

Sugar Club Lunch Menu

The Brain

Soup of the Day Vegetarian US\$ 7.00
organic local vegetables & parmesan bread sticks

Cheesy French Fries US\$11.00
with bacon bits, sour cream & chives

Spinach & Artichoke Dip US\$ 9.20
with parmesan breadsticks

Crudités Vegetarian US\$ 9.00
hummus, carrot, celery & cucumber & mini pita breads

Zesty Beef & Beans US\$12.60
Lemon marinated beef tips, beans, apple wedges,
goat cheese & mustard coated walnuts

Fish Taco US\$12.50
fresh peppers, onion, cheddar jack, breaded
fresh catch & jalapeno aioli

Thai Lettuce Wrap US\$11.00
with chiffonade cabbage, carrot, cucumber, bean sprout, sautéed peanuts
& sweet chili mango sauce

Korean bbq popcorn chicken US\$ 9.00
with spicy bbq sauce, cilantro & sesame seed

Deep-fried pork belly & wonton crisp US\$12.80
with smoked passion fruit chili sauce

The Body

Ridge Cobb Salad US\$14.40
organic greens, chopped tomatoes, diced ham, corn,
sliced boiled eggs, & roasted garlic oil

Black Bean Taco Salad vegan US\$13.80
shredded organic greens, black beans, corn, red onion,
crunchy roasted chick peas, diced tomato, bell peppers,
guacamole, salsa & creamy ranch dressing with nacho chips

Roasted Corn & Chicken Salad US\$10.00
Jalapeño, corn, organic greens and cilantro dressing

Greek Salad US\$ 9.00
Imported romaine lettuce, pitted olives, red onion,
feta cheese, herb croutons & red wine vinaigrette

Club Chopped Salad Vegetarian US\$ 9.50
honey roasted granola crumble, cucumber, carrots,
on chopped organic greens with fruity vinaigrette

Kick it up a notch

energize your meal with protein:

Falafel add US\$4.00

Tofu add US\$4.00

Chicken Breast add US\$4.00

Shrimp add US\$6.00

Steak Strips add US\$8.00

The Love

Grilled Ham & Cheese with house toast, yellow cheddar, tomato & side salad	US\$10.50
Roasted Zucchini & Eggplant Chickpea Wrap Vegetarian with zucchini, eggplant, sautéed onions, cabbage & toasted almond aioli	US\$12.00
Club Panini grilled chicken breast, tomato, crispy bacon, honey mustard on house toast	US\$14.90
Lentil Quinoa Burger Vegetarian with house buns, lettuce, tomato, fruity Dressing	US\$13.50
Ridge Burger tenderized beef, gorgonzola, caramelized onions, charred tomato, bacon & house bun	US\$18.00
Surf & Turf Burger tempura fish fingers, bacon strips, shredded lettuce, diced tomato, guacamole & spicy pink dressing on house bun	US\$16.50
Savory Herbs & Roasted Mushroom Pasta Vegetarian with roasted button mushrooms, basil, feta cheese, fresh herbs & baby greens	US\$14.80
Roasted Tomato Pasta garden fresh tomatoes & basil	US\$ 9.80
	with chicken add US\$4.00
	with shrimp add US\$6.00
	with steak add US\$8.00

The Passion

Beef & Zucchini Stir-fry with sautéed potatoes, peppers, onions & garlic aioli	US\$22.85
Pan-fried Local Catch with roasted peppers, eggplant, white rice pilaf & spicy mango coconut sauce	US\$25.00
Chicken Breast roasted sweet potato mash, wilted greens & chipotle gravy	US\$20.00
Seasonal Fruit Skewer Vegetarian malibu marinated fruits & passion fruit vinaigrette	US\$ 9.50
Grilled Vegetable Skewers Vegetarian with zucchini, squash, corn, new potato, onion, peppers, tomato & sweet soy reduction	US\$12.00
Surf & Turf Skewer with grilled peppers, pineapple, chicken breast, rock shrimp & guava glaze	US\$16.00

All prices are subject to 10% Service Charge plus
12.5% ABST for In House Guest
15% ABST for External Guest