

# The Springhaven Club

## Lunch Menu

### Starters

Cheese Steak Springs Rolls  
sweet chili catsup 8

Old Bay Toasted Bavarian Pretzel Sticks  
cheesy crab dip 13

Avocado Fries  
chipotle ranch dip 7

Football Platter  
24 wings, 12 mozzarella sticks, 1 chicken  
quesadilla, 6 onion rings 25

Salsa and Fresh Fried Chips 4

Shrimp Lejon  
4 extra large shrimp, remoulade, bacon,  
horseradish 15

Wings  
celery, carrots, blue cheese dressing 11 / 6

Quesadilla  
cheese and roasted red peppers 7  
add chicken +2 beef +2 shrimp +6

### Soup

Springhaven Snapper  
snapping turtle with vegetables and spices.  
finished with sherry. 5.75 / 7.5

French Onion  
a blend of spanish and red onions, sauteed with  
sherry, beef and chicken broths, swiss and  
provolone cheese 4.5 / 6.5

Soup Du Jour  
chef's homemade original recipes made fresh  
daily. 4.5 / 6.5

### Salads

Caesar  
romaine, garlic croutons, parmesan cheese 7

Springhaven House  
mixed greens, tomato, carrot, cucumber, choice  
of dressing 6

Southwest  
black beans, roasted corn, red onion, avocado,  
tortilla strips, spicy ranch dressing 9

Wedge  
cheddar, pepper jack, pork belly, diced tomatoes,  
choice of dressing 10

Greek Salad  
mixed greens, kalamata olives, feta cheese,  
grape tomatoes, red onions, red wine & herb  
vinaigrette 9

Cobb Salad  
house mixed greens, bleu cheese, bacon,  
avocado, egg, carrots, tomato, red onion, choice  
of dressing 12

Apple Salad  
arugula, diced apples, blue crumbles, candied  
pecans, dried cranberries, honey cinnamon  
dressing 9

Dressings  
caesar / light balsamic / dark balsamic / ranch  
fat free italian / 1000 island / spicy ranch / french  
creamy italian / blue cheese / honey mustard

#### Add ons

Chicken Breast +6

Grilled shrimp +10

Steak +8

Tuna +9

Crab Cake +13.5

Salmon +7

Scoop Egg Salad +5

Scoop Chicken Salad +5

Scoop Tuna Salad +5

## Sandwiches & Wraps

choice of chips, fries, sweet potato fries,  
house salad, fruit, coleslaw, or potato salad

### Apricot Chicken

goat cheese, apricot relish, red onion, mesclun,  
focaccia roll 11

### Beef or Chicken Cheesesteak

american cheese, long roll

### Chicken Parm

panko crusted chicken, mozzarella, toasted  
focaccia 12

### English Muffin Melt

topped with tomato and cheddar cheese, served  
on an english muffin

Chicken Salad 12 Tuna Salad 12 Crab Imperial 16

### Grilled Chicken Sandwich

LTO, choice of cheese, brioche roll 10

### Meatball Sub

meatballs, marinara, mozzarella cheese 12

### Prime Rib Dip

thinly sliced prime rib, choice of cheese, au jus 14

### Reuban

corned beef, swiss cheese, sauerkraut, thousand  
island dressing, grilled rye 10

### Rachel

turkey, swiss cheese, sauerkraut, thousand island  
dressing, grilled rye 10

### Roast Pork

broccoli rabe, sharp provolone, pork jus 10

### Turkey Bacon Brie

raisin bread, cranberry mayo 10

### Buffalo Shrimp Wrap

hot sauce tossed fried shrimp, spinach, roasted  
red pepper, cheddar, chipotle ranch in a flour  
tortilla 14

### California Turkey Wrap

roasted turkey, LTO, bacon, avocado, mayo 10

### Veggie Wrap

marinated grilled vegetables, basil pesto mayo,  
arugula, cherry tomatoes, goat cheese, grilled  
flour tortilla 9

## Specialty Burgers

served with french fries

### Springhaven Burger

8 oz burger, lettuce, tomato, onion, choice of  
cheese, brioche bun 11

### Cuban Burger

pork, ham, swiss, pickles, spicy mustard 14

### PB&J Burger

creamy peanut butter, grape jelly, bacon 12

### Texas BBQ Burger

cheddar, onion rings, pork belly, bbq sauce 12

## Springhaven Deli

choice of chips, fries, sweet potato fries,  
house salad, fruit, coleslaw or potato salad

### A Cup and a Half

enjoy one of our soups with a half of a deli  
sandwich 8

### Chicken Caprese

grilled chicken, fresh mozzarella, sliced tomatoes,  
pesto mayo 9

### Chicken Salad 9

Homemade Tuna Salad 8

Egg Salad 8

Roasted Turkey Breast 8.5

Virginia Baked Ham 8

Roast Beef 9

Corned Beef 9

Liverwurst 6.75

Turkey Club 9

BLT 7

Italian Hoagie 10

Shrimp Salad 11

### Cheeses

american / cooper sharp / swiss  
pepper jack / cheddar / provolone

### Breads

white / wheat / rye / raisin / kaiser roll  
brioche roll / wrap / english muffin

### Toppings

lettuce / tomato / onion / spicy mustard / yellow  
mustard / dijon mustard / mayo / sweet peppers /  
hot peppers / horseradish / bacon / cole slaw /  
1000 island