

FRESH SMOOTHIES

Add Vanilla Protein Powder (+16g) \$1.80

POOLSIDE PEANUT BUTTER CUP • \$9.40

Peanut Butter, Cocoa Powder, Dates, Oat Milk,
(12g Protein)

TROPICAL GREEN • \$8.40

Pineapple, Apple, Spinach, Kale, Lime
(15g Protein)

BERRY SPLASH • \$9.25

Blueberries & Strawberries, Greek Yogurt, Agave
(15g Protein)

POOLSIDE PARADISE • \$9.40

Mango, Strawberry, Orange, Greek Yogurt, Agave
(14g Protein)

POOLSIDE BOWLS

ASIAN STYLE CHICKEN BOWL • \$15

Grilled Chicken, Farro & Quinoa, Teriyaki
Dressing, Sweet Chili Aioli, Edamame, Avocado,
Shredded Red Cabbage, Carrots, Shaved Radish,
Cucumber

TROPICAL CHICKEN & COCONUT BOWL • \$16

Grilled Chicken, Jasmine Rice, Mango Salsa,
Coconut and Basil Drizzle, Toasted Coconut,
Shredded Jicama Slaw

SOUTHWEST POWER BOWL • \$17

Grilled Flank Steak, Cilantro Farro & Quinoa,
Black Beans, Roasted Corn, Pico de Gallo,
Avocado, Pepperjack Cheese, Tortilla Strips

SNACK TIME

PRETZEL STICKS • \$6.50

Two Jumbo Sticks with Beer Cheese Dip

SHAREABLE DIPPER • \$12

Tortilla Chips with Salsa and Guacamole

MOZZARELLA STICKS • \$5.50

Five Cheesy Sticks with Marinara Sauce

FRUIT STICKS • \$6.60

Watermelon & Pineapple with Greek Yogurt Dip



HIGHLAND SPRINGS
COUNTRY CLUB

LIGHT SALADS

CUCUMBER & WATERMELON SALAD • \$12.50

Arugula with Feta Cheese, Lime Mint Dressing

PEACH & PROSCIUTTO • \$12.50

Arugula, Pistachios, White Wine Vinaigrette

TOMATO MOZZARELLA • \$12.50

Spinach, Basil Pesto, Pine Nuts

CABANA CLASSICS

CLUB WRAP • \$16

Ham, Turkey, Bacon, Tomato, Lettuce, Cheddar,
Basil Mayonnaise

LOBSTER KRAB ROLL • \$21

Celery & Dill Slaw

CAPRESE GRILLED SANDWICH • \$14

Fresh Mozzarella, Tomato, Pesto, Balsamic Glaze

TACO TEASE

New Taco Flavor Every Two Days

SHARK BITES

Add a Side of Fries or Chips \$3

CHICKEN TENDERS • \$7

Two Tenders with Dipping Sauce

CLASSIC CHEESEBURGER • \$8.50

Lettuce, Tomato, Onion Available Upon Request

CHEESE QUESADILLA • \$9

Add Shredded Chicken +\$6

TURKEY SANDWICH • \$6.50

Lettuce, Tomato, Onion Available Upon Request

GRILLED CHEESE • \$5.50

CORN DOG ON A STICK • \$4