

Homemade Soup

cup \$2.49 bowl \$3.59

Chicken Quesadillas \$5.69

Spicy chicken, cheese, tomato, sour cream & salsa

Veggie Quesadillas \$5.69

Red peppers, asiago cheese, black beans instead of chicken

Buffalo Wings

Buffalo, Cajun, or Garlic parmesan
Hot, medium, or mild 10 WINGS \$7.29 15 WINGS \$9.29
Blue cheese & celery - add \$1.00

Boneless Buffalo Bites

Bite size boneless chicken, deep-fried then tossed with wing sauce served with blue cheese & celery \$8.99

Chicken Fingers

Deep fried and served with honey mustard \$6.29

Crab Cakes

Homemade, served over greens with remoulade sauce \$6.29

Our Homemade Chips

With a side of salsa, sour cream and guacamole \$4.79

Nachos Grande \$6.39

Melted cheese, seasoned ground beef, scallions, salsa, guacamole & sour cream

Veggie Nachos \$6.39

Black beans, red peppers, asiago cheese in place of the beef

Dressings: Honey mustard / Poppyseed / Italian / Blue cheese / Ranch / French / Russian / Balsamic Vinaigrette
Toasted Sesame / Parmesan Peppercorn / Caesar / NY State Concord Grape Vinaigrette
Fat free - Italian, Raspberry Vinaigrette & Ranch

House Salad \$2.99

Caesar Salad \$4.49 (small - \$2.79) w/ chicken - add \$2.99

Luncheon Salad Plate \$7.99

Crabmeat, chicken, or tuna salad, served in 2 carved out tomatoes on a bed of lettuce, fresh fruit garnish

Chef Salad

The Classic: ham, turkey, swiss, egg, tomato, cucumber, mushrooms & onions Full size \$8.29 1/2 size \$6.99

Steak on the Green \$9.99

6 oz. of thinly sliced marinated beef filet over greens, with roasted red pepper, red onion, mushrooms and blue cheese

Taco Salad \$7.29

Ground beef, chopped tomato & lettuce in a tortilla shell with taco dressing, topped with cheese guacamole, sour cream & scallions

Caprese Salad \$5.79

Slices of tomato, mozzarella, and basil, balsamic olive oil
Add Tuna - \$1.99

Mediterranean Salad \$8.99

Fresh greens, spice rubbed chicken, tomatoes, roasted red peppers, asiago cheese, fresh chopped basil, red onion, artichokes, vinaigrette

Grilled Chicken Salad

Fresh marinated & grilled breast on a bed of fresh greens with tomato, cucumber, grapes, toasted almonds all in a tortilla shell \$8.29

Buffalo Chicken Salad

Buffalo breast on a bed of fresh greens with fine chopped celery, tomato, cucumber, onion, crumbly bleu, bleu cheese dressing, wing sauce all in a tortilla shell \$8.99

Asian Chicken Salad

Teriyaki breast on a bed of fresh greens with mandarin oranges, peas, peppers, chow mein noodles, with our sesame ginger dressing all in a tortilla shell \$8.29

Deli Sandwiches

Served with potato chips & pickle on your choice of white, whole wheat, rye, or Kaiser roll

Crab Salad - Chicken Salad - Tuna Salad (all white albacore)

Roast Beef - Turkey - Ham - Corned Beef - BLT \$6.79

Half Sandwich w/ cup of Soup \$5.99 Sorry, no half Clubs & no 1/2's on a roll

Club Sandwich \$7.99

The classic triple decker with turkey, ham, or roast beef

Canasawacta Chicken Salad \$7.99

served on Ciabatta bread with roasted red peppers fresh basil, tomato and asiago cheese

Side Orders French Fries, sweet potato fries, steak fries: small - \$1.99 Large - \$2.99

Cole Slaw \$1.49 Fresh Fruit - \$2.79

The following served with French Fries & Pickle

The Burger

Choice ground Angus Steak, served with lettuce and tomato (onions too, but you'll have to ask) \$6.79

The Veggie Burger

Spicy black bean vegetable burger, served with lettuce and tomato (onions too, but you'll have to ask) \$6.79

Cheese Burger \$7.39

American, blue, Swiss, cheddar, mozzarella

Mushroom Burger \$7.99

With sautéed mushrooms and cheese

CCC Burger \$8.29

With strips of bacon and cheese

Flying Burger add \$3.49 to burger of choice

What's a flying Burger?? Choose your favorite burger, ask for it to fly, it will come with wings (5) and no fries

Black & Bleu Burger \$7.99

Crumbly bleu on a Cajun seasoned burger

Broiled Tilapia Sandwich

5 oz Tilapia Filet broiled with lemon, butter and white wine on a roll with tartar and lemon \$7.29

Buffalo Chicken

Cayenne pepper mayo, crumbled bleu, blue cheese & celery on side \$7.99

Chicken Wrap

Chicken breast pieces, lettuce, tomato, cucumber, cheese, in a garlic herb tortilla with honey mustard dressing \$7.49

The French Dip

Thinly sliced prime rib sautéed in au jus with swiss cheese in a hoagie roll, side of au jus and FF \$8.59

Steak Caesar Hoagie

Thinly sliced steak, with romaine lettuce, Caesar dressing and shaved parmesan, steak fries on the side \$9.99

Double Eagle

Prime rib, thinly sliced, on a fresh hoagie with sautéed onions, cheese, and horseradish sauce \$8.59

Grilled Chicken Breast \$6.99

Marinated, served with lettuce & tomato

Grilled Cheese Tomato & Bacon \$5.49

Go ahead, ask us what's in this sandwich

The Reuben

Lean corned beef grilled on rye with, swiss cheese, sauerkraut & Russian dressing \$7.99

The Rachael

Same as the reuben, Turkey instead of corned beef, cole slaw instead of sauerkraut \$7.99

Fish Sandwich

Beer battered whitefish, deep fried with lettuce, tomato, cole slaw on Kaiser roll \$6.99

Fish & Chips

Beer battered whitefish served on a mound of fries, with tartar sauce & lemon \$8.99

Portabella Focaccia

Grilled marinated portabella mushroom, roasted red peppers, red onion, balsamic mayo, fresh mozzarella and fresh basil on a focaccia roll served with fruit garnish (no fries) \$8.79

California Ciabatta

Roasted Turkey, crisp bacon, lettuce, tomato, and avocado spread on a warm ciabatta roll served with fruit garnish (no fries) \$8.99

Veggie Wrap

Grilled & roasted veggies, asiago cheese, artichokes, lettuce, tomato & black beans \$7.29

Crabby Patty

Homemade crab cakes on a basil focaccia bun with lettuce, tomato, remoulade sauce \$8.99

Brie Baby

Grilled apricot glazed chicken breast topped with caramelized onion and melted brie on a grilled bun \$8.99

The Portabella Pizza

Stacks of fresh grilled vegetables, layered with shaved parmesan, served with wild rice \$7.99

For the little "Caddies"

(For those 10 & under only please)

Marinated Chicken with cucumbers and side of fruit \$5.99 Grilled Cheese on whole wheat - with fresh fruit \$3.99

Tuna Plate served with crackers & fresh fruit \$4.99 Yogurt & fruit plate with peanut butter & crackers \$3.99

Kids Wrap chicken, cheese, honey mustard in a small tortilla, with French fries \$5.99

Canasawacta Country Club

Restaurant Menu

607-336-9214

www.canasawactacc.com

Beverages

THE "ORIGINAL" 1/2 & 1/2 (ICED TEA & LEMONADE) LEMONADE
WE PROUDLY SERVE ICE COLD **COCA-COLA** SOFT DRINKS HOMEMADE UNSWEETENED ICED TEA
\$1.85 (Refills are complimentary with your meal)

COFFEE, HOT TEA, HERBAL TEA \$1.39 2% MILK, JUICES (OJ, CRANBERRY, TOMATO) SMALL \$1.39 LARGE \$1.99

Draft Beer

COORS LIGHT / YUENGLING small \$2.00 Pint \$3.00 Pitcher \$11.00

MOLSON CANADIAN small \$2.25 Pint \$3.25 Pitcher \$12.00

BLUE MOON / MAGIC HAT NO. 9 / BASS ALE small \$2.75 Pint \$4.50 Pitcher \$16.50

Beer by the Bottle

Coors Light
Heineken
O'Douls (non-alcoholic)

Bud & Bud Light
Labatts & Blue Light
Samuel Adams

Grolsch 16 Oz.
Corona
Guinness Cans

Michelob Light & Ultra
Smirnoff Ice
Miller Lite

Wines by the Glass

Chablis \$3.50 Chardonnay, Cabernet Sauvignon, Merlot, White Zinfandel \$4.50

Pinot Grigio \$5.00 Jacobs Creek Shiraz \$6.75

Cocktails

FULL LINE OF WHISKEYS / LIQUEURS / BRANDIES / CORDIALS

Strawberry Daiquiris / Pina Colada / Frozen Margaritas & Frozen Strawberry Margaritas \$6.00

Dessert

Turtle Pie \$3.59

Coffee ice cream, in choc. crumb crust, topped w/ caramel sauce, hot fudge, whipped cream, and toasted almonds

Strawberry Shortcake \$3.59

A warm homemade biscuit topped with strawberries, and whipped cream

Perry's Ice Cream & Sherbet \$1.99

Chobani Parfait \$2.99

Served with low fat granola, tasty and healthy!!!

Grasshopper Pie \$3.59

Mint chocolate chip ice cream in an oreo cookie crumb crust smothered in warm fudge topped with whipped cream

Hot Fudge Cake Sundae \$3.99

Moist chocolate cake topped with your favorite ice cream drowned in hot fudge, with whipped cream and a cherry

Super Sundaes \$3.59

Hot fudge / caramel / strawberry

Have you seen our Ad on TV?

Probably not, we don't have one. We are counting on happy customers to spread the news of our fine restaurant. Please let us know if your visit was not "up to par".

	calories	fat	sodium	fiber		calories	fat	sodium	fiber
Nachos Grande	770	44	1200	9	Turkey Club	510	20	1540	3.6
Veggie Nachos	613	33	920	13	Canasawacta Chicken	410	17	800	2
Chicken Quesedillas	540	30	940	3	French Fries	209	10	360	2
Veggie Quesedillas	375	19	632	4	Sweet Potato Fries	160	7	290	3
Chicken Wings (per wing)	81	5	113	0	Steak Fries	290	12	380	2
Boneless Buffalo Bites	880	40	1068	0	Cole Slaw	147	11	267	3
Crab Cakes	304	14	712	5	Fruit	84	0.2	25	2
Chicken Fingers	615	31	2100	0	Burger	498	28	510	0.7
Homemade Chips	440	15	660	3	Cheeseburger	696	37	670	0.7
Caesar - small	167	13	266	1.3	Mushroom Burger	720	38	710	1
Caesar - large	310	22	410	2.1	CCC Bruger	990	68	1200	2
House Salad	140	5	190	2	Black & Blue Burger	890	59	1189	3
Tomato Crown	480	20	770	3	Broiled Tilapia	560	6	260	9
Chef Salad	550	26	1200	8	tartar sauce	240	16	500	0
Steak Salad	596	36	936	3.4	Buff Chicken Salad	390	40	2100	3
Caprese Salad	230	13	891	1.4	Chicken Wrap	410	12	820	2
add 4 oz tuna	200	8	340	1.4	French Dip	533	19	2160	1.9
Mediterranean Salad	460	16	810	4	Steak Hoagie	560	24	2110	0.9
Taco Salad	701	42	864	5	Double Eagle	540	21	1190	1.7
Shell	360	20	470	2	Mar Grilled Chicken	470	8	990	2
Grilled Chicken Salad	398	12	460	3	Gr. Cheese tom & bac	590	29	1230	3
Buffalo Chicken Salad	770	49	1230	2	Reuben	606	33	2160	3
Asian Salad	430	11	520	3	Rachel	541	29	1890	3
Crab Salad	330	5.4	880	1.4	Fish Sandwich	470	23	1210	3
Chicken Salad	350	15	710	5	Fish & Chips	620	29	1360	3.7
Tuna Salad	326	14	588	1	Portabella Foccaccia	390	19	392	3.8
Ham	473	12	1853	7	California Ciabatta	630	23	640	0.8
Turkey	310	9.3	479	4.1	Veg Wrap	254	8	356	6
Roast Beef	453	18	320	4	Crabby Patty	480	18	802	1
Corned Beef	390	9	760	3.9	Brie Baby	451	12	461	4.7
BLT	344	17	945	2.5	Portabella Pizza	268	7	421	6.2
					Chobani with granola	210	0.7	75	1
To Cut Calories:									
**leave fried shell out of salads									
**use less dressing									
**eliminate sour cream, guacamole, cheese, or bacon									
all of these items are high in fat, calories, and sodium									
**substitute fruit for french fries									