

FROM THE KETTLE

SOUP DU JOUR 4

HOUSE CHILI 5 

FROM THE GARDEN

Add a cup of soup 3

CCC MISTO SALAD 13 | 9   TroonFIT

Artisan Greens | Spiced Pecans | Craisins | Crumbled Blue Cheese | Roasted Pear Vinaigrette

CAESAR SALAD 13 | 9 

Romaine Hearts | Sourdough Croutons | Oven Roasted Tomato | Parmigiana Reggiano | Caesar Dressing

SMOKEHOUSE SHRIMP WEDGE SALAD 17 | 13 

Grilled Skewered Shrimp | Iceberg Wedge | Tomato | Bacon | Blue Cheese | Egg | Ranch Dressing

HONEY CRUNCH SALAD 15 | 11

Crispy Chicken Tenders | Chopped Romaine | Diced Tomato | Red Onion | Clover Honey Dijon Vinaigrette

ACCOMPANIMENTS

GROUPER FILLET 6 OZ	11
WILD-CAUGHT SALMON FILLET 5 OZ	11
5 JUMBO BLACK TIGER SHRIMP	9
GINGER SEARED SAKU TUNA 5OZ	11
GRILLED CHICKEN BREAST 5 OZ	6
SLICED NEW YORK STRIP 5 OZ	10



Gluten Free Options Available Upon Request

Gluten Free



Vegetarian

TroonFIT

500 Calories or less

FROM THE DELI

Sandwiches Come With One Side Item

DELI SANDWICH BOARD 13

Bread Choice: Rye | White | Wheat | Wrap | Spinach Wrap

Meat Choice: Black Forest Ham | Turkey | Tuna Salad | Chicken Salad

Cheese Choice: Provolone | Swiss | Cheddar

All Sandwiches Come With Mayonnaise, Lettuce & Tomato

COLONIAL CLUB SANDWICH 15

Turkey | Black Forest Ham | Swiss Cheese | Cheddar Cheese | Bacon | Lettuce | Tomato | Mayonnaise | White Toast

HANDHELDS

Sandwiches Come With One Side Item

GYRO 15

Soft Pita | Sliced Gyro Meat | Cucumber | Feta Cheese | Diced Tomato | Red Onion | Shredded Lettuce | Tzatziki Sauce

PHILLY STEAK SANDWICH 18

Sliced Prime Rib | Sautéed Peppers & Onions | Aged Picante Provolone Cheese | Toasted Sub Roll

REUBEN 14

Corned Beef | Swiss Cheese | Sauerkraut | 1000 Island | Grilled Rye Bread

CCC PRIME BURGER 16

8 oz. Prime Grade Beef | Brioche Roll | Lettuce | Tomato | Pickle

Cheese Choice: Provolone | Swiss | Cheddar

GROUPER SANDWICH 18

7 oz. Grouper Fillet | Soft Hoagie | Lettuce | Tomato | Onion | Tartar Sauce

Style Choice: Panko-Fried | Blackened | Herb-Grilled

SIDES

INCLUSIVE

FRENCH FRIES
FRESH POTATO CHIPS
POTATO SALAD
COLE SLAW
DICED FRUIT
BROCCOLI
SWEET FRIES +2
ONION RINGS +2

FRENCH FRIES 2
FRESH POTATO CHIPS 1.5
POTATO SALAD 1.5
COLE SLAW 1.5
DICED FRUIT 2
BROCCOLI 1.5
SWEET FRIES 3
ONION RINGS 3

À LA CARTE

FROM THE OVEN

10" PEPPERONI PIZZA 14

Pepperoni | House Sauce | Three-Cheese Blend

Cheese Only 11

10" MEAT LOVERS PIZZA 16

Pepperoni | Sausage | Capicola | Bacon | House Sauce | Three-Cheese Blend

10" TACO PIZZA 14

Mexican Ground Beef | Salsa | Diced Tomatoes | Colby Jack Cheese | Sliced Jalapenos | Black Olives | Shredded Lettuce | Sour Cream Drizzle

STEAK & GORGONZOLA FLATBREAD 14

Grilled House Crust | Alfredo Sauce | Shaved Prime Rib | Crumbled Gorgonzola | Arugula | Roasted Tomato | Balsamic Glaze

OH MY VEGGIES!

IMPOSSIBLE BURGER 15

6 oz. Plant Based Burger | Lettuce | Tomato | Pickle | Brioche Roll

Cheese Choice: Provolone | Swiss | Cheddar | One Side

CAULIFLOWER CAPRESE PIZZA 14 TroonFIT

Cauliflower Crust | Pesto | Tomato | Fresh Mozzarella

STUFFED PORTOBELLO & RISOTTO 15

Grilled Portobello | Spinach | Pine Nuts | Boursin Cheese | Roasted Red Peppers |

Truffle Parmesan Risotto

TUSCAN CAVATAPPI 15

Roasted Tomatoes | Roasted Garlic | Olives | Artichokes | Cavatappi Pasta | Tuscan Cream Sauce | Pesto Crostini

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.