

# THE SEAGATE

## LUNCH MENU

11 AM TO 4 PM DAILY

### APPETIZERS

Pita & Dips (v)	
hummus, bomba, garden vegetables, grilled pita	14
Warm Salted Pretzel (v)	
cheese sauce, craft beer mustard sauce	13
Shrimp Cocktail (5) (gf)	
cocktail sauce, charred lemon	20
Buffalo Chicken Wings (8)	
celery, carrot, ranch dressing	16

### SALADS

Caesar Salad	
romaine, parmesan, croutons	11
Wedge Salad (gf)	
iceberg, bacon bits, heirloom tomatoes, gorgonzola dressing	12
Greek Salad (v, gf)	
tomatoes, feta, cucumbers, red onion, kalamata, pepperoncini, lemon oregano	13

## 19TH HOLE BUFFET

11 AM TO 2 PM DAILY

18

Soup & Salad Bar with  
available protein

Assortment of Sandwiches  
and Wraps

Variety of Dessert  
offerings

*Offerings subject to change throughout season*

### HANDHELDS

Blackened Chicken	
honey mustard, arugula, tomato, avocado, ciabatta	16
Turkey Club	
shaved turkey breast, bacon, bibb, tomato, avocado mayo, house wheat	16
The Rachel	
black pepper crusted pastrami, sauerkraut, swiss, thousand island, rye	16
Cheeseburger	
8oz blend of chuck, american cheese, shortrib & brisket, bread n butter pickle, spicy aioli, brioche bun	18
Impossible Burger (v)	
plant based, bread n butter pickle, spicy aioli, brioche bun	18

### MAIN

Healthy Salmon (gf)	
herb rice pilaf, grilled vegetables, charred lemon	25
Falafel Power Bowl (v, gf)	
kale, butternut squash, beets, avocado, walnuts, dried cranberries, tahini dressing	19

### SIDES & ADD ONS

Fries	
Sweet Potato Fries	
Coleslaw	
Fresh Fruit	
Grilled Chicken	8
Blackened Salmon	10
Cajun Shrimp	12

v = vegetarian  
gf = gluten free

\*\*\*WARNING: THERE IS A RISK ASSOCIATED WITH CONSUMING RAW AND UNDER-COOKED FISH, OYSTERS, MEAT OR POULTRY PRODUCTS (MEDIUM, MEDIUM-RARE, RARE OR EXTRA-RARE) IF YOU HAVE CHRONIC ILLNESS OF THE LIVER, STOMACH OR HAVE IMMUNE DISORDERS YOU ARE AT GREATER RISK OF SERIOUS ILLNESS FROM FISH, MEAT OR POULTRY AND SHOULD EAT THEM FULLY COOKED. SOME OF THESE CONDITIONS HAVE NO SYMPTOMS.