

SHADOWS

• Restaurant •

Soups & Salads

Soup of the Day

(Cup) 5.50 / (Bowl) 6.50

ask your server about our chef's daily soup

Chili

(Cup) - 5.50 / (Bowl) - 6.50

served with sour cream, cheese & green onions

Traditional Wedge Salad - 9.00 GF

1/4 wedge of iceberg lettuce, bacon, tomato, bleu cheese crumbles & bleu cheese dressing

House Salad or Caesar Salad Sml. - 6.50 / Lg. - 9.50

Citrus Shrimp & Avocado Salad - 15.95 TF GF

citrus marinated shrimp with avocado and tomatoes served over mixed greens

Shadows Salad - 12.95 TF

baby spinach tossed in a raspberry vinaigrette dressing topped with strawberries, apricots, dried cranberries, candied pecans and goat cheese
Choice of protein
Turkey 13.95 / Chicken 13.95 / Shrimp 15.95
Salmon 17.95

Lake Tahoe Salad - 13.95

herb chicken over mixed greens with dried cranberries, avocado, bleu cheese and tomatoes tossed in our balsamic vinaigrette

Cobb Salad GF

mixed greens topped with, bacon, avocado, tomato, boiled egg and bleu cheese crumbles
choice protein and choice of dressing
Turkey 13.95 / Chicken 13.95 / Shrimp 15.95
Salmon 17.95

Asian Chicken Salad - 13.95

lo mein, snow peas, carrots, scallions, peanuts, red peppers,
Napa cabbage and ginger sesame dressing

Stuffed Tomato Salad - 12.50 GF

choice of chicken salad, tuna salad, or egg salad stuffed into a roma tomato on mixed greens with cucumbers red onions and choice of dressing

Sandwiches & Wraps

Half Sandwich & Daily Soup

Cup - 11.50 / Bowl - 13.50

Half Sandwich & Salad - 11.50

Build Your Own Classic - 11.95

PICK 1 PROTEIN bacon, ham, turkey, roast beef, chicken salad, tuna salad, or egg salad with choice of bread.

All sandwiches come with lettuce, tomato, and mayonnaise. choice of side

add cheese - .50 / add avocado - 2.00

extra meat - 3.00

The Ultimate Reuben - 13.95

corned beef piled high on grilled rye with swiss cheese, sauerkraut and Russian dressing

Shadows Club Sandwich - 13.95

ham, turkey, bacon, swiss cheese, lettuce, tomato and mayonnaise on your choice of bread

The Ultimate Short Rib Sandwich - 13.95

tender short rib on your choice of grilled bread with caramelized onions, swiss, cheddar, and pepper jack cheese
Served with horseradish sauce

French Dip - 13.95

tender roast beef on a french baguette with swiss cheese. served with warm au jus

Southwestern Grilled Chicken Club - 13.95

served on a grilled sourdough avocado toast with bacon, pepper jack cheese, lettuce and grilled tomato

California Turkey Wrap - 13.75 TF

roast turkey in a flour tortilla with spinach, tomato, carrots, swiss cheese and avocado mayonnaise

Veggie Wrap - 13.75 TF

sautéed julienne vegetables in a flour tortilla with lettuce, tomato, swiss cheese and garlic aioli

Burgers

served with a choice of side

Shadows Burger - 13.95

1/2 pound Angus burger on a brioche bun with lettuce, tomato, onion, pickle and choice of cheese
add bacon - 2.00 avocado - 2.00

Bacon Bleu Burger - 14.50

1/2 pound angus burger on a brioche bun with crispy bacon, blue cheese crumbles, lettuce, tomato and garlic aioli

Southwestern Burger - 14.50

1/2 pound angus burger on a toasted brioche bun with guacamole, lettuce, pico de gallo, queso cheese sauce and an onion ring

Ultimate Veggie Burger - 13.95 TF

house made with black beans, portobello mushrooms, onions and peppers atop a grilled brioche bun with lettuce tomato and avocado mayonnaise

Look for our TroonFIT (TF) & Gluten Free (GF) Menu Items

Warning: Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of food-borne illnesses.

Alert your server if you have special dietary requirements.

SIDES & Snacks

Green Bean Fries - 5.50

Sweet Potato Fries - 4.95

Parmesan Truffle Fries - 4.50

Cajun Fries - 4.50

French Fries - 3.95

Onion Rings - 4.95

Fresh Fruit - 4.95

Cottage Cheese - 3.95

Cole Slaw - 3.95

Kettle Chips - 1.95

Appetizers

Ahi Tuna Poke Bowl - 15.95

asian marinated tuna over field greens, cucumber, avocado, carrots, edamame and fried won tons

Uptown Shrimp Wonton - 12.95

lightly fried shrimp served in a wonton bowl with Napa cabbage and uptown sauce

Tequila Wings - 9.50

jumbo wings tossed in our honey chipotle tequila sauce served over tortilla chips

Blistered Shishito Peppers - 8.50 **TF GF**

blistered peppers in garlic and lemon, tossed with parmesan cheese

Cheese Quesadilla - 7.50

sautéed onions, peppers, cheese blend, guacamole, sour cream and pico de gallo
(add chicken + 3.00)

Powerbowls

Southwestern Chicken Bowl - 13.95 **TF**

grilled chicken served with brown rice, black beans, pico de gallo, avocado, sour cream, shredded cheese and fried tortilla strips

Veggie Bowl - 12.50 **TF GF**

roasted butternut squash, kale, avocado, carrot ribbons, curried chickpeas, almonds, watermelon radish and brown rice served with tahini turmeric sauce

Entrees

Petite Filet Mignon - 24.95

6oz tenderloin grilled to your liking. Served with gold skin mashed potatoes and fresh vegetables

Braised Short Ribs - 20.95

in their natural gravy. Served with mushrooms and carrots on a bed of garlic mashed potatoes

Fresh Atlantic Salmon - 20.95 **GF**

pan seared herb crusted salmon served atop gold skin mashed potatoes and fresh seasonal vegetables

Fish and Chips - 15.75

served with cole slaw and french fries

Chicken Lo Mein - 13.95

stir-fry chicken and fresh vegetables served over lo mein noodle

Desserts

Chef's Cheesecake - 5.95

ask server for today's flavor

Mississippi Mud Pie - 5.95

Carrot Cake - 5.00

Chocolate Decadence - 5.00

Key Lime Pie - 5.00

Ice Cream - 2.00

chocolate or vanilla

Ultimate Brownie - 5.50

fudge brownie topped with vanilla ice cream, chocolate sauce, whipped cream and chopped nuts

Beverages

Soft Drinks - 3.00

Iced Tea - 3.00

Small Juice - 2.75

Large Juice - 4.75

Coffee/Hot Tea - 2.50

Hot Chocolate - 2.50

Milk - 2.50

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www.theshadowsrestaurant.com / Breakfast daily 8:00 am - 11:00 am / Hours daily 11:00 am - 7:00 pm

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