Baby Aquaponics Greens, Spiced Butternut Squash, Crumbled Bleu Chese,
Smoked Bacon Lardons, Pomegranate Vinaigrette*

\$14

Multi-Grain Salad

*Baby Greens, Quinoa, Farro, Chickpeas, Roasted Red Peppers,
Farmer's Crumbled Feta, House Dressing*

\$15

Avocado Shrimp Salad

Seasonal Aquaponics Greens, Diced Mango, Scallions, Cilantro, Mint Oil

\$15

Asian Kale Salad

*Baby Kale Greens, Edamame, Wonton Strips, Orange Segments,
Toasted Sesame Seeds, Peanuts, Scallions, Ponzu Vinaigrette*

\$14



Seafood Selections

Maitre D' Broiled Halibut Pave

*Grilled Asparagus, Grape Tomatoes Confit, Lemon Thyme and Saffron Scented Risotto
Piquillo Coulis*

\$42

Cajun Blackened Chilean Sea Bass

Sautéed Spinach and Red Peppers, Ratatouille, Whipped Garlic & Rosemary Potatoes, Orange Caper Butter

\$46

Pistachio Crusted Diver Scallops

Glazed Carrot Nage, Haricot Verts, Herb Roasted Fingerlings, Pernod Beurre

\$36

Sage & Honey Glazed Alaskan Salmon

Lemon Pepper Grilled Summer Squash, Wild Rice Pilaf, Infused Honey Glaze

\$38

New Orleans' Shrimp & Grits

Blackened Jumbo Shrimp, Grilled Grench Baguette, Scallions, Roasted Asparagus, New Orleans BBQ Sauce

\$36

Beef & Pork Selections

Tournedos of Beef (7 oz)

*Pan Seared Filet Mignon, Charred Broccoli, Carrot-Parsnip Haché, Aged Cheddar Whipped Potatoes,
Bordelaise Sauce*

\$48

Allen Brother's Prime Ribeye (16 oz)

*Flame-Grilled Ribeye, Tabacco Onions, Roasted Sweet Chili Brussels, Loaded Baked Potato
Maitre D' Butter*

\$50

Pecan-Smoked Kurobuta Pork Chop

*Cinnamon Apple & Butternut Squash Puree, Roasted Asparagus, Herbed Cheddar Polenta Cake,
Port Demi-Glace*

\$46

Panko Breaded Iberico Pork Tonkatsu

Charred Bok Choy, Stir Fried Asian Rice, Mushroom Gravy

\$46



Poultry Selections

Chicken Scallopini

Pan Seared Chicken Breast, Grilled Lemon Pepper Asparagus, Whipped Garlic Potatoes, Beurre Blanc
\$30

Boursin Stuffed Airline Chicken Breast

Charred Lemon Pepper Broccolini, Roasted Seasonal Roots & Potatoes, Whole Grain Mustard Pan Gravy
\$32

Oven-Roasted Roasted Greek Chicken

*Feta, Dried Tomato and Pignoli Stuffed Breast, Sautéed Spinach
Sautéed Lemon Thyme Orzo, Tzatziki*
\$34

Pan Seared Muscovy Duck Magret

*Haricot Verts, Roasted Sweet Potatoes, Black Pepper Pappardelle
Forestiere Sauce*
\$42

Supreme of Chicken Chasseur

*Grilled Green Asparagus, Dried Tomato-Pancetta Risotto
Mushroom-Truffle Sauce*
\$32

Flame Grilled BBQ Texas Quail

Sautéed Corn & Red Onions Succotash, Baked Mac n' Cheese, Bacon Lardons, Chipotle Blackberry BBQ Sauce
\$36

Vegetarian Selections

Curry Roasted Cauliflower Steak

Winter Squash Nage, Micro Salad, Crispy Papadums, Ravigote Sauce
\$28

Apple-Ginger Glazed Butternut Squash

Braised Red Cabbage, Grilled Asparagus, Spicy Pecans, Apple-Ginger Glaze
\$28

Baked Eggplant Involtini

Grilled Aspirations, Homemade Ricotta, House Marinara
\$28



Dessert Selections

Espresso Crème Brûlée

Classic Vanilla Custard, Chantilly Cream, Fresh Berries

\$12

Fresh Fruit Tart

Fresh Fruit topped with Apricot Glaze in a Pastry Filled Crust

\$10

Seasonal Bread Pudding

Vanilla Custard Anglaise, Fresh Berries, Gelato

\$12

Seasonal Fresh Berries

Raspberry Sorbet, Whipped Cream

\$8

Chocolate Olive Oil Cake

Chantilly Cream, Candied Orange Zest, Bing Cherries

\$12

Quad-Plate Quick Lunch Selections

Cajun Blackened Shrimp & Grits, Citrus & Arugula Salad, Chicken & Sausage Gumbo,

Cinnamon-Apple Begniet

\$42

Italian Press Panini, Pasta Primavera Salad, Tuscan White Bean & Sausage Soup, Tiramisu

