



LUNCH MENU



CHAMISAL
TENNIS AND FITNESS CLUB

APPETIZERS



Pan-Seared Ahi Tuna

CHIPS AND SALSA --- \$ 4

CALAMARI --- \$ 9

Tender pieces of calamari steak fried to a golden brown. Served with our house chipotle aioli and tartar sauce.

SAND DABS --- \$ 12

Flaky sand dab filets lightly dredged in flour and grilled to perfection. Served with our house tartar sauce.

CHICKEN NUGGETS --- \$ 7

Free-range chicken tenderloins, lightly crusted in Panko breadcrumbs and fried to golden perfection. Served with ranch dressing.

KOBE BEEF SLIDER --- \$ 4

(Order 3 for \$10)

A handmade mini beef patty gently grilled and topped with lettuce, tomatoes, and onions.

SAND DAB SLIDERS --- \$ 5

(Order 3 for \$12)

Lightly grilled sand dab filet topped with lettuce, tomatoes, onions and finished with a touch of tartar sauce.

PAN-SEARED AHI TUNA --- \$ 10

A 4oz piece of Ahi Tuna, blackened and drizzled with sweet soy sauce reduction and wasabi aioli.

Kobe Beef Sliders



FAJITAS

Freshly sauteed peppers and onions served with beans, salsa, fresh guacamole, and sour cream. Served with your choice of flour or corn tortillas.

CHICKEN..... \$ 12

STEAK..... \$ 14

TRADITIONAL TACOS

A traditional corn tortilla, topped with your choice of meat and pico de gallo.

CHICKEN.... \$ 3.50 STEAK..... \$ 4.00 FISH..... \$ 4.00

3 TACO PLATTER \$ 10

(tacos on the platter must be the same meat)

QUESADILLAS

A flour tortilla filled to the edge with cheese, veggies and your choice of meat.

CHEESE..... \$ 8

VEGETARIAN..... \$ 11

CHICKEN..... \$ 12

STEAK..... \$ 15

SIDE ORDERS

FRENCH FRIES..... \$5

SWEET POTATO FRIES..... \$7

ONION RINGS..... \$ 8

SOUP DU JOUR

CUP..... \$ 4

BOWL..... \$ 6

SWEET THINGS & MISC.

COOKIES & PASTRIES..... \$ 2.00 FRESH FRUIT..... \$ 1.00

BAG O' CHIPS..... \$ 1.50

SALADS

Each salad comes tossed with your choice of:

Balsamic vinaigrette, Ranch, Blue Cheese or Caesar

Add chicken: \$ 4.00 Add steak: \$ 7.00 Add fish: \$ 7.00 Add shrimp: \$ 7.00

CAPRESE SALAD --- \$ 10

Freshly sliced mozzarella, seasonal tomatoes, fresh basil, and pickled onions drizzled with balsamic reduction.

MARIANNE'S SALAD --- \$ 12

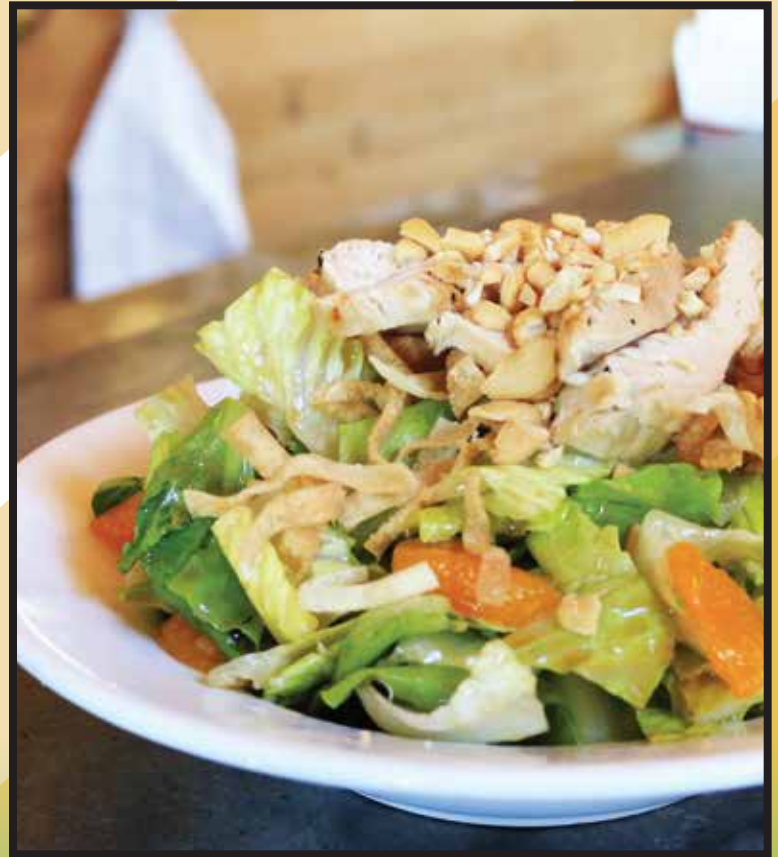
Crisp romaine lettuce, carrots, onions, and sweet peppers lightly tossed with our house balsamic vinaigrette and crowned with freshly grilled Sand Dabs.

