

HOP'S DINNER MENU

APPETIZERS

A HOPPIN' COMBINATION \$10.75

Potato skins, mozzarella sticks, jalapeño 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 \$9.75

Served with cocktail sauce and tartar sauce.

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

TURKEY POTSTICKERS \$8.75

Six turkey pot stickers grilled then tossed with sesame oil, rice vinegar and sesame seeds served with sambal.

cal 475 | fat 72g | chol 50mg | carbs 90g

VEGETARIAN SPRING ROLL \$9.50

Six vegetarian egg rolls cooked until golden brown. Served with teriyaki and sweet and sour sauce.

cal 330 | fat 4.5g | chol 0mg | carbs 49g

BBQ PORK SLIDERS \$8.95

Pork shoulder marinated then cooked and tossed with Cattleman's BBQ sauce on slider rolls topped with cole slaw.

cal 630 | fat 39g | chol 119mg | carbs 169.5g

ASIAN COMBO PLATE \$12.25

Three vegetarian egg rolls, three turkey potstickers and three teriyaki chicken drumettes. Served with sambal and plum sauce.

cal 590 | fat 22g | chol 65mg | carbs 77g

CHICKEN QUESADILLA \$10.50

Julienne breast of chicken sautéed with peppers and onions between two flour tortillas with melted cheese. Served with salsa fresca, sour cream and guacamole.

cal 885 | fat 35g | chol 131mg | carbs 71g

BUFFALO WINGS \$8.50

Spicy chicken wings with ranch dressing and celery sticks.

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

BRUSCHETTA \$8.50

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

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

BREADED CHICKEN TENDERS \$ 9.25

Chicken tenders coated with panko bread crumbs then deep fried until golden brown. Served with Ranch dressing and BBQ sauce.

cal 630 | fat 23.5g | chol 250mg | carbs 83g

SOUTHWESTERN EGGROLLS \$9.25

Eggroll filled with chicken, corn, black beans, pepper jack cheese, spinach and spices wrapped in a crispy eggroll wrapper then deep fried until golden brown. Served with chipotle ranch dressing.

cal 740 | fat 42g | chol 65mg | carbs 64g

SHRIMP COCKTAIL \$14.25

5 Fresh Prawns, served with chef own recipe of cocktail sauce.

cal 84 | fat 0g | chol 105mg | carbs 6g



SOUPS & SALADS

SOUP OF THE DAY \$5.25

Made fresh daily.

TOSSSED MIXED GREENS \$5.95

Crisp mixed greens tossed then topped with tomatoes, cucumbers, croutons, red onions and parmesan cheese.

cal 755 | fat 0g | chol 0mg | carbs 24g

COBB SALAD \$11.50

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

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

ORIENTAL CHICKEN SALAD \$11.75

Marinated double breasts of chicken broiled then served on a bed of shredded 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

SEASONAL SQUASH & SHRIMP SALAD \$18.50

Roasted seasonal squash tossed with crisp mixed greens, corn, black beans, tomatoes, blackened shrimp and mango vinaigrette.

cal 230 | fat 1.3g | chol 46mg | carbs 47.9g

SOUTHWESTERN CHICKEN SALAD \$14.25

Crisp greens tossed with black beans, corn, diced tomato, diced cucumber, green onion, cilantro and chipotle ranch dressing. Then topped with a broiled achote chicken breast and crispy corn tortilla strips.

cal 230 | fat 1.3g | chol 46mg | carbs 47.9g

FRUIT PLATTER \$ 11.95

Seasonal Fruit plate with Yogurt and Honey

QUINOA SALAD \$11.25

Quinoa tossed with crisp greens, seasonal blanched vegetables and raspberry vinaigrette. Topped with sunflower seeds and sundried cranberries.

cal 670 | fat 17g | chol 0mg | carbs 107.8g

CAJUN SPINACH SALAD \$14.25

Chicken breast coated in cajun spice sautéed then diced and tossed with spinach, peppers, red onion, pecans, gorgonzola cheese, smoked bacon bits and raspberry vinaigrette. Topped with parmesan cheese.

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

VEGETARIAN SALAD \$11.25

Broiled vegetables tossed with italian golden vinaigrette on a bed of crisp greens. Topped with parmesan cheese, tomato and cucumber.

cal 143 | fat 3.3g | chol 2mg | carbs 41g

CAESAR SALAD COMBO \$8.25

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

ADD SOUP OF THE DAY.....	\$3.95	carbs 11 g
ADD CHICKEN	\$5.25	carbs 11 g
ADD SALMON	\$7.00	carbs 13 g
ADD FLANK STEAK.....	\$7.00	carbs 11 g
ADD PRAWNS.....	\$2.75 ea	carbs 1 g

Plain	cal 210	fat 14.5 g	chol 12 mg
with Chicken	cal 410	fat 17.5 g	chol 72 mg
with Salmon	cal 570	fat 36.5 g	chol 102 mg
with Steak	cal 990	fat 51 g	chol 209 mg
with Each Prawn	cal 6	fat 1 g	chol 9 mg

SANDWICHES

All sandwiches are served with a choice of french fries or mixed fruit cup.

BACON CHEESEBURGER \$11.00

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

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

TURKEY BURGER \$11.00

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

CLUB HOUSE \$10.75

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

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

STEAK SANDWICH \$14.25

Angus tri-tip steak broiled to perfection served on foccacia cheese bread topped with caramelized onions and diced tomatoes.

