

# HOPS BAR & GRILL MENU



## APPETIZERS

### HOPPIN' COMBINATION \$11.25

Potato skins, Mozzarella sticks, Jalapeno poppers, Mini taquitos and Mini burritos. Served with Salsa Fresca, Sour cream, Guacamole and Marinara sauce.

cal 992 | fat 51g | chol 82mg | carbs 116g

### FRIED CALAMARI \$10.25

Served with cocktail sauce and tartar sauce.

cal 870 | fat 55g | chol 685mg | carbs 87g

### CHEESE QUESADILLA \$8.00

Two flour tortillas with melted cheese and sautéed peppers and onions. Served with pico de gallo, sour cream and guacamole.

cal 684.5 | fat 31.8g | chol 71mg | carbs 76.6g

**\$11.00 with Chicken** cal 885 | fat 35g |

chol 131mg | carbs 71g

**\$12.00 with Beef** cal 942 | fat 44.4g | chol

179mg | carbs 76.6g

### BUFFALO WINGS \$9.25

Spicy buffalo chicken wings with ranch dressing, and celery sticks.

cal 885 | fat 35g | chol 82mg | carbs 71g

### BRUSCHETTA \$9.00

Diced tomato seasoned with fresh garlic, basil and herbs on toasted sourdough croutons.

cal 775 | fat 0g | chol 0mg | carbs 24g

### SOUP OF THE DAY \$5.25

### HUMMUS \$8.00

Hummus served with warm pita bread, carrot and celery sticks.

cal 744 | fat 54g | chol 0mg | carbs 68g

## SALADS

### TOSSED GREEN SALAD \$6.25

Crisp mixed greens tossed, then topped with tomato, cucumbers, red onion and parmesan cheese.

cal 137 | fat 4g | chol 2mg | carbs 27g

### ORIENTAL CHICKEN SALAD \$12.25

Marinated double breasts of chicken broiled then served on a bed of shredded iceberg lettuce with cilantro, green onions, rice stick noodles, peanuts, and our own dressing. Garnished with jicama, carrots, cucumber and tomato.

cal 670 | fat 22g | chol 60mg | carbs 81g

### COBB SALAD \$12.00

Crisp mixed greens topped with diced turkey, ham, bacon, tomato, boiled eggs, crumbled blue cheese and avocado. Served with your choice of dressing.

cal 407 | fat 25.5g | chol 77mg | carbs 20.25g

### CAESAR SALAD COMBO \$8.50

Crisp romaine lettuce tossed with croutons, parmesan cheese and our own signature Caesar dressing.

cal 210 | fat 14.5g | chol 72mg | carbs 11g

### Add Soup of the day \$4.25

### Add Chicken \$6.25

cal 410 | fat 17.5g | chol 72mg | carbs 11g

### Add Salmon \$7.25

cal 570 | fat 36.5g | chol 102mg | carbs 13g

### Add Prawns \$3.25 each

cal 6 | fat 1g | chol 9mg | carbs 1g

### CAJUN SPINACH SALAD \$12.50

Spinach leaves tossed with a Cajun chicken breast, red and green peppers, red onion, candied pecans, bacon, gorgonzola cheese with raspberry vinaigrette. Topped with grated parmesan cheese.

cal 992 | fat 51g | chol 82mg | carbs 116g

### PRAWN AND VEGETABLE SALAD \$18.25

Four prawns sautéed in garlic, herbs and white wine, with crisp greens tossed with garden vegetables. Garnished with tomato, cucumber, olives, and red onion. Served with your choice of dressing.

cal 239 | fat 3.8g | chol 129mg | carbs 41.5g

## DESSERTS

Ice Cream Sundae ..... \$7.00  
Ice Cream ..... \$7.00  
Chef's Specialty Cheesecake \$7.00  
Featured Cakes ..... \$7.00  
Apple Pie ..... \$7.00  
.....al la Mode ..... \$8.25

## SIDES

Add Avocado ..... \$2.00  
Add Mushrooms \$3.00  
Add Pasta ..... \$6.00  
Add Cole Slaw ... \$4.00  
Baked Potato ..... \$4.00  
Steam Rice ... \$4.00 or Steam Vegetables \$6.00

## DRINKS

Hot Tea ..... \$3.00  
Iced Tea ..... \$3.00  
Sparkling Water ..... \$3.00  
Spring Water ..... \$3.00  
Soda ..... \$3.00  
Coffee ...(Reg/Decaf) .. \$3.00

# HOPS BAR & GRILL MENU

## SANDWICHES

All Sandwiches Served with Your Choice of French Fries or Fruit Cup

### **CLUB HOUSE \$11.25**

Tender slices of rotisserie turkey breast with lettuce, tomato, smoked bacon, Swiss cheese and avocado on a toasted triple-decker.

cal 627 | fat 28g | chol 90mg | carbs 92g

### **BACON CHEESEBURGER \$11.50**

Fresh ground beef, broiled to perfection and topped with cheddar cheese and smoked bacon. Served on a bun with lettuce, tomato, red onion and pickle spear.

cal 950 | fat 54g | chol 202mg | carbs 58g

### **TURKEY BURGER \$11.50**

Burger made from ground turkey, grilled and served on a whole wheat bun with lettuce, tomato, and red onion.

cal 561 | fat 17g | chol 130mg | carbs 54g

### **STEAK SANDWICH \$14.75**

Angus Tri-tip steak broiled to perfection, served on focaccia cheese bread, then topped with caramelized onions and diced tomatoes.

cal 689 | fat 29g | chol 182mg | carbs 41g

### **MONTEREY CHICKEN BURGER \$11.50**

Double breast of chicken broiled then topped with avocado and jack cheese. Served on a bun with lettuce and tomato.

cal 992 | fat 51g | chol 82mg | carbs 116g

### **VEGETARIAN BLACK BEAN BURGER \$10.25**

Patty made with black beans, rolled oats, panko bread crumbs, red and green peppers, cilantro, parsley, and a dash of hot sauce, on a whole wheat bun, with lettuce, tomato and red onion.

cal 351 | fat 6.4g | chol 0mg | carbs 60g

## ENTREES

### **GINGER CHICKEN TERIYAKI \$17.75**

Double breast of chicken seasoned then broiled and topped with teriyaki sauce, mushrooms, green onions and crystalized ginger. Served with fresh seasonal vegetables and choice of starch.

cal 667 | fat 14.1g | chol 80mg | carbs 132g

### **BAKED SALMON \$18.50**

Boneless filet of Salmon baked then topped with hollandaise sauce, tomato concasse and green onions. Served with fresh seasonal vegetables and choice of starch.

cal 531.75 | fat 23.8g | chol 110mg | carbs 55.9g

### **SHRIMP SCAMPI \$21.25**

Prawns sautéed with mushrooms, vegetables, garlic, herbs, white wine Alfredo sauce and fettuccine. Topped with diced tomato and shredded parmesan cheese.

cal 922 | fat 47g | chol 210mg | carbs 114g

### **LAMB CHOPS \$23.75**

Four Lamb Chops broiled to perfection, then topped with Lingonberry sauce. Served with fresh seasonal vegetables and choice of starch.

cal 600 | fat 48.4g | chol 123mg | carbs 31g

### **NEW YORK STEAK \$26.25**

12oz. Angus New York Steak broiled to perfection then served with vegetables & choice of starch and vegetables.

cal 1081 | fat 54g | chol 304mg | carbs 59g

Additional charge of substitution on extra items. Parties of 6 or more subject to 18% gratuity. Price subject to applicable Sales Tax.

*\*Calorie count before cooking. August 2018*