ROASTED BEET SALAD --- \$ 11

Chopped, roasted beets over fresh greens mixed with our house made balsamic vinaigrette dressing, topped with feta cheese.

"THE WEDGE" --- \$ 9

A crisp wedge of iceberg lettuce, covered in diced tomatoes and house made blue cheese dressing.



Chinese Chicken Salad

MIXED GREENS SALAD

SMALL --- \$ 8
LARGE --- \$ 10

A refreshing assortment of baby greens, carrots, tomatoes, red onions lightly tossed with our house balsamic vinaigrette.

CAESAR SALAD

SMALL --- \$ 8
LARGE --- \$ 13

Crisp romaine lettuce tossed with our house Caesar dressing and generously sprinkled with croutons and asiago cheese.

COBB SALAD

SMALL --- \$ 11
LARGE --- \$ 15

Roasted chicken, blue cheese, bacon, tomatoes, avocado, and a hard-boiled egg all over baby greens and tossed with our house balsamic vinaigrette.

CHINESE CHICKEN SALAD

SMALL --- \$ 11
LARGE --- \$ 16

Juicy grilled chicken breast atop a bed of fresh romaine, cashews, fried wonton strips, and sweet mandarin oranges, all tossed with our house sesame dressing.



Cobb Salad

BURGERS & SANDWICHES

Each selection comes with your choice of:

French Fries, Mixed Greens Salad, Caesar Salad, Fruit (+ \$1.00)

Sweet Potato Fries (+ 1.50), or Onion Rings (+ \$2.00)



Classic BLT

TURKEY BURGER --- \$ 10

A hand crafted turkey patty grilled on an open flame and served on a toasted ciabatta roll with lettuce, tomato and onions. Add cheese + 1.00

VEGGIE BURGER --- \$ 10

A delicious vegetarian patty served on a toasted ciabatta roll with lettuce, tomato and onions.

Add cheese and avocado + 2.00

CALAMARI STEAK --- \$ 12

Fresh calamari steak lightly breaded and quickly fried to golden brown. Served on a soft French roll with lettuce, tomato, onions and served with our house chipotle aioli and tartar sauce on the side.

SAND DAB SANDWICH --- \$ 11

Fresh pacific San Dab filets lightly dredged in flour and grilled until perfect. Served on soft French roll with lettuce, tomato, onions and our house tartar sauce on the side.

CLASSIC BLT --- \$ 9

Thick cut bacon, lettuce, and tomatoes on toasted whole wheat or ciabatta. Add cheese + 1.00

PHILLY CHEESESTEAK --- \$ 12

Tender rib-eye steak sliced thin and grilled with sweet peppers and onions, placed on a soft French roll and topped with provolone cheese.

GRILLED CHICKEN BREAST --- \$ 12

Free range chicken breast grilled on an open flame, smothered with melted jack cheese and served on a soft French roll.

COURTSIDE BURGER --- \$ 10

A fresh, hand-made burger patty cooked to your perfection. Served on a toasted ciabatta roll with lettuce, tomato and onion. Add cheese + 1.00

BACON CHEDDAR BURGER --- \$ 12

Our classic Courtside Burger kicked up with thick cut bacon and melted white cheddar cheese.

TURKEY MELT --- \$ 12

Sliced turkey on a toasted french roll bread, covered in melted Monterey jack cheese and sliced avocado.

Bacon Cheddar Burger





LIBATIONS

DRAFT BEER

PINT \$ 5.50 / PITCHER \$ 15.00

Carmel Valley Pale Ale	Firestone DBA	Kona Longboard Lager
Red Hook Long Hammer IPA	Heineken	Firestone 805
Stella Artois		Gordon Biersch Marzen

BOTTLE BEER

ALL BOTTLE BEERS \$ 5.50

Bud Light	Negra Modelo	Corona
Guinness	Modelo Especial	Corona Light
Blue Moon	Lagunitas IPA	Beck's (Non-Alc)
	Sierra Nevada Pale Ale	

SOFT DRINKS, ETC.

Fresh Cup of Coffee	\$ 1.50	Coca Cola	\$ 1.50	Gatorade	\$ 2.75
Hot Tea	\$ 1.50	Diet Coke	\$ 1.50	Pellegrino .5 Ltr	\$ 3.75
Iced Tea	\$ 1.50	Coke Zero	\$ 1.50	Pellegrino 1.5 Ltr	\$ 5.50
Fresh Fruit Smoothie	\$ 4.50	Diet Pepsi	\$ 1.50	Apple Juice	\$ 2.50
Bottle Water	\$ 1.25	7-Up	\$ 1.50	Orange Juice	\$ 2.50
Hot Chocolate	\$ 2.50	Dr. Pepper	\$ 1.50	Cranberry Juice	\$ 2.75
Chocolate Milk	\$ 2.50			Lemonade	\$ 2.00