



Snack Bar Menu

Open 11.30 am to 9.00 pm



Check out the notice board for our Daily Specials

SOUPS

Soup of the Day [or] House Gazpacho 4.95

SANDWICHES

served with fries and/or salad on white, whole wheat, or wrap

Méli-Mélo	½ Sandwich or ½ Salad with Soup of the Day	7.95
Mount Royal Club	Roasted Chicken Breast, Smoked Bacon, Fresh Lettuce and Tomatoes topped with Mayonnaise and served on Toasted Bread	Whole 9.95 ½ club 7.95
South West Kaiser	Smoked Turkey, Guacamole, Tomato, Red Onion and Lettuce	9.95
B L T	4 slices bacon, Tomato and Lettuce	7.00
MRTC Jumbo Hot Dog	100% All-Beef	6.95
Oriental Spring Roll new	Shrimp, Mint, Basil, Scallion, Sprouts, Noodles wrapped in rice sheets with a Hoisin and Peanut Dipping Sauce	7.95
Mediterranean Veggie Panini	Grilled Eggplant, Red Pepper, Zucchini, Portobello Mushrooms and Onion with Fontina Cheese and Artichoke Mayo	9.95
Grilled Cheese	Made with Sharp Cheddar Cheese	7.00
Chicken or Tuna Sandwich	Always a club favorite!	9.95

BURGERS

All burgers are served with fries and/or salad. Cheese \$1 extra

MRTC Hamburger	8 ounces of Prime Beef with your choice of toppings	9.45
Black Bean Veggie Burger new	Homemade Black Bean Batty with Hot Peppers, Cumin and Salsa	8.95
Curried Turkey Sliders new	Three delicious, Mini Turkey Burgers with Mango Chutney	8.95
Moroccan Spiced Lamb Burger new	Lamb patty spiced with Mint and Harissa, served with Beet, Red Onion and Orange Salsa	9.95

ANDRÉANNE'S TOURNEY LUNCH

Daily Cold Pasta Special with Tomato Sauce, Fresh Basil and Grilled Chicken 9.95

This is what I usually eat 3 hours before a match to give me energy and keep me going."

SPA SALADS

Spinach Salad	Baby Spinach served with Clementines, Pecans, Warm Goat Cheese, Croutons and Honey Dijon dressing	9.95
Salmon Niçoise Salad new	New potatoes, Green Beans, Cherry Tomatoes, Arugula, Eggs and Flaked Grilled Salmon with Black Olive Dressing	10.95
Mexican Chopped Salad new	Avocado, Monterey Jack, Corn, Cherry Tomatoes, Black Beans, Bell Peppers and chopped Romaine with Honey-Lime Dressing	10.95
Summer Fruit Salad new	Seasonal Fresh Fruit with Cottage Cheese and Toasted Almonds. Served with Melba Toast.	8.95
House Salad*	Mixed Greens with Chopped Peppers, Cucumbers, Cherry Tomatoes	6.95
Caesar Salad *	Romaine, Bacon, Parmesan	7.95

*Add an Extra Topping to the House or Caesar Salad

*Tuna Salad or Chicken Salad	3.95
*Chicken Breast	4.95
*Shrimp (6)	5.95

EXTRAS

Chicken Fingers (4)	Served with Fries or Salad and Honey	7.95
House Fries	Thinly cut crispy and delicious lightly seasoned with Salt and Pepper	3.45
Sweet Potato Fries new	Highly addictive served with House Aioli.	3.95

SWEETS

Fresh Berries with Crème Anglais in season	6.95
Cake or Pie of the Day	6.95
Ice Cream or Sorbet	3.95
Ice Cream Bars, Cones and Specials	Daily Price