

OCEAN REEF CLUB
19TH HOLE LUNCH MENU

Serving Lunch Daily 11 am - 3 pm

Sunday Brunch 10 am - 3 pm



LUNCHEON COCKTAILS

Toast our 19th Hole Signature Libations

THE LONG DRIVE MARGARITA

THE DIRTY ARNOLD PALMER...

OTHERWISE KNOWN AS THE JOHN DALY!

BEER CHEERS!

ON DRAFT ~

MILLER LITE & YUENGLING

ALSO AVAILABLE ~

AMSTEL LIGHT

BASS

BUD & BUD LIGHT

CORONA

HEINEKEN

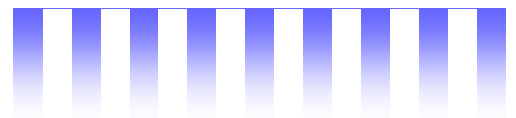
MICHELOB ULTRA

SAM ADAMS

BUCKLER ~ (ALCOHOL FREE)

Beginning November 4th:

Dinner Service 5-9 pm



OCEAN REEF CLUB LUNCH AT

STARTERS

-  **HOMESTEAD TOMATO & AVOCADO** 9
with Red Onion, Fresh Basil & Chives
Red Wine Vinaigrette
-  **SEASONAL FRUIT & BERRY PLATE** 8
Low Fat Yogurt Dressing & Cottage Cheese
- 19TH HOLE CRAB SALAD DIP** 16
Tortilla Chips
- THAI CHICKEN TENDERS** 9
Crispy Tenders tossed In Sesame Seeds &
Sweet Thai Chili Sauce
Served with Ranch Dressing & Celery Sticks.
-  **GRILLED CHICKEN TENDERS** 9
Low Fat Ranch & Thai Chili Sauce and Celery Sticks



CHEERS

BY THE GLASS OR BOTTLE

McWilliams 5 - 26
Chardonnay, Cabernet,
Pinot Noir & Merlot
Kendall Jackson 7 - 35
Chardonnay, Cabernet Sauvignon,
Merlot




PINOT GRIGIO	STELLINI DE NOTTE 5 - 26 LAGARIA 8 - 30
SAUVIGNON BLANC	STERLING 5 - 26 ST. SUPÉRY 10 - 38
CHARDONNAY	SONOMA CUTRER 13 - 48 WILD HORSE 10 - 36
PINOT NOIR	ACACIA 11 - 44 WILD HORSE 13 - 45
CABERNET SAUVIGNON	BV RUTHERFORD 11 - 44
OTHER REDS....	COLTIBUONO CHIANTI 9.5 - 38 SEPTIMA MALBEC 9 - 36

SOUPS

- | | CUP | BOWL |
|--|-----|------|
| CHEF SUE'S DAILY SOUPS | 5 | 6 |
| Freshly Made Hot & Cold Selections Everyday! | | |
| HOMEMADE RED CHILI | 6 | 7 |
| Winner of the 2011 ORC Chili Cook-off! | | |

SALADS

- | | SMALL | LARGE |
|---|-------|-------|
| HOMESTEAD FARM SALAD | 7 | 10 |
| Crispy Romaine & Teena's Organic Young Let-
tuces with Local Farm Veggies | | |
|  CLASSIC CAESAR SALAD | 7 | 10 |
| Also available with our Low Fat Dressing without
Cheese or Croutons | | |
| FEATURE SALAD OF THE DAY | 10 | 16 |
| Celebrate the Day with Chef Sue's Daily Creation. | | |

GRILLED SALAD TOPPERS

- LOCAL FISH ~ MKT
CHICKEN BREAST ~ 9
5 TIGER SHRIMP ~ 12

SALAD SCOOPS

- ALL SALAD SCOOPS SERVED WITH 3 SLICES OF
HOMESTEAD FARM TOMATOES
- TUNA OR CHICKEN SALAD ~ 7
CRAB & SHRIMP SALAD ~ 11

-  **CHICKEN ENTRÉE SALAD** 15
6 oz. Freshly Grilled Chicken Breast with
Homestead Tomatoes tossed in
Garden Herb Vinaigrette

-  **FIT & SOUND SELECTION:**
Under 450 Calories, 20% Fat & 225 mg Sodium, Low Sugar,
5 oz. or Less Lean Animal Protein, 100% Whole Grains

THE 19TH HOLE

SANDWICHES AND WRAPS

Gluten Free Wrap Available

-  **GRILLED CATCH SANDWICH** MKT
Fresh Daily Local Fish with Lettuce, Tomato, Onion, side of Chimichurri & Fresh Fruit Cup
- TURKEY PITA "JR" CLUB** 12
Roasted Turkey, Applewood Smoked Bacon, Lettuce, Tomato and Mayo on Grilled Pita.
Cole Slaw & Fresh Potato Chips
- 19TH HOLE CLASSIC REUBEN** 12
Thinly Sliced and Griddled Corned Beef, Sauerkraut, Swiss Cheese, 1000 Island Dressing on Grilled Rye Cole Slaw and Shoestring Fries
- FIT & SOUND WRAP OF THE DAY** MKT
Chef Sue's Healthy Creation Changes Daily!
Served with a Fresh Fruit Cup.
- TRADITIONAL WRAP OF THE DAY** 12
Fresh Potato Chips.

FROM THE DELI

FEATURING CUSANO'S ALL NATURAL BREADS
SERVED WITH FRESH POTATO CHIPS

- CHICKEN OR TUNA SALAD ~ 10
CRAB & SHRIMP SALAD ~ 13
ROASTED TURKEY ~ 10
SMOKED HAM ~ 9

DELI COMBOS

DELI & SALAD

YOUR CHOICE OF DELI SANDWICH ON WHOLE WHEAT SANDWICH THIN WITH GARDEN SALAD ~ 12

DELI & SOUP

YOUR CHOICE OF HALF A DELI SANDWICH WITH CUP OF SOUP ~ 11

BURGERS

-  **GRILLED ALL TURKEY BURGER** 12
5 o.z. Ground White Meat with Lettuce, Tomato & Onion on Deli Thin Bun.
Cranberry Chutney and 3 Bean Salad
-  **LOCH DUART SCOTTISH SALMON BURGER** 10
Grilled House Made 5 oz Salmon Patty on Multi-grain Deli Thin Bun with Dill Yogurt Sauce.
Your Choice of Side Salad or Fresh Fruit Cup
- BLACK BEAN BURGER** 12
Monterey Jack Cheese, Avocado, Tomato, Lettuce & Onion with Cusabi Sauce & Green Bean Fries
- 19TH HOLE ANGUS BURGER** 11
5 oz., Tomato, Lettuce & Onion on Grilled Kaiser Roll
Dill Pickle, Cole Slaw and Shoestring Fries
Add Smoked Bacon or Cheese if you please.
8 oz. Also Available.
- GRILLED PROTEIN PLATE** 12
8 oz Angus Beef Patty with Farm Fresh Tomatoes and low fat Cottage Cheese.



19TH HOLE DOGS

NATHAN'S FAMOUS™ DOGS

ARE SERVED IN A GRILLED BUTTERED NEW ENGLAND STYLE BUN

TWO DOGS WITH CHEF SUE'S RELISH ~ 9

PICK A TOPPING

SAUERKRAUT / CHILI / CHEDDAR /
BBQ SAUCE / BACON BITS /
JALAPEÑOS / DICED ONIONS
.50 PER TOPPING

DOGS ALSO AVAILABLE BY THE PIECE!

OCEAN REEF CLUB

LUNCH TIME AT THE 19TH HOLE

SWEETS FOR THE SWEET

KEY LIME PIE	6
<i>An ORC Tradition!</i>	
ONE JUMBO COOKIE	2
ICE CREAM,	4
<i>Vanilla or Chocolate</i>	



THANKSGIVING EVERY MONTH!

*Watch the Specials board for our
Monthly Turkey Day
starting January!*

19TH HOLE MONDAY NIGHTER PARTIES

DECEMBER 19 -	CHRISTMAS
FEBRUARY 13 -	MANGIA ITALIANO
MARCH 12 -	MEXICAN FIESTA
APRIL 16 -	PIRATE NIGHT



FOR THE CHILDREN

FRESH FRUIT CUP	4
CARROT & CELERY STICKS, <i>Low Fat Ranch Dip</i>	5
FRESH STRAWBERRIES <i>with Low Fat Vanilla Yogurt</i> <i>Organic Granola</i>	6

LARGER BITES

Choice of Chips, Fries, Fresh Fruit or Apple Sauce

GRILLED LOCALLY CAUGHT FISH	8
ROAST TURKEY WRAP <i>with Cheese, Tomato and Lettuce</i>	6
ORGANIC PEANUT BUTTER AND JELLY SANDWICH <i>[Trans-fat free Peanut Butter]</i>	5
GRILLED AMERICAN CHEESE SANDWICH <i>Choice of Cusano's Natural Bread</i>	5
GRILLED HAMBURGER OR CHICKEN BREAST <i>on Thin Wheat Bun & Cup of Fresh Fruit</i>	8
GRILLED ALL BEEF NATHAN'S™ HOT DOG	7
CRISPY CHICKEN TENDERS <i>with BBQ Sauce</i>	6

Remember:

19th Hole Opens for Dinner

November 4th with our

First Annual Welcome Back Cook-out