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

MONTEREY CHICKEN BURGER \$11.00

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

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

VEGETARIAN BLACK BEAN BURGER \$9.75

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, tomatoes, and red onions.

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

PASTA & VEGETARIAN

GRILLED TOFU \$12.50

Tofu cake grilled then served on a bed of stir fry vegetables in sesame oil with bean sprouts topped with Thai curry coconut glaze, crispy rice sticks and green onions.

cal 445 | fat 1.7g | chol 0 | carbs 79.5g

CAJUN SEAFOOD PASTA \$16.00

Bay shrimp, bay scallop and broccoli florets sautéed with linguine in a Cajun cream sauce. Topped with diced tomatoes and shredded parmesan cheese.

cal 969 | fat 49g | chol 280mg | carbs 94g

SHRIMP SCAMPI \$20.75

Prawns sautéed with mushrooms, spinach, vegetables, garlic, herbs, white wine, alfredo sauce and fettucine. Topped with diced tomato and parmesan cheese.

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

PENNE CON POLLO \$16.25

Diced chicken breast sautéed with spinach, sundried tomatoes, mushrooms and a creamy pesto sauce with penne pasta. Topped with diced tomatoes and parmesan cheese.

cal 488 | fat 15.4g | chol 60mg | carbs 52.5g

INDIAN CURRY CHICKEN PASTA \$18.25

Fettucine sautéed with vegetables in a mango curry cream sauce then topped with a curried chicken breast, raisins and coconut.

cal 1045 | fat 44.6g | chol 244mg | carbs 101g

VEGETABLE INDIAN CURRY \$12.50

Fresh seasonal vegetables sautéed with mango curry cream sauce and grilled tofu. Served with basmati rice.

cal 310 | fat 25g | chol 20mg | carbs 50g

FROM THE GRILL

LAMB CHOPS \$23.25

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 \$25.75

12-oz. Angus New York steak broiled to perfection, served with fresh seasonal vegetables, choice of starch and sauce.

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

FILET MIGNON \$28.75

8-oz. Angus filet mignon broiled to perfection. Served with fresh seasonal vegetables, choice of starch and sauce.

cal 723 | fat 36.4g | chol 207mg | carbs 42g

RIB-EYE STEAK \$26.75

13-oz. Angus rib-eye steak broiled to perfection. Served with fresh seasonal vegetables, choice of starch and sauce.

cal 1105 | fat 70.6g | chol 230mg | carbs 59g

CORNISH GAME HEN \$15.95

whole Cornish game hen cut into 8 pieces then sautéed in olive oil and bake to perfection, Served with purple potatoes, Root vegetables, onion, mushroom in chicken Aujus.

cal 764 | fat 46.9g | chol 337mg | carbs 10g

BALSAMIC PORK CHOP \$17.00

Two boneless porkchops seasoned then broiled to perfection. Topped with sautéed shallots, mushrooms and balsamic vinegar reduction. Served with fresh seasonal vegetables.

cal 432 | fat 24.4g | chol 10mg | carbs 26g

Choice of starch:

Wild rice blend, garlic mashed potatoes, steamed rice
Baked Potato..... \$2.50 (additional charge)
Sautéed Shrimp..... \$2.75 ea. (additional charge)

GINGER CHICKEN TERIYAKI \$17.25

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

CHICKEN FORESTIERE \$17.25

Double breast of chicken seasoned then sautéed on a bed of demi-cream sauce topped with an assortment of sautéed mushrooms with a hint of sherry wine. Served with fresh seasonal vegetables and choice of starch.

cal 419 | fat 7.2g | chol 22mg | carbs 43.3g

BAKED SALMON \$17.95

Boneless Filet of Salmon baked then topped with Hollandaise sauce, tomato concasse and green onions. Served with vegetables and choice of starch.

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

Choice of sauce:

Bernaise, Mushroom Marsala, Peppercorn, BBQ

Choice of starch:

Wild rice blend, garlic mashed potatoes, steamed rice
Baked Potato..... \$2.50 (additional charge)
Sautéed Shrimp..... \$2.75 ea. (additional charge)

DESSERTS

ICE CREAM SUNDAE	\$3.75
ICE CREAM.....	\$4.75
CHEF'S SPECIALTY CHEESECAKE	\$6.95
APPLE PIE.....	\$4.75
FEATURED CAKES	\$6.75

SIDES

ADD AVOCADO.....	\$ 2.00	COLE SLAW.....	\$ 3.00
ADD CHICKEN.....	\$ 5.25	BAKED POTATO....	\$ 4.00
ADD FLANK STEAK....	\$ 7.00	FRENCH FRIES.....	\$ 4.00
ADD MUSHROOMS....	\$ 3.00	STEAM RICE.....	\$ 4.00
ADD PASTA.....	\$ 6.00	WILD RICE.....	\$ 4.00
ADD SALMON.....	\$ 7.00	STEAM VEGGIES....	\$ 6.00

BEVERAGES

HOT TEA	\$3.00
ICED TEA.....	\$3.00
CRYSTAL GEYSER SPARKLING WATER.....	\$3.00
CRYSTAL GEYSER SPRING WATER.....	\$3.00
SODA.....	\$3.00
COFFEE (REGULAR/DECAF).....	\$3.00

Additional charge of substitution on extra items. Parties of 6 or more subject to 18% gratuity.
*Calorie count before cooking.