

Lunch Menu

SOUP – Cup: \$3.50 Bowl: \$4.50

Tomato Bisque – The Outing Club's Signature

Soup Du Jour – Chef's Freshly Made Soup of the Day

SANDWICHES – Served with choice of side – OC Chips / Cottage Cheese / French Fries / Crispy Green Beans / Sweet Potato Fries / Fresh Fruit

Iowa Burger – Niman Ranch All Natural Beef / Cheese / Lettuce / Tomato / Onion / Pickle \$13

Mediterranean Turkey Wrap – Hummus / Greens / Tomato / Cucumber / Feta / Olive / Whole Wheat Tortilla / Tomato Relish \$12

Pork Tenderloin – Grilled or Crispy / Lettuce / Tomato / Onion / Pickle \$12

Grilled Salmon BLT – Toasted Wheat / Bacon / Lemon-Horsey Mayo \$14

Reuben – House Special – Fresh Cooked Corned Beef / Marble Rye

1/2 Order \$7 Whole \$13 Texas Size \$18

Grilled Chicken Sandwich – Bacon / Guacamole / Cheddar / Toasted Bun \$13

SALADS

Chicken Salad Plate- GF – House Made Chicken Salad / Seasonal Fresh Fruit \$13

OC Salad – Iceberg / Melba Toast / Parmesan / Garlic Dressing \$8

Wedge- GF -Iceberg / Bacon / Red Onion / Egg / Heirloom Tomato / Maytag Bleu Cheese Dressing \$10

Apple Salad- GF – Romaine / Crisp Apples / Toasted Walnuts / Craisins / Poppy seed Dressing \$11

Thai Crunch – Organic Greens / Broccoli Slaw / Crispy Noodles / Carrot Cucumber / Cashews / Sesame-Garlic Vinaigrette \$12

Caprese Salad – Fresh Mozzarella Pearls / Baby Heirloom Tomatoes / Pistachio Pesto Vinaigrette / 12-Year Balsamic \$14

Add Chicken / Salmon \$6 Shrimp \$9 Filet / Tuna \$12

WELLNESS SELECTIONS

Chicken Tacos – 533 Calories – GF – Margarita Slaw /Guacamole / Corn Tortillas / Salsa \$15

Curry Grilled Chicken – 551 Calories – GF – Greens / Cucumber / Tomato / Heirloom Beans / Yogurt-Lemon Dressing \$19

Omelet – 292 Calories – *GF*- 1 Whole Egg & 3 Whites / Tomato / Baby Kale / Cheddar / Fresh Fruit \$13

Tuna Tacos – 430 Calories – *GF*- Papaya Salad / Corn Tortillas / Cashews / Rare Tuna \$16

Wellness Salmon – 598 Calories – *GF*- Mixed Greens / Artichoke / Heirloom Tomato / Feta / Cucumber / Kalamata Olive / Red Wine Vinaigrette \$18

Smoked Salmon Flat Bread – 385 Calories – *GF* – Salmon Lox / Mozzarella / Red Onion / Tomato / Fresh Fruit \$16

ENTRÉE – Served with Small House Salad or Cup of Soup

Mushroom Chicken – Grilled Breast / Garlic Mashed Potatoes / Asparagus / Roasted Mushroom Demi-Glace \$19

Seared Sea Bass – Sweet Tomato Relish / Bacon Wilted Greens / Risotto Parmesan \$25

Petite Filet Mignon – Garlic-Herb Butter Coin / Garlic Mashed Potatoes / Grilled Asparagus \$24

OC Hot Fried Chicken – Breaded Chicken / Crisp Lettuce / Mandarin Oranges / Honey Mustard \$15

Consumer Advisory – Thoroughly cooked foods of animal origin such as beef, eggs, fish, lamb, pork, poultry, or shellfish reduces the risk of foodborne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked.