SHAREABLE STARTERS

THE HUGE SOFT BAVARIAN PRETZEL HOOK ®

Salt and pepper baked with our famous gueso and spicy ale mustard 14 ½

SESAME SEARED RARE TUNA TATAKI BOWL* & Troonfill

Warm Jasmine rice, sesame-pickled ginger slaw, scallions, and dry-roasted edamame 23 %

STEAMED GINGER & SESAME SHRIMP SHU MAI DUMPLINGS

Sweet chili and soy dipping sauce with our famous banger sauce and scallions 17 %

THAI SPICED CRISPY FLORIDA ROCK SHRIMP

Crispy shrimp with garlicky challah Texas toast, and sweet chili-sesame banger sauce, scallions, and sriracha 19 ½

PEANUT BRAISED CHICKEN & BIBB LETTUCE WRAPS & Troonfff

Sesame teriyaki and peanut ponzu sauces. Asian slaw, water chestnuts, and cucumbers 16 ½

Taleggio Cheese Filled Risotto Arancini 🐠 🐗

Roasted pepper aioli, sweet balsamic glaze with shaved asiago cheese, and micro basil $16\,\%$

TIBURON'S FAMOUS HAND-BREADED BUTTERMILK TENDERS N

Buttermilk brined with a basket of house-spiced seasoned pub fries with a side of secret sauce 19 ½

THE CHEESIEST BACON & SCALLION, HOUSE-CUT PUB FRIES ** @)

Melted cheddar, Gouda, provolone, and mozzarella with house queso and ranch dressing 17 ½

ROASTED SWEET RED PEPPER & BASIL-GARLIC HUMMUS DUET Troonfit @ EVOO, micro basil, grilled warm pita bread, assorted olives, and mixed crudité vegetables 14

HOT SOUPS

Tiburón Chili 🛭

Cheddar, tortilla strips and red onions 7 / 9

DAILY SOUP

Made daily from fresh ingredients 7 / 9

COLD SALADS

Salads served with fresh baked muffin of the day

Add Gr<mark>illed or Blacke</mark>ned Chicken 11 / Jumbo Shrimp Skewer 16 ½ / Fresh Salmon* 21 / Fresh Grouper MKT

Smaller salad, subtract 2

GRIL<mark>led Chic</mark>ken, Pistachio, Feta & Tzatziki "Gy<mark>ro" Salad</mark> 🌌

Artisan greens, tomatoes, red onion, and cucumber tzatziki with herbed vinaigrette and toasted pita triangles 24

SOUTHWESTERN SEARED RARE TUNA, ARTISAN GREENS & AVOCADO SALAD* © Cucumbers, scallions, freshly made pico de gallo, and crispy corn tortilla strips with cilantro-lime vinaigrette 28

BLACKENED CHICKEN & DANISH BLUE CHEESE ICEBERG WEDGE SALAD F)

Crispy Applewood bacon, heirloom grape tomatoes, red onions, and blue cheese dressing with balsamic drizzle 24 ½

MEDITERRANEAN SPICE GRILLED JUMBO SHRIMP & FETA CAESAR SALAD

Romaine lettuce, classic dressing, and our famous butter croutons with Kalamata olives and marinated peppers 29

GRILLED OR BLACKENED SALMON CITRUS SALAD* & Troonfit

Romaine lettuce, heirloom tomatoes, Florida citrus segments, cucumber, and lemon-basil dressing 34

MARINATED RED BEET, FETA & GLAZED PECAN SALAD & TROOFFED NO.

Heirloom grape tomatoes and red onions tossed with lemon-herb vinaigrette, atop artisan mixed greens 17 %

BABY HEIRLOOM TOMATO & FRESH MOZZARELLA CAPRESE SALAD & N. .

Marinated with red onions, micro basil, and Ciliegine mozzarella with white balsamic and artisan greens 18 %

FRIED CHICKEN, DANISH BLUE CHEESE, BACON & AVOCADO COBB

Artisan greens, crispy bacon, hard-boiled egg, scallions, Danish blue cheese, and heirloom grape tomatoes 24 %

ASIAN GRILLED JUMBO SHRIMP, MACADAMIA NUT & ROMAINE SALAD Trooners Tossed in sesame vinaigrette with scallions, heirloom grape tomatoes, and crispy won tons 29 ½

SUNBURST ARTISAN GREENS, MARCONA ALMOND & BERRY SALAD & TROOFFE &

Heirloom grape tomatoes and crumbled feta cheese with herbed white balsamic vinaigrette 17 %

TIBURÓN'S CHICKEN & ALBACORE TUNA SALAD STUFFED AVOCADO DUO GARATISAN greens, tropical fresh fruits and berries 22 ½

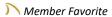
BUILD YOUR OWN SALAD N @

Choice of iceberg, romaine, kale or artisan greens with up to 5 fresh veggies, cheeses or toppings and one dressing $17\,\%$

**Consumers with celiac disease are discouraged from eating fried foods cooked in shared fryers with wheat-containing foods
*Consumer advisory: consumption of raw or undercooked meat, seafood eggs and poultry may increase the risk of illness

TroonFIT Lighter Fare





HANDHELDS

Served with hand-cut and seasoned pub fries, Deep River kettle chips, avocado half, fresh fruit or hand chopped cole slaw Upgrade to truffle-parmesan fries or grilled asparagus 2 ½ Upgrade to cup of soup du jour, small house salad or Tiburón chili 6 Substitute Gluten Free sliced bread or butter grilled gluten free Kaiser Roll 2

THE ULTIMATE BUTTERMILK CHICKEN 44-4 GRILLED CHEESE 📐

Grilled challah with 5-cheeses stuffed with chicken and our pub fries with garlic pickles and secret sauce on the side 21

CRISPY BUFFALO CHICKEN & AVOCADO "CRUNCH-WRAP" N.

Danish blue cheese crumbles, buttermilk and garlic-ranch, shredded lettuce and tomato with crunchy tortilla strips 23 %

FRESH FLORIDA BLACK GROUPER SANDWICH

We only serve the freshest Florida-caught Black Grouper Choice of buttermilk fried, grilled, or blackened

European butter-grilled brioche roll, lettuce, tomato, red onion, with lemon-mustard bistro sauce MKT

BOAR'S HEAD TURKEY & HAM "CLUB" WRAP OR TRIPLE DECKER SANDWICH >>

White cheddar, Applewood-smoked bacon, lettuce, and tomato with creamy roasted garlic ranch 21 ½

COUNTRY CLUB CLASSIC ALBACORE TUNA MELT N

European butter grilled English muffins, grilled tomatoes, albacore tuna salad, and melted cheddar cheese 20 ½

BUTTERMILK FRIED, CITRUS-GRILLED, OR BLACKENED CHICKEN CLUB N

European butter grilled brioche roll, Applewood bacon, melted Swiss, lettuce and tomato with honey mustard 23 ½

TIBURÓN'S ULTIMATE SUGAR-CURED BACON & WHITE CHEDDAR BURGER*

Seasoned and grilled prime chuck, brisket, and short rib with crispy buttermilk onions and house queso 24 ½

THAI-SPICED CRISPY FLORIDA ROCK SHRIMP TACOS N

Shredded cabbage, house-made tomato pico, mixed cheese, and sweet chili-sesame banger sauce 21 ½

SHAVED BLACK PEPPER PASTRAMI REUBEN

Grilled marble rye, 1000 island dressing, sauerkraut and melted Swiss cheese 21

<mark>Cali</mark>fornia Grilled Chic<mark>ken, Bacon & A</mark>vocado Wrap 🔪

Chipotle-honey aioli, shredded lettuce, tomatoes, avocado, and melted Swiss cheese with crispy bacon 24

JUMBO HEBREW NATIONAL HOT DOG

European butter grilled artisan bun with choice of chili, cheese, onions, Chicago relish, celery salt, and tomatoes 13 ½

BOURBON BBQ 12-HOUR SMOKED BEEF BRISKET TACOS

Shredded cabbage, pico de gallo, and mixed cheese with side of ranch 21 ½

YOU CALL IT DELI SANDWICH OR LETTUCE-WRAPPED "UNWICH"

Choice of bread, wrap or iceberg, deli meats, cheese, chicken or tuna salad with lettuce, tomato and red onion

Whole 17 ½ Half 15 ½

GRILLED FLATBREADS

Serve<mark>d on a 12-inch gr</mark>illed crispy stone-baked crust

Substitute gluten-free crispy rice flour crust 2

SOUTHWESTERN BRAISED CHICKEN & BACON "TACO" FLATBREAD N

Sweet and smo<mark>ky cilantro Tam</mark>pico sauce, 5-cheeses, tomato-poblano pico and ranch drizzle with crispy tortilla strips 22 ½

BOURBON BBQ SMOKED BRISKET & CHEDDAR >>

4-cheeses, crispy buttermilk fried red onions and pico de gallo with ranch drizzle 23 ½

THE ULTIMATE 6-CHEESE FLATBREAD N @

 ${\sf Mozzarella, ch}$ eddar, Monterrey Jack, provolone, asiago and Gouda with tomato-basil pomodoro 18 %

CLASSIC EVOO ROASTED HEIRLOOM TOMATO MARGHERITA 📐 🕢

Locally grown tomatoes, fresh mozzarella, asiago cheese, basil pesto, and micro basil 19 ½

BUTTERMILK FRIED BUFFALO CHICKEN & BACON N

Creamy blue cheese and buffalo sauce with 5-cheeses, bacon and scallions topped with crispy chicken 22 %

SYDNEY'S PUB FARE

CRISPY BUTTERMILK FRIED FLORIDA BLACK GROUPER & CHIPS N

Seasoned pub fries, creamy lemon-garlic tartar sauce, creamy cole slaw and grilled lemon MKT

TIBURÓN CHIPOTLE BRAISED CHICKEN NACHOS FN

White queso, mixed cheese and pico de gallo with trio of pickled jalapenos, guacamole and sour cream 17

CAJUN CHICKEN OR SHRIMP, AVOCADO & JASMINE RICE BOWL 🚧

Creamy Cajun carrot slaw, roasted pepper aioli, pico de gallo, and crispy corn tortilla strips with Cotija cheese

Chicken 24 ½ Shrimp 29 ½

SYDNEY'S FAMOUS JUMBO CHICKEN WINGS &

With celery and carrots, tossed in your choice: Buffalo hot, mild, pineapple-habanero, sesame teriyaki, Caribbean jerk sauce or dry rubbed with signature Cajun-ranch spice 22 ½

TroonFIT Lighter Fare

Gluten Free Items

Member Favorite



^{**}Consumers with celiac disease are discouraged from eating fried foods cooked in shared fryers with wheat-containing foods *Consumer advisory: consumption of raw or undercooked meat, seafood eggs and poultry may increase the risk of illness