\$38

Philly Cheesesteak on Pretzel Bun, Baby Iceberg Wedge Salad, Loaded Baked Potato Soup,

Mint-Orange Crème Brûlée

\$40

Panko Breaded Chicken Katsu, Asian Kale Salad, Wonton Soup, Coconut Crème Caramel

\$40

Prime Beef Tournedo Sliders, Grilled Caesar Salad, Creamy Tomato Basil Soup,

Cinnamon Bread Pudding

\$48



Lighter Luncheon's Soup Selections

\$9 Each

Market Fresh Daily Soup
Watermelon Gazpacho
Beef & Barley Stew
Bavarian Lentil Soup

Chicken & Sausage Gumbo
Roasted Chicken Noodle
Maple Butternut Squash Bisque
New England Clam Chowder

Entrée's

Grilled Chicken Caesar

Crisp Romaine Lettuce, Croutons and Parmesan Cheese tossed in a Caesar Dressing and topped with a Grilled Marinated Chicken Breast

\$20

Grilled Shrimp Caesar

Crisp Romaine Lettuce, Croutons and Parmesan Cheese tossed in a Caesar Dressing and topped with a Grilled Marinated Jumbo Shrimp

\$24

Thai Chicken Salad

Tender Baby Greens, Sweet Peppers, Scallions, Cashews, Carrots and Crispy Rice Noodles tossed with Honey Soy Vinaigrette and topped with Sweet Chili Grilled Chicken Breast

\$22

Roasted Turkey Cobb Salad

Herb Roasted Turkey Breast, Romaine Lettuce, Applewood Bacon, Blue Cheese, Marinated Tomatoes, Boiled Egg, Avocado, Black Olives and Green Goddess Dressing

\$22

Southwestern Chicken Salad

Chipotle Marinated Grilled Chicken, Spring Mix Lettuce, Roasted Corn, Red Onions, Roasted Red Peppers, Avocado, Cherry Tomatoes tossed in a Cilantro Dressing with Crispy Tortilla Chips

\$20

Tuna Niçoise Salad

Rare Seared Ahi Tuna, Niçoise Olives, Fingerling Potatoes, Hard Boiled Eggs, Oven dried tomatoes and French Beans drizzled with an Herb de Provence Vinaigrette

\$24



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Moroccan Spiced Salmon Salad

*Seared Salmon, Baby Aquaponic Greens, Napa Cabbage, Shredded Carrots, Apples, Golden Raisins
Toasted Pita, tossed with Sweet Curry Dressing*

\$26



Executive Chef Salad

*Flame Grilled Flat Iron Steak served with Baby Arugula tossed with Spiced Walnuts,
Maytag Blue Cheese, Green Onions, Cherry Tomatoes, Smoked bacon and Dried Cherries, Cabernet Vinaigrette*

\$30

Soup and Salad

*Carlton Woods Market Fresh Soup served with Iceberg Lettuce, Swiss Cheese, Ham,
Turkey and Cherry Tomatoes tossed in Our Signature Green Goddess Dressing*

\$22

Salad and Sandwich

*Spring Mix Lettuce, Dried Tomatoes, Marinated Cucumbers, Carrots, Applewood Bacon, Pepper
Croutons and Herb Vinaigrette*

\$24

Soup and Sandwich

Refreshing Cup of Market Fresh Soup and your choice of sandwich

\$24

Please choose one of the following sandwich selections:

Roast Beef

Roast Beef, Granny
Smith Apple,
Horseradish Cheddar
on Croissant with
Herb Aioli

Turkey BLT

Smoked Turkey,
Bacon and Tomatoes
with Basil Mayo and
Swiss Cheese Wrapped
in Warm Totilla

Ham

Honey Ham, Aged
Cheddar, Whole Grain
Mustard, Sweet Dill
Pickles on Pressed
French Hoagie

Veggie

Roasted Vegetables
with Fresh Mozzarella
and Basil Aioli on
Sourdough